

Japanese

Hachi Kyu

Kihon

Chudan Oizuki - *in zenkutsu dachi*

Jodan Ageuke - *in zenkutsu dachi*

Chudan Soto Udeuke - *in zenkutsu dachi*

Chudan Shutouke - *in kokutsu dachi*

Chudan Maegeri - *in zenkutsu dachi*

Chudan Yoko Geri Keage - *in kiba dachi*

Chudan Yoko Geri Kekomi - *in kiba dachi*

Kata

Heian Shodan

Kumite

Sanbon Kumite

Attack - oizuki jodan, hidari and migi

Defence - jodan ageuke, hidari and migi

Counter attack - gyaku zuki chudan after third block

Attack - oizuki chudan, hidari and migi

Defence - chudan sotouke, hidari and migi

Counter attack - gyaku zuki jodan after third block

English

8th level - yellow belt

Basics

Lunge Punch Solar Plexis - *in forward stance*

Rising Block Face Level - *in forward stance*

Outside Forearm Block Solar Plexis - *in forward stance*

Knifehand Block Solar Plexis Level - *in back stance*

Front Kick Solar Plexis - *in forward stance*

Side Kick Snap - *in side, or horse riding stance*

Side Kick Thrust - *in side, or horse riding stance*

Kata

Peaceful Kata - Level 1

Sparring

Three Step Sparring by Count

Attack - lunge punch face, left and right

Defence - rising block face, left and right

Counter attack - reverse punch solar plexis after third block

Attack - lunge punch solar plexis, left and right

Defence - outside block solar plexis, left and right

Counter attack - reverse punch face after third block