

## **Basic Kihon**

**1/ Mai-geri + Kisama-Zuki + Gyaka-Zuki**

**2/ Mawashii-geri + Uraken + Gyaka-Zuki**

**3/ Kekomi + Uraken + Gyaka-Zuki**

**4/ Ushiro-geri + Uraken + Gyaka-Zuki**

**5/ Mai-geri + Mawashii-geri + Uraken + Gyaka-Zuki**

**6/ Mai-geri + Kekomi + Uraken + Gyaka-Zuki**

**7/ Mawashii-geri + Ushiro-geri + Uraken + Gyaka-Zuki**

**8/ Mawashii-geri + Ushiro-Mawashii-geri + Uraken + Gyaka-Zuki**

## Combinations

1/ [(S/F) Soto Ude-uke (S/B) Soto Ude-uke] + [Ushiro-Tetsui] + [Uraken Uchi + Gyaka-Zuki + Gedan- barai Uke]

2/ [Oi-Zuki (S/B) Age-Empi Uchi] + [Gyaka-Zuki + Gedan-barai Uke] + [Mawashii-geri + Uraken Uchi+Gyaka-Zuki]

3/ [(S/F)Shuto-Uke(S/B) Shuto-Uke )] + [(FL) Mawashii-geri] + [Ushiro-geri] + [Uraken Uchi + Gyaka-Zuki]

4/ [Soto Ude-uke + Yoko-Empi Uchi + Uraken Uchi ]+ [Oi-Zuki + Gyaka-Zuki + Gedan-barai Uke]

5/ [(S/F) Uchi Ude-uke (S/B) Uchi Ude- uke ] + [Mai-geri + Kisama-Zuki + Gyaka-Zuki] + [ (S/B) Gedan-barai Uke]  
+ [Mawashii-geri + Uraken Uchi + Gyaka-Zuki]

6/ [Soto ude-uke + Yoko-Empi Uchi + Ushiro-Empi Uchi ]+ [Uraken Uchi + Gyaka-Zuki + Gedan- barai Uke]

7/ [Mai-geri (S/L) Mawashii-geri ]+ [Uraken Uchi + Gyaka-Zuki] + [Yoko Geri Kekomi]+ (S/F) Sanbon-Zuki]  
**(2nd Dan)**

8/ [Age- Zuki +Fumikomi] + [Uraken Uchi + Gyaka-Zuki] + [Yoko Geri Kekomi] + Ushiro-Tetsui Uchi] +  
[Uraken Uchi + Gyaka-Zuki] **(3rd Dan)**

9/ Mai-geri + Yoko Geri Kekomi + Mawashii-geri + Ushiro-geri +Ura-Mawashii-geri + Ushiro Ura-Mawashii-geri

Toyakwai Karate Association – 1<sup>st</sup> to 3<sup>rd</sup> Dan Grading

## **Balance Kicks**

**Mai-Geri + Yoko-Geri Kekomi + Ushiro-Geri + Mawashii-Geri (3<sup>rd</sup> Dan)**

**5 sets on each leg.**

# Kata

## **3rd Dan Kata:**

**GOJUSHIHO- SHO  
GOJUSHIHO –DAI  
ROHAI  
JI-IN  
WANKAN  
CHINTE  
UNSU  
GANKAKU  
TEKKI-SANDAN**

## **2nd Dan Kata:**

**Bassai-Sho  
Kanku-Sho  
Nijushiho  
Jitte  
Sochin  
Tekki-Nidan**

## **1st Dan Kata:**

**Bassai-Dai  
Kanku-Dai  
Jion  
Enpi  
Hangetsu**

**Your choice from grading list, examiner will choose one from each of the other lists. Note 1<sup>st</sup> and 2<sup>nd</sup> Dan gradings the examiner will choose a kyu grade kata.**

# Kumite

**1/ Ju Ippon Kumite and Ippon Kumite**

**2/ Free Sparring x 2**

**3/ Self Defense demonstration (3<sup>rd</sup> Dan).**