

WSKF Syllabus

To 9th kyu and 8th kyu

Kihon

FROM ZENKUTSU-DACHI GEDAN BARAI

- 1.↑ CHUDAN OIZUKI
- 2.↑ CHUDAN GYAKUZUKI
- 3.↑ JODAN AGE-UKE
- 4.↑ CHUDAN SOTO-UKE

FROM KOKUTSU DACHI

- 5.↑ SHUTO- UKE

FROM ZENKUTSU DACHI

- 6.↑ MAGERI

FROM KIBA DACHI

- 7.↑ YOKOGERI- KEAGE

Kata

TAIKYOKU SHODAN

HEIAN SHODAN

Kumite

KIHON-GOHON-KUMITE





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