

WSKF Syllabus

To 7th kyu and 6th kyu



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