

Valid from January 1st, 2025

## **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: Kushanku + one Pinan kata (will be announced on the day)

2 dan: Naihanchi+ one Pinan kata (will be announced on the day)

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 + one from 2-4 (will be announced on the day)

2 dan: 1 + two from 2-4 (will be announced on the day)

3 dan: 1 + two from 2-5 (will be announced on the day)

4 dan: Two from 1-10 (will be announced on the day)

5 dan: Two from 1-10 (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

*The examination organizers reserve the right to make changes in future examinations.*