

13th Kyu Syllabus – Yellow Tag

Kihon (Basic Techniques):

From Zenkutsu Dachi (Forward Stance), 5 forwards, turn, 5 forwards:

Oi Zuki (Lunge Punch)

Age-Uke (Rising Block)

Uchi-Uke (Inside Block)

Mae Geri (Front Kick)

Kata:

1st Twelve moves of Kihon Kata

Kumite:

Gohon Kumite – Jodan & Chudan to count



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