

FSK Rank Requirements

1st Kyu (Brown Belt III)

KIHON WAZA (Basic Techniques)

Show the following stances:

Musubi dachi	Heisoku dachi	Kosa dachi	Kumite Kamae	Gyaku Hanmi Zenkutsu
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Te Waza (Hand Techniques)

- Punch in place from kiba dachi (x50)
- Gyaku Zuki in place (Zenkutsu) (x20, then switch legs)

Waza (Technique)	Dachi (Stance)	Direction of movement
Sanbon Oizuki (Triple punch)	Zenkutsu	Forward & Backward
Shuto Uke, Mae Geri, Nukite	Kokutsu > Zenkutsu	Forward
Uchi Uke, Enpi Uchi, Gyaku zuki	Zenkutsu > Kibadachi, Zenk	Backward

Keri Waza (Kicking Techniques)

Waza (Technique)	Dachi (Stance)	Direction of movement
Mae geri Chudan, Mae geri Jodan (same leg)	Zenkutsu	Forward
Mae geri, Yoko geri kekomi (same leg)	Zenkutsu	Forward
Mawashi geri, Ushiro geri (same leg)	Zenkutsu	Forward
Yoko geri kekomi, Ushiro geri (same leg)	Zenkutsu	Forward
Mae geri + Gyaku Zuki	Zenkutsu	Forward

KATA (Forms)

Kanku Dai	Bunkai for 3 kata sequences for any Heian kata 1-5 or Tekki Shodan, Bassai Dai, Jion, Kanku Dai, or Enpi
Enpi	

KUMITE:

4 Step Semi-Free Sparring (4 attacks: Jodan Zuki, Chudan Zuki, Chudan Mae Geri, Ushiro Geri)
Jiyu Kumite (free sparring)
Kakie with movement & switch hands

UKEMI (Rolling & Falling)

Standing Forward Roll + Standing Back Roll consecutively
Side fall from hip throw, Side fall from wrist throw

Self-Defense

Nikkyo + knee kick
Arm wrap + strikes
Kick catch & throw (manji uke)
Front & Rear choke defense
Single hand pull grab defense

ADDITIONAL

Demonstrate the following:

- 30 pushups - 10 regular, 10 wide, 10 narrow
- 100 squats
- 40 lunges
- 15 Burpees + star jump
- 90 second planche
- 20 second V-up hold
- Side Split
- Front Split
- Front Stretch, feet together, seated (toe touch)