

WSKF Syllabus

4th To 3rd kyu

Kihon

FROM ZENKUTSU DACHI GEDAN BARAI

1. ↑ SANBON-ZUKI (OIZUKI)
2. ↑ SPINNING-GYAKUZUKI SANBONZUKI
3. ↓ AGEUKE – GYAKUZUKI
4. ↑ SOTOUKE – ENPI&URAKEN (ENPI&URAKEN:
KIBA DACHI)

FROM KOKUTSU DACHI

5. ↑ SPINNING SHUTO UKE

FROM ZENKUTSU DACHI

6. ↑ MAEGERI-GYAKUZUKI
7. ↑ MAWASHIGERI-URAKEN-OIZUKI

FROM KIBA DACHI

8. ↑ YOKOGERI KEAGE
9. ↑ YOKOGERI KEKOMI

FROM ZENKUTU DACHI

10. ↑ USHIROGERI

Kata

TAIKYOKU SHODAN
HEIAN SHODAN to GODAN
TEKKI SHODAN
BASSAI DAI

Kumite

KIHON-GOHON-KUMITE
KIHON-SANBON-KUMITE
KIHON-IPPON-KUMITE
JIJU IPPON KUMITE

