



8-1) Blue Belt 1 Red Stripe

Dachi (Stances):

- a) Sanchin Dachi

SANCHIN DACHI



- b) Kiba Dachi (Seiuchin)

KIBA DACHI



- c) Kamate 2 step distance

Tsuki (Punches):

- a) Tate Tsuki- Vertical Punch
b) Uraken- Backfist

Uke/Barai (Blocks):

- a) Uchi Uke- Inside Block
b) Jodan Uke- High Block

Geri (Kicks):

- a) Mae Geri Jodan- Front Kick to Face

Kata:

- a) Taikyoku Sono Ni

Ippon Kumite (1 Step Sparring):

- a) Attack: Zenkutsu Dachi, Mae Geri Chudan Chusoku
Defense: Kiba Dachi (450), Seiken Oi Chudan Soto Uke , Contra: Gyaku Tate Tsuki Jodan

Renraku (Combinations):

- a) Step in the Zenkutsu Dachi forward, backward and Mawate of Oi Uke / Gyaku Tsuki

Terminology:

- a) Mawate- Turn