

HACHI KYU

STANDING BASICS

Kukan-Zuki	(Squatting Punch)
Zenkutsu Mai-Geri	(Long Stance Kick)
Chudan Wari-Uke	(Middle Split Block)

MOVING BASICS

Oi-Zuki	(Chasing Punch)
Zenkutsu Gedan-Uke	(Long Stance Low Block)
Zenkutsu Chudan-Zuki	(Long Stance chest Punch)
Zenkutsu Mai-Geri	(Long Stance Front Kick)
Zenkutsu Keri-to-Zuki	(Long Stance Kick and Punch)
Jodan-Uke	(High Block)
Soto-Uke	(Middle Block)
Uchi-Uke	(Striking Block)
Mawashi-Geri	(Roundhouse Kick)

HEAVY BAG

Mai-Geri	(Front Kick)
Yoko-Geri	(Side Kick)
Mawashi-Geri	(Roundhouse Kick)
Ushiro-Geri	(Back Kick)

KATA

Fukyugata Ichi
Fukyugata Ni

KUMITE

Jodan-Zuki	=>	Jodan-Uke, Jodan-Zuki
Chudan-Zuki	=>	Soto-Uke, Chudan-Zuki
Chudan-Zuki	=>	Uchi-Uke, Chudan-Zuki
Zenkutsu Mai-Geri	=>	Gedan-Yoko-Barai-Uke, Jodan-Zuki
Yoko-Geri	=>	Gedan Soe-Uke, Jodan-Zuki

PERSEVERANCE

ATME Shuto

READING Pages 13-30 and Page 47

