

INTERMEDIATE CLASS KYU TESTING REQUIREMENTS

KYU TESTING REQUIREMENTS		6th to 5th Kyu	5th to 4th Kyu	4th to 3rd Kyu
KIHON				
1	Step forward oi-zuki chudan	X	X	
	Step forward gyaku-zuki chudan	X	X	
	Step forward sanbon-zuki (jodan, chudan, chudan)			X
2	Step forward mae-geri chudan	X		
	Step forward mae-geri chudan oi-zuki chudan	X	X	
	Step forward mae-geri chudan mae-geri jodan (ren-geri)			X
3	Step across yoko-geri keage	X	X	X
4	Step across yoko-geri kekomi	X	X	X
5	Step forward gedan-barai gyaku-zuki	X		
6	Step back age-uke mae-geri	X	X	X
7	Step forward soto-uke enpi-uchi	X	X	X
8	Step back shuto-uke nukite	X	X	X
9	Step forward uchi-uke gyaku-zuki	X	X	X
10	Step forward mawashi-geri	X	X	
	Step forward mawashi-geri gyaku-zuki			X
11	Step forward ushiro-geri		X	X
12	Step forward shuto-uchi jodan (palm up)		X	X
13	Step forward uraken-uchi jodan			X
KUMITE				
	Kihon ippon kumite (jodan, chudan, mae-geri)	X		
	Kihon ippon kumite (jodan, chudan, mae-geri, mawashi-geri jodan). L & R		X	X
KATA				
	Heian Yondan (H4)	X		
	Heian Godan (H5)		X	
	Tekki Shodan (T1)			X

INTERMEDIATE CLASS ROTATING CURRICULUM

INTERMEDIATE CLASS			
16-week rotating curriculum (Each 4th week is a review)			
WEEK	KIHON	KATA	KUMITE
1	1 to 4	H4	Flag Sparring
2	5 to 9	H4	1-step
3	10 to 13	H4 Bunkai	Gripping
4	1 to 13	H4-T1	1-step
5	1 to 4	H5	Flag Sparring
6	5 to 9	H5	1-step
7	10 to 13	H5 Bunkai	Gripping
8	1 to 13	H4-T1	1-step
9	1 to 4	T1	Flag Sparring
10	5 to 9	T1	1-step
11	10 to 13	T1 Bunkai	Gripping
12	1 to 13	H4-T1	1-step
13	1 to 4	H4	Flag Sparring
14	5 to 9	H5	1-step
15	10 to 13	T1	Gripping
16	1 to 13	H4-T1	1-step

INTERMEDIATE CLASS LESSON PLAN

WEEK 1

Taught by Senpai Jamie McCulloch

WARMUP - KUMITE (10 minutes)

- Flag Sparring

KIHON 1-4 (10 minutes)

- Kihon 1a - Oi-zuki
- Kihon 1b - gyaku-zuki
- Kihon 1c - Sanbon-zuki

- Kihon 2a - Mae-geri chudan
- Kihon 2b - Mae-geri chudan, oi-zuki chudan
- Kihon 2c - Mae-geri chudan, mae-geri jodan

- Kihon 3 - Step across yoko-geri keage

KATA (30 minutes)

- Heian Godan x2 slow
- Tekki Shodan x2 slow
- Heian Yondan Lesson

COOLDOWN (5 minutes)

- Static Stretching

WEEK 2

Taught by Senpai Jamie McCulloch

WARMUP - KATA (20 minutes)

- Heian Godan x2 slow
- Tekki Shodan x2 slow

- Heian Yondan Lesson

KIHON 5-9 (20 minutes)

- Kihon 5 - Step forward gedan-barai, gyaku-zuki
- Kihon 6 - Step back age-uke, mae-geri (back leg)
- Kihon 7 - Step forward soto-uke (front stance), enpi-uchi (side stance)
- Kihon 8 - Step back shuto-uke (back stance), nukite (front stance)
- Kihon 9 - Step forward uchi-uke, gyaku-zuki

KUMITE (15 minutes)

- Kihon ippon kumite (jodan, chudan, mae-geri chudan, mawashi-geri jodan)

COOLDOWN

- Static Stretching

WEEK 3

Taught by Senpai Jamie McCulloch

WARMUP - KUMITE (10 minutes)

- Basic Gripping (collar, grip, body, grip, boss grip). Movement with resisting partner. Escapes.

KIHON 10-13 (10 minutes)

- Kihon 10 - Step forward mawashi-geri (gyaku-zuki)
- Kihon 11 - Step forward ushiro-geri
- Kihon 12 - Step forward shuto-uchi jodan (palm up)
- Kihon 13 - Step forward uraken-uchi jodan

KATA (30 minutes)

- Heian Shodan, Heian Nidan, Heian Sandan, Heian Godan, Tekki Shodan x1 each slowly
- Heian Yondan Bunkai

COOLDOWN (5 minutes)

- Static stretching

WEEK 4 (REVIEW)

Taught by Senpai Jamie McCulloch

WARMUP - KATA (15 minutes)

- Heian Yondan x2 slow, x1 fast
- Heian Godan x2 slow, x1 fast
- Tekki Shodan x2 slow, x1 fast
- Testing kata (no count, full speed)

KIHON 1-13 (25 minutes)

- Kihon 1a - Step forward oi-zuki chudan
- Kihon 1b - Step forward gyaku-zuki chudan
- Kihon 1c - Step forward sanbon-zuki

- Kihon 2a - Step forward mae-geri chudan
- Kihon 2b - Step forward mae-geri chudan, oi-zuki chudan
- Kihon 2c - Step forward mae-geri chudan, mae-geri jodan (ren-geri)

- Kihon 3 - Step across yoko-geri keage
- Kihon 4 - Step across yoko-geri kekomi
- Kihon 5 - Step forward gedan-barai, gyaku-zuki
- Kihon 6 - Step back age-uke, mae-geri (back leg)
- Kihon 7 - Step forward soto-uke (front stance), enpi-uchi (side stance)
- Kihon 8 - Step back shuto-uke (back stance), nukite (front stance)
- Kihon 9 - Step forward uchi-uke, gyaku-zuki
- Kihon 10 - Step forward mawashi-geri (gyaku-zuki)
- Kihon 11 - Step forward ushiro-geri
- Kihon 12 - Step forward shuto-uchi jodan (palm up)
- Kihon 13 - Step forward uraken-uchi jodan

KUMITE (10 minutes)

- Kihon ippon kumite (jodan, chudan, mae-geri chudan, mawashi-geri jodan)

COOLDOWN (5 minutes)

- Static stretching

WEEK 5

Taught by Senpai Jamie McCulloch

WARMUP - KUMITE (10 minutes)

- Flag Sparring

KIHON 1-4 (10 minutes)

- Kihon 1a - Oi-zuki

- Kihon 1b - gyaku-zuki

- Kihon 1c - Sanbon-zuki

- Kihon 2a - Mae-geri chudan

- Kihon 2b - Mae-geri chudan, oi-zuki chudan

- Kihon 2c - Mae-geri chudan, mae-geri jodan

- Kihon 3 - Step across yoko-geri keage

KATA (30 minutes)

- Heian Yondan x2 slow

- Tekki Shodan x2 slow

- Heian Godan Lesson

COOLDOWN (5 minutes)

- Static Stretching

WEEK 6

Taught by Senpai Jamie McCulloch

WARMUP - KATA (20 minutes)

- Heian Yondan x2 slow

- Tekki Shodan x2 slow

- Heian Godan Lesson

KIHON 5-9 (20 minutes)

- Kihon 5 - Step forward gedan-barai, gyaku-zuki

- Kihon 6 - Step back age-uke, mae-geri (back leg)

- Kihon 7 - Step forward soto-uke (front stance), enpi-uchi (side stance)

- Kihon 8 - Step back shuto-uke (back stance), nukite (front stance)

- Kihon 9 - Step forward uchi-uke, gyaku-zuki

KUMITE (15 minutes)

- Kihon ippon kumite (jodan, chudan, mae-geri chudan, mawashi-geri jodan)

COOLDOWN

- Static Stretching

WEEK 7

Taught by Senpai Jamie McCulloch

WARMUP - KUMITE (10 minutes)

- Basic Gripping (collar, grip, body, grip, boss grip). Movement with resisting partner. Escapes.

KIHON 10-13 (10 minutes)

- Kihon 10 - Step forward mawashi-geri (gyaku-zuki)
- Kihon 11 - Step forward ushiro-geri
- Kihon 12 - Step forward shuto-uchi jodan (palm up)
- Kihon 13 - Step forward uraken-uchi jodan

KATA (30 minutes)

- Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Tekki Shodan x1 each slowly
- Heian Godan Bunkai

COOLDOWN (5 minutes)

- Static stretching

WEEK 8 (REVIEW)

Taught by Senpai Jamie McCulloch

WARMUP - KATA (15 minutes)

- Heian Yondan x2 slow, x1 fast
- Heian Godan x2 slow, x1 fast
- Tekki Shodan x2 slow, x1 fast
- Testing kata (no count, full speed)

KIHON 1-13 (25 minutes)

- Kihon 1a - Step forward oi-zuki chudan
- Kihon 1b - Step forward gyaku-zuki chudan
- Kihon 1c - Step forward sanbon-zuki
- Kihon 2a - Step forward mae-geri chudan
- Kihon 2b - Step forward mae-geri chudan, oi-zuki chudan
- Kihon 2c - Step forward mae-geri chudan, mae-geri jodan (ren-geri)
- Kihon 3 - Step across yoko-geri keage
- Kihon 4 - Step across yoko-geri kekomi
- Kihon 5 - Step forward gedan-barai, gyaku-zuki
- Kihon 6 - Step back age-uke, mae-geri (back leg)
- Kihon 7 - Step forward soto-uke (front stance), enpi-uchi (side stance)
- Kihon 8 - Step back shuto-uke (back stance), nukite (front stance)
- Kihon 9 - Step forward uchi-uke, gyaku-zuki
- Kihon 10 - Step forward mawashi-geri (gyaku-zuki)
- Kihon 11 - Step forward ushiro-geri
- Kihon 12 - Step forward shuto-uchi jodan (palm up)
- Kihon 13 - Step forward uraken-uchi jodan

KUMITE (10 minutes)

- Kihon ippon kumite (jodan, chudan, mae-geri chudan, mawashi-geri jodan)

COOLDOWN (5 minutes)

- Static stretching

WEEK 9

Taught by Senpai Jamie McCulloch

WARMUP - KUMITE (10 minutes)

- Flag Sparring

KIHON 1-4 (10 minutes)

- Kihon 1a - Oi-zuki
- Kihon 1b - gyaku-zuki
- Kihon 1c - Sanbon-zuki

- Kihon 2a - Mae-geri chudan
- Kihon 2b - Mae-geri chudan, oi-zuki chudan
- Kihon 2c - Mae-geri chudan, mae-geri jodan

- Kihon 3 - Step across yoko-geri keage

KATA (30 minutes)

- Heian Yondan x2 slow
- Heian Godan x2 slow
- Tekki Shodan Lesson

COOLDOWN (5 minutes)

- Static Stretching

WEEK 10

Taught by Senpai Jamie McCulloch

WARMUP - KATA (20 minutes)

- Heian Yondan x2 slow
- Heian Godan x2 slow

- Tekki Shodan Lesson

KIHON 5-9 (20 minutes)

- Kihon 5 - Step forward gedan-barai, gyaku-zuki
- Kihon 6 - Step back age-uke, mae-geri (back leg)
- Kihon 7 - Step forward soto-uke (front stance), enpi-uchi (side stance)
- Kihon 8 - Step back shuto-uke (back stance), nukite (front stance)
- Kihon 9 - Step forward uchi-uke, gyaku-zuki

KUMITE (15 minutes)

- Kihon ippon kumite (jodan, chudan, mae-geri chudan, mawashi-geri jodan)

COOLDOWN

- Static Stretching

WEEK 11

Taught by Senpai Jamie McCulloch

WARMUP - KUMITE (10 minutes)

- Basic Gripping (collar, grip, body, grip, boss grip). Movement with resisting partner. Escapes.

KIHON 10-13 (10 minutes)

- Kihon 10 - Step forward mawashi-geri (gyaku-zuki)
- Kihon 11 - Step forward ushiro-geri
- Kihon 12 - Step forward shuto-uchi jodan (palm up)
- Kihon 13 - Step forward uraken-uchi jodan

KATA (30 minutes)

- Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan x1 each slowly
- Tekki Shodan Bunkai

COOLDOWN (5 minutes)

- Static stretching

WEEK 12 (REVIEW)

Taught by Senpai Jamie McCulloch

WARMUP - KATA (15 minutes)

- Heian Yondan x2 slow, x1 fast
- Heian Godan x2 slow, x1 fast
- Tekki Shodan x2 slow, x1 fast
- Testing kata (no count, full speed)

KIHON 1-13 (25 minutes)

- Kihon 1a - Step forward oi-zuki chudan
- Kihon 1b - Step forward gyaku-zuki chudan
- Kihon 1c - Step forward sanbon-zuki
- Kihon 2a - Step forward mae-geri chudan
- Kihon 2b - Step forward mae-geri chudan, oi-zuki chudan
- Kihon 2c - Step forward mae-geri chudan, mae-geri jodan (ren-geri)
- Kihon 3 - Step across yoko-geri keage
- Kihon 4 - Step across yoko-geri kekomi
- Kihon 5 - Step forward gedan-barai, gyaku-zuki
- Kihon 6 - Step back age-uke, mae-geri (back leg)
- Kihon 7 - Step forward soto-uke (front stance), enpi-uchi (side stance)
- Kihon 8 - Step back shuto-uke (back stance), nukite (front stance)
- Kihon 9 - Step forward uchi-uke, gyaku-zuki
- Kihon 10 - Step forward mawashi-geri (gyaku-zuki)
- Kihon 11 - Step forward ushiro-geri
- Kihon 12 - Step forward shuto-uchi jodan (palm up)
- Kihon 13 - Step forward uraken-uchi jodan

KUMITE (10 minutes)

- Kihon ippon kumite (jodan, chudan, mae-geri chudan, mawashi-geri jodan)

COOLDOWN (5 minutes)

- Static stretching

WEEK 13

Taught by Senpai Jamie McCulloch

WARMUP - KUMITE (10 minutes)

- Flag Sparring

KIHON 1-4 (10 minutes)

- Kihon 1a - Oi-zuki
- Kihon 1b - Gyaku-zuki
- Kihon 1c - Sanbon-zuki

- Kihon 2a - Mae-geri chudan
- Kihon 2b - Mae-geri chudan, oi-zuki chudan
- Kihon 2c - Mae-geri chudan, mae-geri jodan

- Kihon 3 - Step across yoko-geri keage

KATA (30 minutes)

- Heian Godan x2 slow
- Tekki Shodan x2 slow

Heian Yondan Lesson

COOLDOWN (5 minutes)

- Static Stretching

WEEK 14

Taught by Senpai Jamie McCulloch

WARMUP - KATA (20 minutes)

- Heian Yondan x2 slow
- Tekki Shodan x2 slow

- Heian Godan Lesson

KIHON 5-9 (20 minutes)

- Kihon 5 - Step forward gedan-barai, gyaku-zuki
- Kihon 6 - Step back age-uke, mae-geri (back leg)
- Kihon 7 - Step forward soto-uke (front stance), enpi-uchi (side stance)
- Kihon 8 - Step back shuto-uke (back stance), nukite (front stance)
- Kihon 9 - Step forward uchi-uke, gyaku-zuki

KUMITE (15 minutes)

- Kihon ippon kumite (jodan, chudan, mae-geri chudan, mawashi-geri jodan)

COOLDOWN

- Static Stretching

WEEK 15

Taught by Senpai Jamie McCulloch

WARMUP - KUMITE (10 minutes)

- Basic Gripping (collar, grip, body, grip, boss grip). Movement with resisting partner. Escapes.

KIHON 10-13 (10 minutes)

- Kihon 10 - Step forward mawashi-geri (gyaku-zuki)
- Kihon 11 - Step forward ushiro-geri
- Kihon 12 - Step forward shuto-uchi jodan (palm up)
- Kihon 13 - Step forward uraken-uchi jodan

KATA (30 minutes)

- Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan x1 each slowly

- Tekki Shodan Lesson

COOLDOWN (5 minutes)

- Static stretching

WEEK 16 (TEST PREP)

Taught by Senpai Jamie McCulloch

WARMUP - KATA (15 minutes)

- Heian Yondan x2 slow, x1 fast
- Heian Godan x2 slow, x1 fast
- Tekki Shodan x2 slow, x1 fast

- Testing kata (no count, full speed)

KIHON 1-13 (25 minutes)

- Kihon 1a - Step forward oi-zuki chudan
- Kihon 1b - Step forward gyaku-zuki chudan
- Kihon 1c - Step forward sanbon-zuki

- Kihon 2a - Step forward mae-geri chudan
- Kihon 2b - Step forward mae-geri chudan, oi-zuki chudan
- Kihon 2c - Step forward mae-geri chudan, mae-geri jodan (ren-geri)

- Kihon 3 - Step across yoko-geri keage
- Kihon 4 - Step across yoko-geri kekomi
- Kihon 5 - Step forward gedan-barai, gyaku-zuki
- Kihon 6 - Step back age-uke, mae-geri (back leg)
- Kihon 7 - Step forward soto-uke (front stance), enpi-uchi (side stance)
- Kihon 8 - Step back shuto-uke (back stance), nukite (front stance)
- Kihon 9 - Step forward uchi-uke, gyaku-zuki
- Kihon 10 - Step forward mawashi-geri (gyaku-zuki)
- Kihon 11 - Step forward ushiro-geri
- Kihon 12 - Step forward shuto-uchi jodan (palm up)
- Kihon 13 - Step forward uraken-uchi jodan

KUMITE (10 minutes)

- Kihon ippon kumite (jodan, chudan, mae-geri chudan, mawashi-geri jodan)

COOLDOWN (5 minutes)

- Static stretching