

## Japanese

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### San Kyu

#### Kihon

Oizuki Sanbon zuki (jodan, then twice chudan) - *in zenkutsu dachi*

Jodan ageuke, then in place, chudan gyaku zuki - *in zenkutsu dachi*

Chudan soto udeuke *in zenkutsu dachi*, then chudan enpiuchi *in kiba dachi*, followed by jodan tate urakenuchi *in kiba dachi*

Chudan shutouke *in kokutsu dachi*, kizami maegeri *in kokutsu dachi*, then in place, gyaku yohon nukite *in zenkutsu dachi*

Chudan uchi udeuke, then in place, jodan gyaku zuki *in zenkutsu dachi*

Maegeri rengeru - kizami maegeri chudan, then maegeri jodan - *in zenkutsu dachi*

Mawashigeri rengeru - kizami mawashigeri chudan, then mawashigeri jodan - *in zenkutsu dachi*

Jodan yoko geri keage - *in kiba dachi*

Chudan yoko geri kekomi - *in kiba dachi*

Yoko kekomi chudan, step mawashigeri chudan, then in place gyaku zuki chudan - *in zenkutsu dachi*

#### Kata

Tekki Shodan

#### Kumite

Kihon Ippon Kumite

Attack - oizuki jodan, hidari and migi

Defence - jodan ageuke, then in place gyaku zuki chudan, hidari and migi

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Attack - oizuki chudan, hidari & migi

Defence - chudan sotouke, then in place gyaku zuki jodan, hidari & migi

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Attack - maegeri chudan, hidari & migi

Defence - gedan barai, then in place gyaku zuki chudan or jodan, hidari & migi

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Attack - Chudan yoko geri kekomi, hidari & migi

Defence - soto udeuke or uchi gedan barai, then in place gyaku zuki jodan, hidari & migi

## English

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### 3rd level - brown belt

#### Basics

Step forward once, punch three times (face level, then twice solar plexis) - *in forward stance*

Rising block face level, then in place, reverse punch solar plexis level - *in forward stance*

Outside forearm block solar plexis *in forward stance*, then elbow strike solar plexis & backfist strike face, *in side/horse riding stance*

Knifehand block, then front kick (lead leg) solar plexis, *both in back stance*, then 4 finger spearhand strike solar plexis *in front stance*

Inside forearm block solar plexis, then in place, reverse punch face level *in forward stance*

Two continuous front kicks - lead leg solar plexis, then rear leg face level - *in forward stance*

Two continuous roundhouse kicks - lead leg solar plexis, then rear leg face level - *in forward stance*

Side kick snap face level - *in side, or horse riding stance*

Side kick thrust solar plexis - *in side / horse riding stance*

Side thrust kick solar plexis level, step roundhouse kick solar plexis, in place reverse punch solar plexis - *in forward stance*

#### Kata

Iron Horse Riding - First level

#### Sparring

One Step Basic Sparring

Attack - lunge punch face, left and right

Defence - rising block face, then in place reverse punch solar plexis, left and right

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Attack - lunge punch solar plexis, left and right

Defence - outside block solar plexis, then in place reverse punch solar plexis, left and right

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Attack - front kick solar plexis, left and right

Defence - downward sweeping block, then in place reverse punch solar plexis or face level, left and right

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Attack - Side kick thrust solar plexis level, left and right

Defence - outside forearm block or inside downward sweeping block, then in place reverse punch face, left and right