

# KOFUKAN SHITO-RYU KARATE

# JUNIOR

## 8<sup>th</sup> KYU – YELLOW BELT WHITE STRIPE

<b>STANCES:</b>	<ul style="list-style-type: none"><li>○ Heisoku Dachi</li><li>○ Musubi Dachi</li><li>○ Heiko Dachi</li></ul>	<i>Feet together Stance</i> <i>Open toes stance / v shape</i> <i>Parallel/shoulder width stance</i>
<b>MOVING:</b>	<ul style="list-style-type: none"><li>○ Yori Ashi</li><li>○ Ayumi Ashi</li></ul>	<i>Slide in</i> <i>Step through</i>
<b>BLOCKS:</b>	<ul style="list-style-type: none"><li>○ Jodan Age Uke</li><li>○ Chudan Yoko Uke</li><li>○ Gedan Hara Uke</li></ul>	<i>Upper rising block</i> <i>Centre side block</i> <i>Lower block</i>
<b>PUNCHES:</b>	<ul style="list-style-type: none"><li>○ Jodan Oizuki</li><li>○ Chudan Oizuki</li><li>○ Chudan Gyakuzuki</li></ul>	<i>Lunging upper punch “jaw”</i> <i>Lunging centre punch “chest”</i> <i>Reverse centre punch</i>
<b>KICKS:</b>	<ul style="list-style-type: none"><li>○ Kin Geri</li><li>○ Mae Geri</li><li>○ Chudan Mawashi Geri</li><li>○ Hiza Geri</li></ul>	<i>Groin kick with top of foot</i> <i>Front kick with the ball of the foot</i> <i>Centre circular / roundhouse kick</i> <i>Knee Kick</i>
<b>STRIKES:</b>	<ul style="list-style-type: none"><li>○ Kaeshi</li></ul>	<i>Open hand thrust</i>

### BASIC COMBINATIONS:

- #1 Slide in (Yoriashi), Chudan Gyakuzuki, Kaeshi
- #2 Step forward into Zenkutsu Dachi, Jodan Oizuki, Kaeshi
- #3 Step forward kicking Chudan Mae Geri, Jodan Oizuki, Kaeshi