

### KIYON WAZA (Basic Techniques)

Show the following stances:

Musubi dachi	Heiko Dachi	Heisoku dachi	Hachiji dachi	Neko Ashi Dachi	Renoji dachi
Kibadachi	Fudo dachi	Kosa dachi	Shiko dachi	Kumite Kamae	Shizen tai

Show Zenkutsu dachi shomen facing and hanmi facing

### Te Waza (Hand Techniques)

- Punch in place from kiba dachi (x10)
- Sanbon zuki (3 levels) in kiba dachi (x10)

Waza (Technique)	Dachi (Stance)	Direction of movement
Sanbon Oizuki (Triple punch)	Zenkutsu	Forward & Backward
Age Uke, Nidan Zuki	Zenkutsu	Forward
Soto Uke, Nidan Zuki	Zenkutsu	Backward
Uchi Uke, Sanbon Zuki	Zenkutsu	Forward
Gedan Barai, Sanbon Zuki	Zenkutsu	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
Yoko Geri Keage, then step Kekomi	Kiba dachi	Forward
Mae geri, Mawashi geri, Yoko geri Kekomi, Ushiro geri	Zenkutsu	Forward
Mae geri + Gyaku zuki	Zenkutsu	Forward

### KATA (Forms)

Heian Godan	Bunkai for 3 kata sequences for any Heian kata 1-5
Ten no Kata*	

### KUMITE:

3 Step Semi-Free Sparring (3 attacks: Jodan Zuki, Chudan Zuki, Chudan Mae Geri)

### UKEMI (Rolling & Falling)

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

### Self-Defense

Basic hip throw  
Wrist lock and arm bar from cross block  
Leg takedown

### ADDITIONAL

Demonstrate the following:

- 3 abdominal core exercises
- 3 leg strengthening exercises
- 1 arm strengthening exercise
- 1 back strengthening exercise

How to stretch your adductors  
How to stretch your calf  
How to stretch your hip flexors  
Show child's pose

\*Ten no Kata is a kumite kata, to study go no sen timing. Not technically a traditional kata in the truest sense of the word, but many Shotokan styles introduce Ten no Kata as a way to transition into Yakusoku Kumite or pre-arranged partner drills. This kata may be optional - please check with your instructor for your individual test.