

# RO KYU

## STANDING BASICS

Naihanchi Kaku-Zuki	(Horse Stance Cross [square] Punch)
Ushiro-Geri	(Back Kick)
Naihanchi Chudan-Gedan	(Horse Stance Middle-Block Low-Block)

## MOVING BASICS

Naihanchi Ashi-Fumi	(Horse Stance Stomp)
Hiji-Uke Uraken	(Elbow Block Back Fist)
Mai-Geri Yoko-Geri	(Front Kick, Side Kick)

## KATA

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

## KUMITE

Eight Omini (head punch) Kumite

## PERSEVERANCE

## ATME

Hiji-Ate (Elbow Smash)

## READING

Attitudes and  
Training Hints pages 48 - 51  
Kumite pages 246 - 253  
Afterword pages 271 - 272