

Blue belts 4th Kyu

BASIC TECHNIQUES

- 1. KETTE JUN ZUKI.** First left leg forward left hand punch with Kei now front kick with the ball of the foot land now with the same hand punch to the stomach.
- 2. KETTE GYAKU ZUKI.** (Don't step just punch on the spot) now front kick with the ball of the foot land now opposite punch
- 3. TOBIKOMI ZUKI. (SHIZENTAI: NATURAL STANCE)** Now with your left leg forward jumping forward then holding in a long stance front snap punch to the face, From here moves your back leg forward half way then move your front leg back half way you should now be in natural ready to repeat the sequence still in left stance. (You will be asked to change stance then you will do the same on the other stance.
- 4. SOKUTO CHUDAN.** From fighting stance edge of foot kick to the Stomach. Round house kick with the toe of the foot.
- 6. USHIRO MAWASHI GERI.** Spinning round house kick with the sole of the foot.

RENRAKU WAZA (COMBINATION TECHNIQUES)

- 1. (MAE GERI, YOKO GERI, MAWASHI GERI) GYAKU ZUKI CHUDAN.**
From fighting stance front kick with the ball of the foot with the same leg ball of foot kick to the side now bring the same leg round to the front and do round house kick then land forward with your rear hand opposite punch to the stomach with Kei.
- 2. MAE GERI, MAWASHI GERI, SOKUTO CHUDAN, GYAKU ZUKI CHUDAN.**
Front kick with the ball of the foot land round house kick land edge of foot kick land now opposite punch with Kei, (all of these kick are done to the stomach).
- 3. MAWASHI GERI CHUDAN, USHIRO GERI CHUDAN, URAKAN JODAN.**
Round house kick then back kick with the heel of the foot turn and land then do urakan (back fist strike to the side of the head with kei).

PAIR TECHNIQUES

1. ATTACKER: LEFT STANCE DEFENDER: LEFT STANCE
2. ATTACKER: LEFT STANCE DEFENDER: RIGHT STANCE
3. ATTACKER: RIGHT STANCE DEFENDER: RIGHT STANCE

KATA

PINAN SHODAN (PLUS PREVIOUS KATAS)

JI YU KUMITE (FREE FIGHTING)

Any problems call Sensei Patricia on 07956 222 036or 07932 77 07 55