

What an Instructor needs to know

- **Kihon**

Program for 1° Dan and 2° Dan

Kihon IKTA 1°-2°-3°-4°-5°-6°

Kihon Kumite IKTA 1°-2°-3°-4°-5°

Kihon Happo IKTA 1°-2°-3°-4°

- **Kumite**

Jiyu Ippon Kumite

Jiyu Ippon Kumite Nidan Henka

Jiyu Kumite (tokui Waza) 30 sec.

- **Kata**

Heian 1-2-3-4-5

Tekki 1-2-3

Bassai Dai

Kanku Dai

Jion

Enpi

Jitte

Hangetsu

Gankaku