1st Kyu to Shodan:

Checking: form/kime/speed

Kihon:
Step forward - Sanbon zuki
Step back – age uke/chudan gyaku zuki

Step forward - Chudan ude uke/empi uchi, uraken in kiba dachi/gyaku zuki in zenkutsu
Step back – shuto uke in kokutsu dachi/maeashi maegeri/gyaku zuki in kokutsu

Kicking:
In place, front leg chudan maegeri, then step in back leg jodan mae geri
Turn – In place, front leg chudan mawashi geri, step-in back leg jodan mawashi geri

From kiba dachi - Yoko geri keage, turn other side
From kiba dachi - Yoko geri kekomi, turn other side

In zenkutsu dachi two kicks from back leg - maegeri, yoko geri (both sides)
(Option – Pencil Test – move pencil around, up, down while student punches at the end of the pencil without hitting it)

Kata:
Individual Kata (Bassai Dai, Kanku Dai, Jion, Empi)

2nd Kata – Examiner’s choice: Heian Nidan through Tekki Shodan

Kumite:
Jiyu Ippon Kumite (mouth piece and hand protectors)
choice of self-defense over 45 years of age
**Shodan to Nidan:**

**Kihon:**
- Slide forward - Kizami zuki jodan, Step in - sanbon zuki
- Slide forward - Kizami zuki jodan, Step back - chudan soto uke, same hand kizami zuki jodan, then gyaku zuki
- Step forward - chudan soto uke, empi uchi/uraken from kiba dachi, gyaku zuki in zenkutsu dachi
- Step back - Shuto uke/maeashi maegeri/gyaku zuki in kokutsu dachi
- Slide forward - Kizami zuki jodan, Step back - jodan age uke, Step forward- back leg chudan mawashi geri step down uraken, then step-in - chudan oi zuki

**Kicking:**
- In place- front leg maeashi maegeri, step in Rengeri – chudan/jodan maegeri
- From kiba dachi – step across yoko geri keage, step down and pivot, yoko kekomi. Same thing in the other direction.
- From zenkutsu dachi - Three kicks in place- maegeri/yoko geri/ushiro geri

**Kata:**
- Individual Kata (Tokui Kata)
- 2nd Kata - Examiner’s choice: One of the Core 15 kata

**Kumite:**
- Jiyu Kumite (mouthpiece and hand protectors)
- choice of self-defense **over 45 years of age**
Nidan to Sandan:  
Kihon: Sliding forward- kizami zuki jodan, step in sanbon zuki
  Sliding forward- kizami zuki jodan, step back chudan soto uke, same hand kizami zuki jodan, then gyaku zuki
  Step forward – chudan soto uke, change to kiba dachi empi uchi/uraken, gyaku zuki in zenkutsu
  Step back – kokutsu dachi, shuto uke, maeashi mae geri, gyaku zuki in kokutsu dachi
  From zenkutsu – step across with right foot in front of left, same time choku zuki with left fist, left leg mawashigi geri chudan, step down gyaku zuki
  Side Kicks – yoko geri keage, pivot, yoko kekomi; turn, going back same thing.
  From zenkutsu dachi -Three kicks in place – maegeri, yoko keage, ushiro geri; then maegeri, yoko kekomi, ushiro geri.

Kata: Individual Kata (tokui kata)
  2nd Kata - Examiner’s choice – one of the Core 15 kata.

Kumite: Jiyu Kumite (mouthpiece and hand protectors)
  choice of self-defense over 45 years of age

Sandan to Yondan:
Kihon: Instructor’s choice – 3 or 4 combinations from above.

Kata: Individual Kata (tokui kata)
  2nd Kata - Examiner’s choice (from Core 15 kata)

Kumite: Jiyu Kumite (mouthpiece and hand protectors)
  choice of self-defense over 45 years of age