

CHILDREN 1 – UP TO 8 YEARS

CHILDREN 2 – 8/11 YEARS

CHILDREN 3 - 12/13

KIHON DISCIPLINES:

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| INDIVIDUAL: |
| 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:

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|--------------------|
| INDIVIDUAL: |
| CHILDREN 1 |
| CHILDREN 2 |
| CHILDREN 3 |

TYPE OF KATA:

- | | |
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| 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, Bassai-Dai, Kanku-Dai, Jion, Empi |