



WSKF Syllabus

From 8th KYU (red) to 7th KYU with stripe (yellow)

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. ↑ MAEGERI
8. ↑ MAWASHIGERI
9. ↑ YOKOGERI KEAGE
10. ↑ YOKOGERI KEKOMI

Kata

TAIKYOKU SHODAN
HEIAN SHODAN
HEIAN NIDAN

Kumite

KIHON-GOHON-KUMITE
SANBON KUMITE (JODAN,
CHUDAN, MAEGERI)