

3rd Kyu BROWN BELT (One red stripe)

- 1. KETTE JUNZUKI.** Left leg forward left hand punch now ball of foot kick to the stomach same hand punch to the stomach.
- 2. KETTE GYAKU ZUKI.** Front kick with the ball of the foot to the stomach land then opposite punch.
- 3. KETTE JUNSUKI NO-TSUKKOMI.** Snap kick with the ball of foot to the stomach then lunge punch.
- 4. KETTE GYAKU ZUKI NO-TSUKKOMI.** Snap kick to the stomach with the balls of the foot then land reverse lunge punch.
- 5. NAGASHI ZUKI.** From natural stance. counter snap punch to the face.
- 6. MAEGERI, MAWASHI GERI, SOKUTO CHUDAN (same leg).** Ball of foot kick then round house kick then edge of foot kick all these kicks are done to the stomach.
- 7. KAKATO GERI.** Axe kick with the heal.

RENRAKU WAZA (COMBINATION TECHNIQUES)

- 1. YOKO GERI, MAWASHI GERI, SOKUTO, USHIRO GERI, GYAKU ZUKI.**
Ball of foot kick to the side with the same round house kick to the front with the top of the foot then edge of foot kick land then twist your hips and do back kick with the heal twist and land again then do opposite punch.
- 2. MAE GERI, GYAKU ZUKI (ONE STEP FORWARD) JODAN UKE, GYAKU ZUKI.** Front kick with the ball of the foot to the stomach land then opposite punch pull the punch back step forward now with your front hand block up then pull the block down and do opposite punch with kei and return to fighting stance.
- 3. MAE GERI CHUDAN, MAWASHI GERI CHUDAN, USHIRO GERI CHUDAN, GYAKU ZUKI CHUDAN.** All these kicks are done with alternate Legs Ball of foot kick to the stomach then round house kick With the top of the foot to the stomach then back kick land Then reverse punch with kei.

PAIR TECHNIQUES

IPPON GUMITE

1. Attacker: Right stance. Defender: Right stance.

OHYO GUMITE

2. Attacker: Left stance. Defender: Left stance.

KATA (FORM)

Pinan Yodan
Pinan Godan
(Plus previous katas).

FREE FIGHTING

JI YU KUMITE (Free fighting).

ANY PROBLEMS CALL SENSEI PATRICIA ON 0956 222 036