

KOFUKAN SHITO-RYU KARATE

JUNIOR

3rd KYU – BROWN BELT

REVISION OF BASICS FROM PREVIOUS GRADINGS:

STANCES:	○ Naihanchin Dachi	<i>Inward Stance</i>
STRIKES:	○ Shutoh Uchi - Inwards	<i>Knife hand strike - Inwards</i>
	○ Shutoh Uchi - Outwards	<i>Knife hand strike - Outwards</i>
	○ Shutoh Uchi - Downwards	<i>Knife hand strike - Downwards</i>
	○ Kentsui Uchi - Inwards	<i>Hammer fist - Inwards</i>
	○ Kentsui Uchi - Outwards	<i>Hammer fist – Outwards</i>
	○ Kentsui Uchi - Downwards	<i>Hammer fist – Downwards</i>
	○ Haitoh Uchi - Inwards	<i>Thumb side of knife hand – In</i>
	○ Haitoh Uchi - Outwards	<i>Thumb side of knife hand - Out</i>
	BLOCKS:	○ Nagashi Uke - Palm
○ Nagashi Uke – Back hand		<i>Flowing block – Back hand</i>
○ Kakate Uke		<i>Hook hand block</i>

FIGHTING COMBINATIONS:

- #7 *Left jodan skip uramawashi Geri, left chudan mawashi geri, right Chudan gyakuzuki / right ashibarai (sweep both legs), left chudan Gyakuzuki (to fallen opponent)*
- #8 *Left open hand inward block, at the same time, right chudan Gyakuzuki, left jodan urauchi, right chudan gyakuzuki / left jodan Mawashi geri, left kouchigari, left jodan maeken zuki*

KATA: Nihanchin Shodan

KUMITE: Jiyu Kumite x6