

KOFUKAN SHITO-RYU KARATE

JUNIOR

3rd MON KYU – BROWN BELT WHITE STRIPE

REVISION OF BASICS FROM PREVIOUS GRADINGS:

STANCES:	○ Naihanchin Dachi	<i>Inward Stance</i>
STRIKES:	○ Shutoh Uchi - Inwards	<i>Knife hand strike - Inwards</i>
	○ Shutoh Uchi - Outwards	<i>Knife hand strike - Outwards</i>
	○ Shutoh Uchi - Downwards	<i>Knife hand strike - Downwards</i>
	○ Kentsui Uchi - Inwards	<i>Hammer fist - Inwards</i>
	○ Kentsui Uchi - Outwards	<i>Hammer fist – Outwards</i>
	○ Kentsui Uchi - Downwards	<i>Hammer fist – Downwards</i>
	○ Haitoh Uchi - Inwards	<i>Thumb side of knife hand – In</i>
	○ Haitoh Uchi - Outwards	<i>Thumb side of knife hand - Out</i>
BLOCKS:	○ Nagashi Uke - Palm	<i>Flowing block - Palm</i>
	○ Nagashi Uke – Back hand	<i>Flowing block – Back hand</i>
	○ Kakate Uke	<i>Hook hand block</i>

FIGHTING COMBINATION:

- #6 *Tsugiashi, left flick mawashi geri (Gedan-Jodan), right Chudan Gyaku Zuki, left Jodan Ura Mawashi Geri, pivot clockwise, right Jodan Ushiro Mawashi Geri, left Chudan Gyaku Zuki*

KATA: Pin'an Yondan

PARTNER WORK: Hokei Kumite - Yondan

KUMITE: Jiyu Kumite x6