

KIHON

1-5 dan:

- Junzuki, Kette Junzuki
- Gyakuzuki, Kette Gyakuzuki
- Junzuki no Tsukkomi, Kette Junzuki no Tsukkomi
- Gyakuzuki no Tsukkomi, Kette Gyakuzuki no Tsukkomi
- Tobikomizuki, Tobikomi Nagashizuki

KATA

1 dan: Pinan Yondan and Kushanku

2 dan: Pinan Godan and Naihanchi

3 dan: Seishan and Chinto

4 dan: Seishan or Chinto + one from the list (free choice)

5 dan: Seishan or Chinto + one from the list (free choice)

KIHON KUMITE

1 dan: 1 and 2

2 dan: 1 and 3

3 dan: 1 and 4

4 dan: Two from odd-numbered (will be announced on the day)

5 dan: Two from even-numbered (will be announced on the day)

JI YU KUMITE

1-5 dan

Kata list for 4-5 dan: Kushanku, Naihanchi, Bassai, Jion, Jitte, Niseishi, Rohai, Wanshu, Seishan, Chinto