

KIHON (Basics)

Basic Technique Competition: Two at a time. Male and female divisions may be combined.
Kiai on number 4 technique - forward and backward

Age Categories

Children: 5 - 11 Youth: 12 - 17 Adults: 18 – 34 Seniors (1): 35 – 44 Seniors (2): 45 & older

9th -- 8th Kyu

Stepping back with right leg in Kamae (combative stance) then leaving punching or blocking arm out in between counts. *Each move will be counted separately.*

F: Stepping forward four times: execute lunge punch to stomach.

B: Stepping backward four times: execute rising block.

7th -- 6th Kyu

Stepping back with right leg in Kamae (combative stance) then leaving punching or blocking arm out in between counts. *Each combination will be counted separately.*

F: Stepping forward four times: execute front snap kick from back leg to stomach, execute a punch to face from same kicking side upon landing in front stance, then immediately punch twice to stomach.

B: Stepping backward four times: execute knife hand block in back stance, switching to front stance and execute reverse punch to stomach.

5th -- 4th Kyu

Stepping back with right leg in Kamae (combative stance) and coming back to Kamae in between counts. *Each combination will be counted separately.*

F: Stepping forward four times: outside to inward block in front stance, switch to horse stance and execute elbow attack, Jodan back fist, switch to front stance reverse punch to stomach.

B: Stepping backward four times: execute lunge punch to face and two punches to stomach, roundhouse kick with front leg to stomach landing with reverse punch to stomach.

3rd Kyu through Black Belt

Stepping back with right leg in Kamae (combative stance) and coming back to Kamae in between counts. *Each combination will be counted separately.*

F: Stepping forward four times: with rear leg execute front snap kick to stomach landing forward in front stance and immediately with other rear leg execute front snap kick to stomach retracting kicking leg behind you, front leg roundhouse kick to stomach landing in front stance with reverse punch to stomach.

B: Stepping backward four times: execute downward block in front stance, front leg front snap kick to stomach landing forward in front stance with a jab with front hand to face (Kizami-zuki) and reverse punch to stomach.