

# WSKF Syllabus

## To 5th kyu and 4th kyu



### Kihon

FROM ZENNKUTSU DACHI GEDAN BARAI

1. ↑ SANBONZUKI (OIZUKI)
2. ↑ SPINNING – GYAKUZUKI
3. ↑ SOTOUKE – ENPI (ENPI:KIBADACHI)
4. ↓ UCHIUKE – KIZAMIZUKI – GYAKUZUKI

FROM KOUKUTSU DACHI

5. ↑ SHUTO UKE – NUKITE  
(NUKITE:ZENKUTSU DACHI)

FROM ZENKUTSU DACHI

6. ↑ MAEGERI/RENGERI  
(JODAN&CHUDAN)
7. ↑ MAWASHIGERI

FROM KIBA DACHI

8. ↑ YOKOGERI KEAGE
9. ↑ YOKOGERI KEKOMI

### Kata

TAIKYOKU SHODAN  
HEIAN SHODAN  
HEIAN NIDAN  
HEIAN SANDAN  
HEIAN YONDAN

### Kumite

KIHON-GOHON-KUMITE  
KIHON-SANBON-KUMITE  
KIHON-IPPON-KUMITE