

I KYU

STANDING BASICS

Jodan-suki, chudan-suki, gedan mawashigeri (Face punch, chest punch, low round house)
Mae-geri, mae-yoko-geri (Front kick, stop side kick to the front)

MOVING BASICS

Chudan suki, soto uke, hiji (Punch, Middle Block, Elbow)

KATA

Fukyugata Ichi

Pinan Yondan

Rohai

Fukyugata Ni

Pinan Godan

Wanshu

Pinan Shodan

Naihanchi Nidan

Passai

Pinan Nidan

Ananku

Suji No Kun Sho

Naihanchi Shodan

Wankan

Pinan Sandan

Naihanchi-Sandan

KUMITE

1 step free sparing

PERSEVERANCE

ATME

2 way strike student choice

READING

Abundant Peace
by John Stevens

Pages 1-60

WRITING

Kishaba Sensei's calligraphy **Karate Pure Heart Power Path**, what do you think it means.