

# KOFUKAN SHITO-RYU KARATE

# JUNIOR

## 5<sup>th</sup> KYU – GREEN BELT

### REVISION OF BASICS FROM PREVIOUS GRADINGS:

<b>STANCES:</b>	○ Sanchin Dachi	<i>Hourglass stance</i>
<b>BLOCKS:</b>	○ Tomoe Uke	<i>Circular block</i>
	○ Sase Uke	<i>Reinforced centre block</i>
<b>KICKS:</b>	○ Yoko Kekomi Geri	<i>Side thrust kick</i>
	○ Ushiro Geri	<i>Back kick</i>
	○ Ura Mawashi Geri	<i>Reverse circular kick</i>

### FIGHTING COMBINATION:

- #3 *Right Ashibarai, right Jodan Tenshin Oizuki, left kaeshi, left Chudan Mawashi Geri, right Chudan Gyakuzuki, left Jodan Ura Mawashi Geri*

**KATA:** Sanchin

**KUMITE:** Jiyu Kumite x2

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