



10-2) Orange Belt 2 Stripes

Dachi (Stances):

- a) Yoi Dachi- Ready Stance Relaxed



- b) Zenkutsu Dachi- Front Stance



Tsuki (Punches):

- a) Oi Tsuki- Step & Punch
b) Morote Seiken Tsuki- Double Punch

Uke/Barai (Blocks):

- a) Gedan Barai- Low Block
b) Jodan Uke- High Block]

Geri (Kicks):

- a) Kin Geri- Self Defense Kick

Ippon Kumite (1 Step Sparring):

- a) Attack: Zenkutsu Dachi, Seiken Oi Tsuki Jodan
Defense: Zenkutsu Dachi, Seiken Jodan Uke, Contra-attack: Kin Geri

Breathing:

- a) Nogare- Strong/Soft Breathing i.e. Yoga