



SHODAN 1ST DAN

Everything to 1st kyu

Minimal age: 20

Kicks (geri waza):

- Tobi-Geri's Overhead

Kata:

- Kihon-Kata-Ichi
- Gekisai Dai
- Gekisai Sho
- Saifa

Exercises:

- 60 push-ups
- 70 abdominal
- Pull Yourself Some Age to 25

Kumite:

- 30 rounds (2 minute)

Tamesi-Waza:

- Three Board Seiken / Shuto / Geri

Only in Summer Camp by International Budokai