

KOFUKAN SHITO-RYU KARATE

SENIOR

8th KYU – WHITE BELT

STANCES:	○ Heisoku Dachi	<i>Feet together Stance</i>
	○ Musubi Dachi	<i>Open toes stance / v shape</i>
	○ Heiko Dachi	<i>Parallel/shoulder width stance</i>
MOVING:	○ Yori Ashi	<i>Slide in</i>
	○ Ayumi Ashi	<i>Step through</i>
BLOCKS:	○ Jodan Age Uke	<i>Upper rising block</i>
	○ Chudan Yoko Uke	<i>Centre side block</i>
	○ Gedan Hara Uke	<i>Lower block</i>
PUNCHES:	○ Jodan Oizuki	<i>Lunging upper punch “jaw”</i>
	○ Chudan Oizuki	<i>Lunging centre punch “chest”</i>
	○ Gedan Oizuki	<i>Lunging lower punch “groin”</i>
	○ Chudan Gyakuzuki	<i>Reverse centre punch</i>
KICKS:	○ Kin Geri	<i>Groin kick with top of foot</i>
	○ Mae Geri	<i>Front kick with the ball of the foot</i>
	○ Chudan Mawashi Geri	<i>Centre circular / roundhouse kick</i>
STRIKES:	○ Kaeshi	<i>Open Hand thrust</i>

BASIC COMBINATIONS:

- #1 Slide in (Yoriashi), Chudan Gyakuzuki, Kaeshi
- #2 Step forward into Zenkutsu Dachi, Jodan Oizuki, Kaeshi
- #3 Step forward kicking Chudan Mae Geri, Jodan Oizuki, Kaeshi
- #4 Chudan Tsugiashi, Mae Geri, Chudan Gyakuzuki, Kaeshi
- #5 Chudan Mae Geri (front leg kick), Jodan Maeken Zuki, Kaeshi