

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 – 1st to 3rd Dan Grading

Balance Kicks

Mai-Geri + Yoko-Geri Kekomi + Ushiro-Geri + Mawashii-Geri (3rd 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 1st and 2nd 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 (3rd Dan).