

1st Kyu - Brown Belt

Kihon, Tsuki & Keri (Basic Techniques)

1. Kette Junzuki.
2. Kette Gyakuzuki.
3. Kette Junzuki No Tsukkomi.
4. Kette Gyakuzuki No Tsukkomi.
5. Nagashizuki.
6. Surikomi Mawashigeri Jodan.
7. Mawashigeri Jodan
8. Ushirogeri Chudan.
9. Surikomi Sokuto Jodan.
10. Surikomi Ushiromawashigeri Jodan.

Renraku Waza (Combination Techniques)

1. Zenshinshite Jodan - Renzuki Chudan - Maegeri Chudan - Mawashigeri Chudan - Ushirogeri Chudan - Gyakuzuki Chudan.
2. Surikomi Jodan - Renzuki Chudan - Surikomi Maegeri Chudan - Mawashigeri Chudan - Ushirogeri - Uraken Jodan.
3. Zenshinshite Jodan - Renzuki Chudan - Maegeri Chudan - Nagashizuki Jodan - Gyakuzuki Chudan - Mawashigeri Chudan.

Uke (Blocks)

- Jodan Uke Ipponme (1), Nihonme (2) & Sanbonme (3).
- Chudan Soto Uke & Uchi Uke
- Chudan Maegeri Uke Ipponme (1), Yohonme (4) & Gohonme (5).

Kata (Form)

- Kushanku
- One Pinan Kata (Chosen on the day)

Ohyo Gumite (Semi-Free Fighting)

- Gohonme (5), Ropponme (6), Nanahonme (7)

Kihon Gumite

- Sanbonme (3)

Go Shin Jutsu (Self Defence)

Ji Yu Kumite (Free Fighting)