

KOFUKAN SHITO-RYU KARATE

SENIOR

5th KYU – GREEN BELT

REVISION OF BASICS FROM PREVIOUS GRADINGS:

STANCES:	○ Sanchin Dachi	<i>Hourglass stance</i>
BLOCKS:	○ Tomoe Uke	<i>Circular block</i>
	○ Sase Uke	<i>Reinforced centre block</i>
KICKS:	○ Yoko Kekomi Geri	<i>Side thrust kick</i>
	○ Ushiro Geri	<i>Back kick</i>
	○ Ura Mawashi Geri	<i>Reverse circular kick</i>

FIGHTING COMBINATIONS:

- #3 *Right Ashibarai (outward sweeping block), right Jodan Tenshin Oi Zuki, left Kaeshi, / left Chudan Mawashi Geri, right Chudan Gyaku Zuki, / left Jodan Uramawashi Geri*
- #4 *Move left foot slightly to the right, perform (Kosa Dachi), left Jodan Ura Uchi, left Chudan Yoko Geri, right Chudan Gyaku Zuki, / pivot clockwise, right Chudan Ushiro Geri, right Jodan Ura Uchi, left Chudan Gyaku Zuki*

KATA: Pin'an Shodan
Sanchin

PARTNER WORK: Hokei Kumite - Shodan

KUMITE: Jiyu Kumite x2