

WILLINGTON KARATE CLUB
GOJU RYU KARATE

<u>1st DAN</u>		<u>(SHODAN)</u>	<u>BLACK</u>
1.	Routine (42 counts)		
2.	11 KATAS of choice		
3.	30 two man semi-sparring exercises		
4.	Free style sparring		
5.	Bag work.		
<u>1st KYU</u>		<u>(IKKYU)</u>	<u>BROWN</u>
1.	Routine (42 counts)		
2.	10 KATAS of choice		
3.	30 two man semi-sparring exercises		
4.	Free style sparring		
5.	Bag work.		
<u>2nd KYU</u>		<u>(NIKYU)</u>	<u>BROWN</u>
1.	Routine (42 counts)		
2.	9 KATAS of choice		
3.	30 two man semi-sparring exercises		
4.	Free style sparring		
5.	Bag work.		
<u>3rd KYU</u>		<u>(SANKYU)</u>	<u>BROWN</u>
1.	Routine (42 counts)		
2.	8 KATAS of choice		
3.	20 two man semi-sparring exercises		
4.	Free style sparring		
5.	Bag work.		
<u>4th KYU</u>		<u>(YONKYU)</u>	<u>PURPLE</u>
1.	29 Warm-up exercises		
2.	Routine (42 counts)		
3.	5 KATAS of choice		
4.	10 two man semi-sparring exercises		
5.	Bag work.		
<u>5th KYU</u>		<u>(GOKYU)</u>	<u>BLUE</u>
1.	29 Warm-up exercises		
2.	Routine (42 counts)		
3.	3 KATAS of choice		
<u>6th KYU</u>		<u>(ROKOKYU)</u>	<u>GREEN</u>
1.	29 Warm-up exercises		
2.	Routine (42 counts)		
3.	1 KATA of choice		
<u>7th KYU</u>		<u>(SRUCHIKYU)</u>	<u>YELLOW</u>
1.	29 Warm-up exercises		
2.	Routine (42 counts)		