

1st KYU

(Brown Belt with Two White Stripes)

KIHON

Step	Tachi (Stance)	Waza (technique)	Level/direction	Times		
1	Zenkutsu Dachi	Gedan Barai				
		Oi Zuki	Fwd			
		Gyaku Zuki	Fwd			
		Ren Zuki	Fwd			
		Sanbon Zuki	Fwd			
		Tate Zuki	Fwd			
		Age Uke / Uraken / Ren Zuki	Back			
		Uchi Uke / Kizami Zuki / Mawashi Empi	Back			
		Soto Uke / Yoko Empi (Kiba) / Uraken / Gyaku Zuki	Back			
		Gedan Barai / Uraken / Gyaku Zuki	Back			
		Shuto Uke / Kizami Geri / Nukite / Uchi Shuto Uchi / Soto Shuto Uchi	Back			
		Kamae-Te	Mae Geri / Uraken / Gyaku Zuki	Fwd		
			Yoko Geri Kekomi / Uraken / Gyaku Zuki	Fwd		
			Mawashi Geri / Uraken / Gyaku Zuki	Fwd		
		Mawatte	Ura Mawashi Geri / Uraken / Gyaku Zuki	Fwd		
			Ushiro Geri / Uraken / Gyaku Zuki	Fwd		
			Ushiro Mawashi Geri / Uraken / Gyaku Zuki	Fwd		
		O-Mawatte	MikaZuki Geri (Deai) / Gyaku Zuki	Fwd		
		2	Zenkutsu Dachi	Shiho Uke		
				Tate Empi Uchi	Shiho	4
Otoshi Tetsui	Shiho			4		
Yoko Uraken	Shiho			4		
3	Zenkutsu Dachi	Shiho Uke Gyaku Hanmi				
		Soto Shuto Uchi	Shiho	4		
		Haito Uchi	Shiho	4		

ビルキルカラ

空手

道場

		Keito Uchi	Shiho	4
4	Kiba Dachi	Shiho Uke		
		Teisho Uchi	Shiho	4
		Haishu Uchi	Shiho	4
		Kakuto Uchi	Shiho	4
5	Neko Ashi Dachi	Shiho Uke		
		Kumade Uchi	Shiho	4
		Seiryuto Uchi	Shiho	4
		Washide Uchi	Shiho	4

KUMITE

- a) Jiju Kumite
- b) Bunkai No Kumite Waza

KATA

- a) Bassai Dai
- b) Kanku Dai
- c) Jion

ビルキルカラ
空手
道場