

YELLOW BELT 7th Kyu

Basic Techniques

1. JUNZUKI

Stepping forward left leg forward left hand punch. With kei.

2. GYAKU ZUKI

Don't step just punch (if your left leg is forward then you will punch with your right hand don't forget step first then punch).

GO INTO LEFT LEG FORWARD FIGHTING STANCE.

3. MAEGERI

Front kick with the ball of foot off the back leg.

4. SOKUTO-FUMIKOMI

Edge of foot kick to the knee hold the kick out for 2 seconds without touching the floor.

5. EMPI-URAKAN-JODAN

Stepping forward elbow to the chest then back fist to the side of the head (Temple).

COMBINATION TECHNIQUES

1. MAEGERI CHUDAN - TOBI KOMI ZUKI -JODAN

Front leg kick with the ball of the foot off the back leg, with the same hand as leg snap punch to the face with kei on the punch.

2. MAEGERI CHUDAN - GYAKU ZUKI CHUDAN

Front leg kick with the ball of the foot off the back leg then land then opposite punch with kei and then pull it back into fighting stance.

BLOCKS

1. JODAN UKE - GYAKU ZUKI CHUDAN

Stepping forward upper block keep it up then opposite punch with kei pull the punch back with the block remaining, then stepping pulling down the old block to start the new one and repeat from start, when turning you will repeat the block punch sequence.

2. GEDAN BARI - GYAKU ZUKI CHUDAN

Stepping forward lower block keeping the block out opposite punch with kei pull the punch back with the block remaining and repeat by stepping forward etc., when turning repeat block punch sequence.

3. UCHI UKE - GYAKU ZUKI CHUDAN

Stepping forward inner block keeping the block out OPPOSITE punch with kei pull the punch back with the block remaining. Repeat the sequence by stepping forward etc., when turning repeat block punch sequence.

**ICHI (1)
NI (2)
SUN (3)
SHI (4)
GO (5)
ROKU (6)
SHI CHI (7)
HA CHI (8)
KU (9)
JU(10)**

ANY PROBLEMS CALL SENSEI PATRICIA ON 07956 222 036