

CHILDREN 1 – UP TO 8 YEARS

CHILDREN 2 – 8/11 YEARS

CHILDREN 3 - 12/13

## KIHON DISCIPLINES:

<b>INDIVIDUAL:</b>
CHILDREN 1
CHILDREN 2
CHILDREN 3

### KIHON KUMITE:

#### KIHON WILL BE PERFORMED IN LEFT (HIDARI) POSITION

##### - CHILDREN 1, 2

- |                           |          |
|---------------------------|----------|
| 1. Oi-Zuki-Jodan          | forward  |
| 2. Age-Uke/Gyaku-Zuki     | backward |
| 3. Gyaku-Zuki Chudan      | forward  |
| 4. Uchi-Uke/Gyaku-Zuki    | backward |
| 5. Mae-Geri-Chudan        | forward  |
| 6. Gedan-barai/Gyaku-Zuki | backward |

##### - CHILDREN 3

- |                           |          |
|---------------------------|----------|
| 1. Oi-Zuki-Jodan          | forward  |
| 2. Age-Uke/Gyaku-Zuki     | backward |
| 3. Oi-Zuki-Chudan         | forward  |
| 4. Soto-Uke/Gyaku-Zuki    | backward |
| 5. Mae-Geri-Chudan        | forward  |
| 6. Gedan-barai/Gyaku-Zuki | backward |
| 7. Mawashi-Geri-Jodan     | forward  |
| 8. Uchi-Uke/Gyaku-Zuki    | backward |

## KATA INDIVIDUAL:

<b>INDIVIDUAL:</b>
CHILDREN 1
CHILDREN 2
CHILDREN 3

### TYPE OF KATA:

- |   |  |
|---|--|
| CHILDREN 1 elimination/ semi-final/ final | Heian 1-2-3, Taikyoku  |
| CHILDREN 2 elimination/ semi-final/ final | Heian 1-2-3-4-5, Bassai-Dai  |
| CHILDREN 3 elimination/ semi-final/ final | Heian 1-2-3-4-5, Heian Oi Kumi,<br>Bassai-Dai, Kanku-Dai, Jion, Empi |