



KARATE BUDOKAN OMAN

## SYLLABUS FOR 1<sup>th</sup> KYU



### TECHNIQUES:

Any Techniques may ask

### Kata:

1. Tekki Sandhan
2. Basdai

Note: A minimum of 4 months training is expected of a member between each promotion from the White Belt stage to the 4th Kyu, after which a 5 monthly interval is required before he/she is tested for the First Kyu. A minimum training period of 6 months is necessary from the 1st Kyu to the Black Belt Shodan



90961234



@karatebudokan\_oman



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www.karatebudokanoman.com