

# KOFUKAN SHITO-RYU KARATE

# SENIOR

## 3<sup>rd</sup> KYU – BROWN BELT

### REVISION OF BASICS FROM PREVIOUS GRADINGS:

<b>STANCES:</b>	○ Naihanchin Dachi	<i>Inward Stance</i>
<b>STRIKES:</b>	○ 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>
	<b>BLOCKS:</b>	○ 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 Ura Mawashi Geri, left Chudan Mawashi Geri, right Chudan Gyaku Zuki / right Ashibarai (sweep both legs), left Chudan Gyaku Zuki (to fallen opponent)*
- #8 *Left Jodan open hand inward block, at the same time, right chudan Gyaku Zuki, left Jodan Ura Uchi, right Chudan Gyaku Zuki / left Jodan Mawashi Geri, left Kouchigari, left Jodan Maeken Zuki*

<b>KATA:</b>	Pin'an Yondan
	Nihanchin Shodan

**PARTNER WORK:** Hokei Kumite - Yondan

**KUMITE:** Jiyu Kumite x4