

KOFUKAN SHITO-RYU KARATE

# JUNIOR & SENIOR

## 1<sup>st</sup> KYU – BROWN BELT

**KIHON COMBINATIONS (5x) AS REQUESTED:**

**ANY FIGHTING COMBINATIONS x4 (Randomly Selected).**

*Demonstrated left (Hidari-Gamae) and right (Migi-Gamae).*

*Demonstrated on a partner (one side only), once slowly and once at fighting speed.*

**SELF DEFENCE:**

***JUNIORS - 6x of any of the following:***

***SENIORS – 10x of any of the following:***

Wrist Holds

Chokes/Headlocks

Clothing Grabs

Grabs from behind

**KATA:**

Juroko

Saifa

**TENSION KATA:**

Sanchin

**KUMITE:**

Jiyu Kumite (6 – 8, as requested)