

1-5.DAN



IDO KIHON

1-5.dan

Junzuki, Kette Junzuki

Gyakuzuki, Kette Gyakuzuki

Junzuki no Tsukkomi, Kette Junzuki no Tsukkomi

Gyakuzuki no Tsukkomi, Kette Gyakuzuki no Tsukkomi

Tobikomizuki

Tobikomi-Nagashizuki

KATA

1.dan - Pinan Yondan, Kushanku

2.dan - Pinan Godan, Naihanchi

3.dan - one Pinan, Seishan or Chinto (free choice)

4.dan - Seishan or Chinto + 1 more from the kata list (free choice)

5.dan - Seishan or Chinto + 1 more from the kata list (free choice)

KIHON GUMITE

1.dan - nr 1 and nr 2

2.dan - nr 1 and 2-4 (will be announced)

3.dan - three from 1-7 (will be announced)

4.dan - three from 1-10 (will be announced)

5.dan - three from 1-10 (will be announced)

JI YU KUMITE

1-5.dan