

# KOFUKAN SHITO-RYU KARATE

# JUNIOR

## 5<sup>th</sup> MON KYU – GREEN BELT WHITE STRIPE

### 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:

- #2 *Right Jodan Tobikomi Zuki, left Chudan Gyaku Zuki, left Jodan Mawashi Geri, left Jodan Ura Uchi, right Chudan Gyakuzuki*

<b>KATA:</b>	Pin'an Shodan
<b>PARTNER WORK:</b>	Hokei Kumite - Shodan
<b>KUMITE:</b>	Jiyu Kumite x2