

KOFUKAN SHITO-RYU KARATE

SENIOR

6th KYU – ORANGE BELT

REVISION OF BASICS FROM PREVIOUS GRADINGS:

STRIKES:

- Mawashi Hiji Ate *Circular Elbow Strike*
- Yoko Hiji Ate *Side Elbow Strike*
- Ushiro Hiji Ate *Rear Elbow Strike*
- Tate Hiji Ate *Vertical Elbow Strike*
- Otoshi Hiji Ate *Downward Elbow Strike*
- Mae Hiji Ate *Horizontal Elbow Strike*

FIGHTING COMBINATION:

- #1 *Left tsugiashi, Jodan Maekenzuki, right Chudan Gyaku Zuki, Kaeshi, left Kouchigari (inward hooking sweep), right Chudan Gyaku Zuki*
- #2 *Right Jodan Tobikomi Zuki, left Chudan Gyaku Zuki, left Jodan Mawashi Geri, left Jodan Ura Uchi, right Chudan Gyakuzuki*

KATA:

Pin'an Nidan

Roppo Hiji Ate

PARTNER WORK: Hokei Kumite - Nidan