

SHICHI KYU

STANDING BASICS

Jigotai Ni-Zuki (Squatting Double Punch)
Nekoashi Mai-Geri (Cat Stance Front Kick)
Uranken (Three way backfist)

MOVING BASICS

Nekoashi Mai-Geri (Cat Stance Front Kick)
Nekoashi Chudan Shuto-Uke (Cat Stance Middle Knife Hand Block)
Nekoashi Gedan-Shuto-Uke (Cat Stance Low Knife Hand Block)
Jigotai Yoko-Geri (Squat Stance Side Kick)

KATA

Fukyugata Ichi
Fukyugata Ni
Pinan Shodan
Pinan Nidan

KUMITE

Zenkutsu Chudan-Zuki => Nekoashi Chudan Shuto-Uke, Mai-Geri
Zenkutsu Mai-Geri => Nekoashi Gedan Shuto-Uke, Jodan-Zuki
Jodan-Zuki => Wrist-Uke, Eye Gouge
Jodan-Zuki => Soto Shuto-Uke, Jodan Nukite-Zuki
Mawashi-Geri => Morote Gedan-Uke, Mai-Geri

PERSEVERANCE

ATME Yoko-Geri

READING Pages 31-46 and Page 48

