

# Exameneisen



8e kyu	7e kyu	6e kyu	5e kyu	4e kyu	3e kyu	2e kyu	1e kyu
<b>KIHON</b>							
Oi tsuki jo. Oi tsuki ch. Age uke Uchi uke Soto uke Gedan barai Shuto uke Mae geri	Oi tsuki jo. Oi tsuki ch. Age uke Uchi uke Soto uke Gedan barai Shuto uke Mae geri Yoko geri keage	Oi tsuki jo. Oi tsuki ch. Gyaku tsuki Age uke-gyaku tsuki Uchi uke-gyaku tsuki Soto uke-gyaku tsuki Gedan barai-gyaku tsuki Shuto uke-nukite Mae geri Yoko geri keage Yoko geri kekomi	Oi tsuki jo. Oi tsuki ch. Gyaku tsuki Sanbon tsuki Age uke-shuto uchi Uchi uke-gyaku tsuki Soto uke//yoko empi Gedan barai//yoko uraken Shuto uke-nukite Mae geri Yoko geri keage Yoko geri kekomi Yoko geri kekomi(zk) Mawashi geri	Oi tsuki jo. Oi tsuki ch. Gyaku tsuki Sanbon tsuki Age uke-shuto uchi Uchi uke//kizami tsuki-gyaku tsuki Soto uke//yoko empi//otoshi uraken Gedan barai//yoko uraken-gyaku tsuki Shuto uke-nukite Mae geri Yoko geri keage Yoko geri kekomi Yoko geri kekomi(zk) Mawashi geri Ushiro geri	Oi tsuki jo. Oi tsuki ch. Gyaku tsuki Sanbon tsuki Age uke//otoshi uraken-gyaku tsuki Uchi uke//kizami tsuki-gyaku tsuki Soto uke//yoko empi//otoshi uraken-gyaku tsuki Gedan barai//yoko uraken-gyaku tsuki Shuto uke//kizami mae geri-nukite Mae geri//oi tsuki Yoko geri keage Yoko geri kekomi Yoko geri kekomi(zk) Mawashi geri Ushiro geri Mae ren geri Mae geri//mawashi geri	Oi tsuki jo. Oi tsuki ch. Gyaku tsuki Sanbon tsuki Age uke//otoshi uraken-gyaku tsuki Uchi uke//kizami tsuki-gyaku tsuki Soto uke//yoko empi//otoshi uraken-gyaku tsuki Gedan barai//yoko uraken-gyaku tsuki Shuto uke//kizami mae geri-nukite Mae geri-gyaku tsuki Yoko geri keage Yoko geri kekomi Yoko geri kekomi-gyaku tsuki Mawashi geri-gyaku tsuki Ushiro geri-gyaku tsuki Mae ren geri Mae geri//mawashi geri	Oi tsuki jo. Oi tsuki ch. Gyaku tsuki Sanbon tsuki Age uke//otoshi uraken-gyaku tsuki Uchi uke//kizami tsuki-gyaku tsuki Soto uke//yoko empi//otoshi uraken-gyaku tsuki Gedan barai//yoko uraken-gyaku tsuki Shuto uke//kizami mae geri-nukite Mae geri//oi tsuki-gyaku tsuki Yoko geri keage Yoko geri kekomi Yoko geri kekomi//yoko uraken-gyaku tsuki Mawashi geri//otoshi uraken-gyaku tsuki Ushiro geri//yoko uraken-gyaku tsuki Mae ren geri Mae geri//mawashi geri
<b>KATA</b>							
Taikuyoku Shodan	Heian Shodan	Heian Nidan	Heian Sandan	Heian Yondan	Heian Godan & Tekki Shodan	Bassai-dai	Kanku-dai
<b>KUMITE</b>							
<b>Kihon Ippon</b> Oi tsuki jo. Oi tsuki ch.	<b>Kihon Ippon</b> Oi tsuki jo. Oi tsuki ch. Mae geri	<b>Kihon Ippon</b> Oi tsuki jo. Oi tsuki ch. Mae geri Yoko geri	<b>Kihon Ippon</b> Oi tsuki jo. Oi tsuki ch. Mae geri Yoko geri Mawashi geri	<b>Kihon Ippon</b> Oi tsuki jo. Oi tsuki ch. Mae geri Yoko geri Mawashi geri Ushiro geri	<b>Ippon &amp; Jiyu Ippon</b> Oi tsuki jo. Oi tsuki ch. Mae geri Yoko geri Mawashi geri Ushiro geri	<b>Ippon &amp; Jiyu Ippon</b> Oi tsuki jo. Oi tsuki ch. Mae geri Yoko geri Mawashi geri Ushiro geri	<b>Ippon &amp; Jiyu Ippon</b> Oi tsuki jo. Oi tsuki ch. Mae geri Yoko geri Mawashi geri Ushiro geri