



EAGLES KARATE CLUB

11th KYU White to Red
KIHON
<ul style="list-style-type: none">• Tsuki punch (x4 Static)• Age Uke (x4 Static)• Soto Uke (x4 Static)• Uchi Uke (x4 Static)• Mae Geri Jodan (x4 Static)
KUMITE: GOHON KUMITE
<ul style="list-style-type: none">• Jodan Oi Zuki• Chudan Oi Zuki
KATA: None

10th KYU Red to Yellow
KIHON
<ul style="list-style-type: none">• Oi Zuki Jodan (x3 forwards)• Age Uke (x3 forwards)• Soto Uke (x3 forwards)• Uchi Uke (x3 forwards)• Gedan Barai (x3 forwards)• Mae Geri Jodan (x3 forwards)
KUMITE: GOHON KUMITE
<ul style="list-style-type: none">• Jodan Oi Zuki• Chudan Oi Zuki
KATA: Kihon



EAGLES KARATE CLUB

9 th KYU Yellow to Orange
KIHON
<ul style="list-style-type: none">• Oi Zuki Jodan (x3 forwards)• Age Uke (x3 backwards)• Soto Uke (x3 forwards)• Uchi Uke (x3 backwards)• Gedan Barai (x3 forwards)• Shuto Uke (x3 backwards)• Mae Geri Jodan (x3 forwards)
KUMITE: GOHON KUMITE
<ul style="list-style-type: none">• Jodan Oi Zuki• Chudan Oi Zuki• Mae Geri
KATA: Heian SHODAN

8 th KYU Orange to Blue
KIHON
<ul style="list-style-type: none">• Oi Zuki Jodan (x3 forwards)• Age Uke (x3 backwards)• Soto Uke (x3 forwards)• Uchi Uke (x3 backwards)• Gedan Barai, Gyaku zuki (x3 forwards)• Shuto Uke (x3 backwards)• Mae Geri chudan (x3 forwards)
KUMITE: GOHON KUMITE
<ul style="list-style-type: none">• Jodan Oi Zuki• Chudan Oi Zuki• Mae Geri• Chudan Gyaku zuki
KATA: Heian NIDAN



EAGLES KARATE CLUB

7 th KYU Blue to Green
KIHON
<ul style="list-style-type: none">• Oi Zuki Jodan (x3 forwards)• Age Uke (x3 backwards)• Soto Uke, Uraken (x3 forwards)• Uchi Uke (x3 backwards)• Gedan Barai, Gyaku zuki , Yoko Empi Uchi (x3 forwards)• Shuto Uke, Nukite (x3 backwards)• Mae Geri chudan (x3 forwards)• Yoko Geri Keage (x3 kiba dachi)• Yoko Geri Kekomi (x3 kiba dachi)
KUMITE: GOHON KUMITE
<ul style="list-style-type: none">• Jodan Oi Zuki• Chudan Oi Zuki• Chudan gyaku zuki• Mae Geri
KATA: Heian SANDAN

6 th KYU Green to Green/White
KIHON
<ul style="list-style-type: none">• Oi Zuki Jodan (x3 forwards)• Age Uke, Gyaky Zuki, Uraken (x3 backwards)• Soto Uke, Gyaky Zuki, Uraken (x3 forwards)• Uchi Uke, Gyaky Zuki, Uraken (x3 backwards)• Gedan Barai, Gyaky Zuki, Uraken (x3 forwards)• Shuto Uke, Shuto Uchi (x3 backwards)• Mae Geri chudan (x3 forwards)• Yoko Geri Keage (x3 kiba dachi)• Yoko Geri Kekomi (x3 kiba dachi)• Mawashi Geri (x3 forwards)
KUMITE: KIHON IPPON KUMITE
<ul style="list-style-type: none">• Jodan Oi Zuki• Chudan Oi Zuki• Chudan gyaku zuki• Mae Geri• Yoko Geri Kekomi
KATA: Heian YONDAN



EAGLES KARATE CLUB

5 th KYU Green/White to Purple
KIHON
<ul style="list-style-type: none">• Sanbon Zuki (x3 forwards)• Age Uke, Gyaky Zuki, Gedan Barai (x3 backwards)• Soto Uke, Gyaky Zuki, Gedan Barai (x3 forwards)• Uchi Uke, Gyaky Zuki , Gedan Barai (x3 backwards)• Gedan Barai, Gyaky Zuki , Gedan Barai (x3 forwards)• Shuto Uke, Nukite (x3 backwards)• Mae Geri chudan (x3 forwards)• Yoko Geri Keage (x3 kiba dachi)• Yoko Geri Kekomi (x3 kiba dachi)• Mawashi Geri (x3 forwards)
KUMITE: KIHON IPPON KUMITE
<ul style="list-style-type: none">• Jodan Oi Zuki• Chudan Oi Zuki• Chudan gyaku zuki• Mae Geri• Yoko Kekomi• Mawashi Geri
KATA: Heian GODAN

4 th KYU Purple to Purple/White
KIHON
<ul style="list-style-type: none">• Sanbon Zuki (x3 forwards)• Age Uke, Gyaku Zuki , Mawashi Empi Uchi (x3 backwards)• Soto Uke, Gyaku Zuki, Mawashi Empi Uchi (x3 forwards)• Uchi Uke, Gyaku Zuki, Mawashi Empi Uchi (x3 backwards)• Gedan Barai, Gyaku Zuki, Mawashi Empi Uchi (x3 forwards)• Shuto Uke, Nukite , Shuto Uchi (x3 backwards)• Mae Geri chudan (x3 forwards)• Yoko Geri Keage (x3 kiba dachi)• Yoko Geri Kekomi (x3 kiba dachi)• Mawashi Geri (x3 forwards)• Ushiro Geri (x3 forwards)
KUMITE: KIHON IPPON KUMITE
<ul style="list-style-type: none">• Jodan Oi Zuki• Chudan Oi Zuki• Chudan Gyaku zuki• Mae Geri• Yoko Kekomi• Mawashi Geri• Ushiro Geri
KATA: TEKKI SHODAN



EAGLES KARATE CLUB

3rd KYU Purple/White to Brown
KIHON
<ul style="list-style-type: none">• Sanbon Zuki (x3 forwards)• Age Uke, Gyaku Zuki, Tate Empi Uchi (x3 backwards)• Soto Uke, Gyaku Zuki , Tate Empi Uchi (x3 forwards)• Uchi Uke, Kizami Zuki, Gyaku Zuki (x3 backwards)• Gedan Barai, Gyaky Zuki (x3 forwards)• Shuto Uke, Kizami Mae geri Haito uchi (x3 backwards)• Mae Geri , Mawashi Geri (x3 forwards)• Yoko Geri Keage (x3 kiba-dachi)• Yoko Geri Kekomi (x3 kiba-dachi)• Ushiro Geri (x3)
KUMITE: JIYU IPPON KUMITE
<ul style="list-style-type: none">• Jodan Oi Zuki• Chudan Oi Zuki• Chudan Gyaku zuki• Mae Geri• Yoko Kekomi• Mawashi Geri
KATA: BASSAI DAI

2nd KYU Brown to Brown/White (1 Stripe)
KIHON
<ul style="list-style-type: none">• Kizami (x3 forwards)• Age Uke, Gyaku Zuki, Mawashi Geri (x3 forwards)• Uchi Uke, Gyaku Zuki, Mawashi Geri (x3 backwards)• Mae Geri , Mawashi Geri , Yoko Geri Kekomi (x3 forwards)• Yoko Geri Keage (x3 kiba-dachi)• Ushiro Geri (x3 forward)
KUMITE: JIYU IPPON KUMITE
<ul style="list-style-type: none">• Jodan Oi Zuki• Chudan Oi Zuki• Chudan Gyaku zuki• Mae Geri• Yoko Kekomi• Mawashi Geri• Ushiro Geri
KATA: JION & EMPI



EAGLES KARATE CLUB

1st KYU Brown/White (1 Stripe) to Brown/White (2 Stripes)

KIHON

- Kizami Zuki, Oi Zuki, Gyaku Zuki (x3 forwards)
- Oi Zuki , Half Step, Kizami Zuki (x3 forwards)
- Oi Zuki , Half Step, Gyaku Zuki (x3 forwards)
- Mawashi Geri, Gyaku Zuki, Yoko Empi Uchi (x3 forwards)
- Yoko Geri Kekomi, Uraken, Gyaku Zuki , Yoko Empi Uchi (x3 forwards)
- Mae Geri, Mawashi Geri, Ushiro Geri, Uraken ,Gyaku Zuki (x2 forwards)

KUMITE: JIYU IPPON KUMITE

- Jodan Oi Zuki
- Chudan Oi Zuki
- Chudan Gyaku zuki
- Mae Geri
- Yoko Kekomi
- Mawashi Geri
- Ushiro Geri

KATA: KANKU DAI & HANGETSU