

Gradringsprogram 3-1 kyu	3e Kyu Brunt	2a Kyu Brunt	1a Kyu Brunt
Kihon, Kata, Kihon & Jiyu Kumite			
Kihon			
Junzuki	✓	✓	✓
Kette Junzuki	✓	✓	✓
Gyakuzuki	✓	✓	✓
Kette Gyakuzuki	✓	✓	✓
Junzuki no Tsukkomi	✓	✓	✓
Kette Junzuki no Tsukkomi	✓	✓	✓
Gyakuzuki no Tsukkomi	✓	✓	✓
Kette Gyakuzuki no Tsukkomi	✓	✓	✓
Tobikomizuki	✓	✓	✓
Tobikomi Nagashizuki	✓	✓	✓
Kata			
Pinan Yondan		✓	
Pinan Godan	✓		
Kushanku		✓	
Naihanchi	✓		
Seishan			✓
Chinto			✓
Kihon Kumite			
Kihon Kumite Ipponme	✓		
Kihon Kumite Nihonme	✓		
Kihon Kumite Sanbonme	✓		
Kihon Kumite Yonhonme	✓		
Kihon Kumite Gohonme		✓	
Kihon Kumite Ropponme		✓	
Kihon Kumite Nanahonme		✓	
Kihon Kumite Happonme			✓
Kihon Kumite Kyuhonme			✓
Kihon Kumite Jyupponme			✓
Jiyukumite	✓	✓	✓