



7th to 6th KYU RED & WHITE STRIPE

THEORY

What is Kata?

What is the Dojo?

KIHON

ZENKUTSU DACHI
BLOCK WITH SAME HAND

1

TATE EMPI, MAE EMPI, YOKO EMPI, OSHIRO EMPI
(FWD/BWD)

2

AGE UKE + SOTO UKE + GEDAN BARAI + GYAKU
TSUKI

3

UCHI UKE + SOTO UKE + AGE UKE + GYAKU TSUKI

4

MAE GERI + SAMBON TUSKI

5

NIDAN TSUKI

KOKUTSU DACHI

6

SHUTO UKE + MAE ASHI GERI + GYAKU NUKITE

KIBA DACHI

7

YOKO GERI (fw left leg, return right leg)

KAMAE

8

MAE GERI + YOKO GERI (same leg)

KATA

HEIAN

SANDAN

KUMITE

SAMBON KUMITE

AGE UKE + SOTO UKE + GEDAN BARAI + GYAKU TSUKI

SHIAI

BE ABLE TO BLOCK, COUNTER ATTACK AND SCORE
WITH JODAN AND CHUDAN GERI

<https://www.youtube.com/watch?v=GAKUwEJVsjE>

