

4. and 3. Kyu (Blue)

Kihon

Technique

1. Kerizuki –Hinerimae Zuki
Front twist punch
2. Chokuzuki – Uraken Zuki Uraken Uchi
Straight front punch, Back Punch, Back fist
3. Shutouke – Yokoempi Uchi Shuto Uchi
Knife hand block, Side elbow strike, Chop
4. Mae Ren Geri
Double front kick
5. Mawashi Geri, Ushiro Kaiten Geri
Roundhouse kick, Wheel kick
6. Yoko Geri (Keage)
Snap side kick
Yoko Geri (Kekomi)
Thrust kicks
7. Oimawashigeri – **Front leg roundhouse kick**
Hinerimaezuki - **Twist front punch**
Hinerimawashigeri – **Back leg roundhouse kick**

Stance

- Zenkutsu dachi
Forward stance
Neko ashi dachi
Cat stance
Shizentai dachi
Natural stance
Zenkutsu dachi
Forward stance

Kiba dachi
Horseman stance
Kiba dachi
Horseman stance

Kogeki Sho Kumite (Bogu)

1. Zuki – Keri **Punch & Kick techniques**
2. Keri – Zuki **Kick & Punch techniques**

Tanshiki and Fukushima Kumite (Ippon, Nihon and Sanbon Kumite)

Single, Multiple and Free techniques
Demonstration of two each division

Jiu Kumite

Randori against different Partner
Randori Kumite Ni

Nage Waza – Throw techniques

Tai otoshi – **Body drop**
Tani otoshi – **Valley drop**

Kata

Happiken

Goshin Jutsu – Self defence

One Technique against
Mune tori **Grip to behind**
Ryote tori **Double hand grip**
Ryote Jime **Choking with both hands**
Ushiro Kakae tori **Bear hug from back**