

Sho-dan

KATA

Fukyugata Ichi

Fukyugata Ni

Pinan Shodan

Pinan Nidan

Naihanchi Shodan

Pinan Sandan

Pinan Yondan

Pinan Godan

Naihanchi Nidan

Ananku

Wankan

Naihanchi-Sandan

Rohai

Wanshu

Passai

Gojushiho

Suji No Kun Dai

Choice weapon kata

KUMITE

1 step free sparing

Continuous free

ATME

Student choice

READING

Abundant Peace
by John Stevens

Pages 60-120

WRITING

How has karate training affected my life?