

1st KYU

Kata:

Pinon 5
Tsuki No Kata

Boxing Techniques:

1. Jab
2. Straight Left and Rights
3. Hooks
4. Upper Cut

Theory:

1. Changing Stances
2. Playing Angles
3. Punches over Kicks
4. Kicks over Punches

Kicks:

1. Heel Stomp
2. Instep Check
3. Heel Kick

Techniques:

1. Knees
2. Hiji (Elbows)
3. Head

Must have attended at least 26 classes since last testing