

WSKF Syllabus

From full 7th KYU (yellow) to 6th KYU (green) with stripe



Kihon

FROM ZENKUTSU DACHI GEDAN BARAI

1. ↑ CHUDAN OI-ZUKI
2. ↑ CHUDAN GYAKU-ZUKI
3. ↓ JODAN AGEUKE - GYAKUZUKI
4. ↑ CHUDAN SOTOUKE - GYAKUZUKI
5. ↓ CHUDAN UCHIUKE - GYAKUZUKI

FROM KOKUTSU DACHI

6. ↑ CHUDAN SHUTO UKE

FROM ZENKUTSU DACHI

7. ↑ MAGERI
8. ↑ MAWASHIGERI
9. ↑ YOKOGERI KEAGE
10. ↑ YOKOGERI KEKOMI

Kata

TAIKYOKU SHODAN

HEIAN SHODAN

HEIAN NIDAN

HEIAN SANDAN

Kumite

KIHON-GOHON-KUMITE

KIHON-SANBON-KUMITE

KIHON-IPPON-KUMITE

1. JODAN 2. CHUDAN 3. MAGERI