

KOFUKAN SHITO-RYU KARATE

JUNIOR

6th MON KYU – ORANGE BELT WHITE STRIPE

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*

KIHON IPPON KUMITE:

- #3 *Chudan Yoko Uke in Neko Ashi Dachi, Chudan Mae Geri, Kamae*
- #4 *Gedan Shotei Kosa Uke in Nekoashi Dachi, Jodan Maeken Zuki in Moto Dachi, Kaeshi*

KATA:

Roppo Hiji Ate