

# KOFUKAN SHITO-RYU KARATE

# SENIOR

## 7<sup>th</sup> KYU – YELLOW BELT

<b>STANCES:</b>	○ Neiko Ashi Dachi	<i>Cat stance</i>
	○ Shiko Dachi	<i>Straddle / horse riding stance</i>
	○ Moto Dachi	<i>Base stance</i>
<b>PUNCHES:</b>	○ Jodan Maekensuki	<i>Front jab to the face</i>
<b>STRIKES:</b>	○ Ura Uchi	<i>Back fist to the temple</i>
<b>BLOCKS:</b>	○ Yoko Uchi Uke	<i>Side striking block</i>
	○ Yoko Kosa Uke	<i>Side cross block</i>
	○ Shito Uke	<i>Knife hand block</i>
<b>KICKS:</b>	○ Jodan Mawashi Geri	<i>Head roundhouse kick</i>

### KIHON IPPON KUMITE:

- #1 *Shuto Yoko Uchi Uke, Chudan Gyakuzuki, Kaeshi*
- #2 *Shuto Harai Uke, Chudan Gyakuzuki, Kaeshi*
- #3 *Chudan Yoko Uke in Neko Ashi Dachi, Chudan Mae Geri, Kamae*
- #4 *Gedan Shotei Kosa Uke in Nekoashi Dachi, Jodan Maeken Zuki  
in Moto Dachi, Kaeshi*
- #5 *Yoko Kosa Uke, Jodan Maeken Zuki, Kaeshi*

**KATA:** Shiho Sanshiki