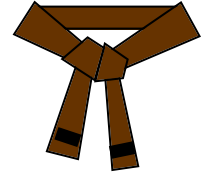


1st Kyu (I Kyu)

Basic Techniques



NAME: _____

DATE OF PREVIOUS RANK: _____

BASIC TECHNIQUES

- IPPON KEN UCHI (one-knuckle strike)
- EVASION
- BLENDING
- KENSETSU WAZA (joint locking techniques)
- ATEMI WAZA (vital point techniques)
- UKEMI WAZA (breakfall techniques)

KATA & KATA BUNKAI

- GEKISAI KATA DAI ICHI
- GEKISAI KATA DAI ICHI BUNKAI
- GEKISAI KATA DAI NI
- GEKISAI KATA DAI NI BUNKAI
- SAIFA KATA
- SAIFA KATA BUNKAI
- SEIYUNCHIN KATA
- SEIYUNCHIN KATA BUNKAI
- SEISAN KATA
- SEISAN KATA BUNKAI
- SAIPAI KATA
- SAIPAI KATA BUNKAI
- SANCHIN KATA
- TENSHO KATA
- GOSHIN DO IPPON KUMITE (self-defense applications)

MISCELLANEOUS

- TIME IN RANK
- ATTENDANCE
- FUNDAMENTAL THEMES OF GOJU RYU (strategy and tactics)

APPROVED: _____
(HEAD INSTRUCTOR) (DATE)