



8th to 7th KYU RED

THEORY	Who founded the ShotoKan karate style?		
	What is the KI? And the KIAI?		
KIHON	ZENKUTSU DACHI	1	SAMBON TSUKI
		2	UCHI UKE + GYAKU TSUKI
		3	GEDAN BARAI + GYAKU TSUKI, UCHI UKE + GYAKU TSUKI, SOTO UKE + GYAKU TSUKI, AGE UKE + GYAKU TSUKI.
		4	AGE UKE + SOTO UKE (same hand) + GYAKU TSUKI.
		5	UCHI UKE +GEDAN BARAI (same hand) + GYAKU TSUKI
		6	NUKITE
	KOKUTSU DACHI	7	SHUTO UKE + ZENKUTSU DACHI/ GYAKU NUKITE
		8	MOROTE UKE
	KAMAE	9	MAE GERI + OI TSUKI
		10	YOKO GERI
KATA	HEIAN	NIDAN	
KUMITE	GOHON KUMITE	JODAN UKE/ SOTO UKE/ GEDAN BARAI	
	SHIAI KUMITE	SCORE KIZAMI TSUKI, GYAKU TSUKI AND MAWASHI GERI CHUDAN/ JODAN	

<https://www.youtube.com/watch?v=DDccCCWE3Ho&feature=youtu.be>