

KOFUKAN SHITO-RYU KARATE

JUNIOR

7th KYU – YELLOW BELT

STANCES:	○ Neiko Ashi Dachi	<i>Cat stance</i>
	○ Shiko Dachi	<i>Sumo / horse riding stance</i>
	○ Moto Dachi	<i>Base stance</i>
	○ Zenkutsu Dachi	<i>Long Stance</i>
MOVING:	○ Tsugi Ashi	<i>Follow on step</i>
BLOCKS:	○ Yoko Uchi Uke	<i>Side striking block</i>
	○ Yoko Kosa Uke	<i>Side cross block</i>
	○ Shutoh Uke	<i>Knife hand block</i>
PUNCHES:	○ Jodan Maeken Zuki	<i>Front jab to the face</i>
KICKS:	○ Jodan Mawashi Geri	<i>Head roundhouse kick</i>
STRIKES:	○ Ura Uchi	<i>Back fist to the temple</i>

BASIC COMBINATIONS:

- #4 Chudan Tsugi Ashi, Mae Geri, Chudan Gyakuzuki, Kaeshi
- #5 Chudan Mae Geri (front leg kick), Jodan Maeken Zuki, Kaeshi

KIHON IPPON KUMITE:

- #1 Shuto Yoko Uchi Uke, Chudan Gyaku Zuki, Kaeshi
- #2 Shuto Harai Uke, Chudan Gyaku Zuki, Kaeshi

KATA: Shiho Sanshiki