

# SAN KYU

## STANDING BASICS

Jigotai San-Zuki                      (Squat and Triple punch [chest-face-chest])  
Mai-Geri Yoko-Geri                      (Front kick Side kick)

## MOVING BASICS

Niekoashi Chudan Shuto-Uke Yakusuki                      (Cat stance middle knife hand block and punch [moving backwards])  
Niekoashi Gedan-Shuto-Uke Mai Geri                      (Cat stance low knife hand block and kick (moving backwards))  
Jodan suki, chudan suki, mawashi Geri                      (Face punch, Chest Punch, Roundhouse kick to the thigh)

## KATA

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

## KUMITE

Juippon Kumite

## PERSEVERANCE

## ATME

Punch

## READING

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

Pages 135 - 166