

# WSKF Syllabus

## To 3rd kyu to 2<sup>nd</sup>, and 1st kyu



### Kihon

FROM ZENKUTSU DACHI GEDAN BARAI

- 1.↑ MAEGERI-OIZUKI
- 2.↑ MAWASHIGERI-GYAKUZUKI
- 3.↑ MAAEGERI-OIZUKI-GYAKUDUKI
- 4.↑ MAEGERI-MAWASHIGERI (CHANGE LEGS)
- 5.↑ KIZAMI YOKOGERI-USHIROGERI (CHANGE LEGS)

FROM KIBA DACHI

- 6.↑ YOKOGERI KEAGE-YOKOGERI KEKOMI (SAME LEG)

FROM FUDO-DACHI

- 7.↑ OIZUKI

(↑MOVING FORWARD ↓BACKWARD → SIDE )

### Kata

TAIKYOKU SHODAN  
HEIAN SHODAN to GODAN  
TEKKI SHODAN  
BASSAI DAI, JION,  
KANKU DAI, EMPI

### Kumite

KIHON-GOHON-KUMITE  
KIHON-SANBON-KUMITE  
KIHON-IPPON-KUMITE  
JIJU IPPON KUMITE  
1. YODAN 2.CHUDAN 3. MAEGERI  
4. MAWASHIGERI 5.YOKOGERI