

NI KYU

STANDING BASICS

Jigotai Migikizuki, Uraken, Uke, zuki (Punch, Backfist, Block and Punch)
Gedan Yoko-Geri (Pull and Side stomp kick)

MOVING BASICS

Jodan Zuki, Chudan Zuki, Mawashi Geri (Face punch, Chest Punch, Roundhouse kick to the thigh)
(with sliding step)

KATA

Fukyugata Ichi	Pinan Godan
Fukyugata Ni	Naihanchi Nidan
Pinan Shodan	Ananku
Pinan Nidan	Wankan
Naihanchi Shodan	Naihanchi-Sandan
Pinan Sandan	Rohai
Pinan Yondan	Wanshu

KUMITE

Create six Yakusoko kumite (Kishaba style)
Juippon Kumite

PERSEVERANCE

ATME

2 way strike

READING

Okinawan Karate
Teachers, styles, and secret techniques
by Mark Bishop

Pages 7 - 58

WRITING

Kishaba Sensei's calligraphy **Karate Cloud Light Hand**, what do you think it means.