

YON KYU

STANDING BASICS

Neikoashi Ni-Zuki (Cat stance Double punch [lead hand first])
Mawashi Keri (Roundhouse kick)
Shizentai Uranken (Natural stance Backfist to the front one hand then the other)

MOVING BASICS

Jodan- Chudan- Oit-suki (Three way punch [Face, Chest, Chasing])
Jodan- Chudan- Gedan-Uke (Three way block (High, Middle, Low))
Zenkutsu Mawashi Keri (Long stance roundhouse kick to the thigh)

KATA

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

KUMITE

Yakasoko Kumite

PERSEVERANCE

ATME

Front Kick

READING

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

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