KARATE BY THE MONTH 2019

	JANUARY	
KATA		
	Kyu Kata	Heian Nidan
	Dan Kata	Nijushiho
		Gankaku Sho
KUMITE		
	Kihon Ippon	Jodan
		Kata
	Jiyu Ippon	Jodan
		Kata
KIHON		
	All ranks	Kiba Dachi
	APRIL	
KATA		
	Kyu Kata	Heian Godan
	Dan Kata	Sochin
		Gankaku Sho
KUMITE		
	Kihon Ippon	Mawashi Geri
		Kata
	Jiyu Ippon	Mawashi Geri
		Kata
KIHON		
	All ranks	Mawashi Geri

	FEBRURY	
KATA		
	Kyu Kata	Heian Sandan
	Dan Kata	Tekki Nidan
		Gankaku Sho
KUMITE		
	Kihon Ippon	Chudan
		Kata
	Jiyu Ippon	Chudan
		Kata
KIHON		
	All ranks	Kokutsu Dachi
	MAY	
KATA		
	Kyu Kata	Tekki Shodan
	Dan Kata	Chinte
		Gankaku Sho
KUMITE		
	Kihon Ippon	Yoko Kekomi
		Kata
	Jiyu Ippon	Yoko Kekomi
		Kata
KIHON		
	All ranks	Yoko Kekomi

	MARCH	
KATA		
	Kyu Kata	Heian Yondan
	Dan Kata	Jiin
		Gankaku Sho
KUMITE		
	Kihon Ippon	Mae Geri
		Kata
	Jiyu Ippon	Mae Geri
		Kata
KIHON		
	All ranks	Zenkutsu Dachi
	JUNE	
KATA		
	Kyu Kata	Heian Shodan
	Dan Kata	Bassai Sho
		Gankaku Sho
KUMITE		
	Kihon Ippon	Jodan
		Kata
	Jiyu Ippon	Yoko Keage
		Kata
KIHON		
	All ranks	Yoko Keage

	JULY	
KATA		
	Kyu Kata	Heian Nidan
	Dan Kata	Empi
		Gankaku Sho
KUMITE		
	Kihon Ippon	Chudan
		Kata
	Jiyu Ippon	Gyaku Zuki
		Kata
KIHON		
	Low ranks	Gyaku Zuki
	Purple up	Sanbon Zuki (Gyaku Zuki)
	OCTOBER	
KATA		
	Kyu Kata	Heian Godan
	Dan Kata	Meikyo
		Gankaku Sho
KUMITE		
	Kihon Ippon	Mae Geri
		Kata
	Jiyu Ippon	Ushiro Geri
		Kata
KIHON		
	Low ranks	Mae Geri
	Purple up	Ushiro Geri

	AUGUST	
KATA		
	Kyu Kata	Heian Sandan
	Dan Kata	Unsu
		Gankaku Sho
KUMITE		
	Kihon Ippon	Yoko Kekomi
		Kata
	Jiyu Ippon	Yoko Kekomi
		Kata
KIHON		
	Low ranks	Uchi Ude Uke
	Purple up	Uchi Ude Uke-Gyaku Zuki
	NOVEMBER	
KATA		
	Kyu Kata	Tekki Shodan
	Dan Kata	Jion
		Gankaku Sho
KUMITE		
	Kihon Ippon	Jodan
		Kata
	Jiyu Ippon	Jodan
		Kata
KIHON		
	Lower ranks	Jodan Age Uke-Gyaku Zuki
	Purple up	Gyaku Zuki-Mae Geri-
		Jun Zuki-Gedan Barai

	SEPTEMBER	
KATA		
	Kyu Kata	Heian Yondan
	Dan Kata	Gankaku
		Gankaku Sho
KUMITE		
	Kihon Ippon	Chudan
		Kata
	Jiyu Ippon	Kizami-zuki
		Kata
KIHON		
	Lower ranks	Kokutsu dachi
	Purple up	Mawashi Geri-Gyaku Zuki
	DECEMBER	
KATA		
	Kyu Kata	Heian Shodan
	Dan Kata	Gojushiho Dai
		Gankaku Sho
KUMITE		
	Kihon Ippon	Yoko Keage
		Kata
	Jiyu Ippon	Yoko Keage
		Kata
KIHON		
	Low ranks	Yoko Keage
	Purple up	Yoko Keage-Yoko Kekomi