

# GO KYU

## STANDING BASICS

Jigotai Migiki-Zuki	(Squeeze and Punch)
Yoko-Geri	(Side Kick)
Naihanchi Chudan-Gedan-Uraken	(Horse Stance Middle-Block Low-Block and Backfist)

## MOVING BASICS

Zenkutsu Morote-Uke Migiki-Zuki	(Long Stance Reinforced Block and Punch)
Ushiro-Geri	(Back Kick)
Soto-Uke, Mai-Geri, Chudan-Zuki	(Block, Kick, and Punch)

## KATA

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

## KUMITE

Knee and Elbow

## PERSEVERANCE

## ATME

Ushiro-Geri	(Back Kick)
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## READING

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

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