

ORANGE BELTS 6th KYU

BASIC TECHNIQUES

LEFT LEG FORWARD LEFT HAND PUNCH

1. **KETTE - JUNZUKI:** Front kick with the ball of foot with the Same side you Kicked with front punch to the stomachs leave the punch out.

2. **KETTE - GYAKU ZUKI:** Front kick with the ball of the foot Then lands opposite punch leave the punch out.

GO INTO LEFT FIGHTING STANCE

3. **MAWASHI GERI:** Round house kick with the top of the foot to The lower back or to the stomach.

4. **YOKO MAWASHI:** Round house kick to the side (same kick As above but to the side.

RENRAKU WAAZA (combination techniques)

1. YOKO SOKUTO FUMIKOMI - MAGERI CHUDAN - GYAKU ZUKI CHUDAN.

First change your guard then Edge of foot kick to the knee Direction to the Side then with the same leg front kick with the ball of the foot, then do opposite Punch with Kei Then pull the punch back and you should be in fighting Stance.

2.MAWASHI GERI CHUDAN, GYAKU ZUKI CHUDAN.

Round house kick with the top of the foot off the back leg Land then opposite Punch to the stomach with Kei then pulls back the punch and you should be in Fighting stance.

3.SOKUTO FUMIKOMI, URAKAN JODAN.

Edge of foot kick to the knee with the same side do back of Fist strike to the side of the head (temple).

UKE (BLOCKS)

1.**JODAN UKE - GYAKU ZUKI.** Stepping forward upper block then Pull the block down then do opposite punch with Kei and return To fighting stance and repeat the sequence.

2.**GEDAN BARAI - GYAKU ZUKI.** Stepping forward lower block then Pull back the block then does opposite punch with Kei then Return to fighting stance and repeat the sequence.

3.**UCHI UKE - GYAKU ZUKI.** Stepping forward inner block pull the Block back and do opposite punch with key then pull the punch Back and return to fighting stance and then repeat the Sequence.

4.**SOTO UKE - GYAKU ZUKI.** Stepping forward outer block pull the Block back and do opposite punch with Kei then pull the Punch back and return to fighting stance and then repeat The sequence.

PAIR TECHNIQUES

1. ATTACKER: LEFT STANCE DEFENDER: LEFT STANCE

KATA (PINAN NIDAN)

ANY PROBLEMS CALL SENSEI PATRICIA (07956 222 036 or 07932770755)