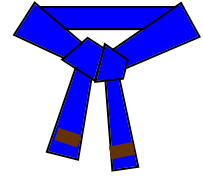


3rd Kyu (San Kyu)

Basic Techniques (1/3)



NAME: _____

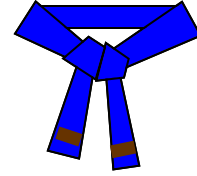
DATE OF PREVIOUS RANK: _____

BASIC TECHNIQUES

- MASUBI DACHI (formal attention stance)
- HEIKO DACHI (natural stance, feet parallel)
- KIBA DACHI (side facing horse stance)
- SHIKO DACHI (straddle or sumo stance)
- ZENKUTSU DACHI (front stance)
- SHOZENKUTSU DACHI (half-front stance; short Zenkutsu)
- KOKUTSU DACHI (back stance)
- SANCHIN DACHI (hourglass stance)
- HACHIJI DACHI (natural stance, toes slightly outward)
- RENOJI DACHI (“L” stance)
- NEKO ASHI DACHI (cat stance)
- NISSIN DACHI (side defense stance)
- BENSOKU DACHI (cross-foot stance)
- HAKUSURA DACHI (crane stance)
- AYUMI ASHI (natural stepping)
- TSUGI ASHI (shifting/shuffling step)
- MOVING IN STANCE
- TURNING IN STANCE
- STANCE DYNAMICS (balance, stability, strength, weight shifting, distance)
- JODAN UKE (head block – open- and closed-hand)
- CHUDAN UKE (chest block – open- and closed-hand)
- GEDAN UKE (down block – open- and closed-hand)
- KOKEN UKE (wrist block)
- KAKAI UKE (hooking block)
- HIKI UKE (pulling/grasping open-hand block)
- SUKUI UKE (scooping block)
- HARAI UKE (sweeping block)
- UCHI UKE (inside forearm block)
- UDE UKE (dropping forearm or wing block)
- OSAI UKE (press block)
- JUJI ATE (“X” or cross block)
- YAMA UKE (“mountain” block)
- HARA UKE (“archer” block)
- OI TSUKI (lunge punch)
- GYAKU TSUKI (reverse punch)
- TATE TSUKI (standing fist punch)

3rd Kyu (San Kyu)

Basic Techniques (2/3)



BASIC TECHNIQUES, continued

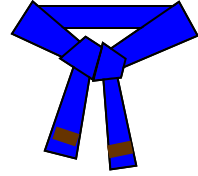
- AGE TSUKI (uppercut punch)
- SHITA TSUKI (palm-up center punch)
- SHOTEI UCHI (palm heel strike)
- URA UCHI (backfist strike)
- TETSUI UCHI (hammerfist strike)
- NAI WAN Uchi (dead arm strike)
- HIJI ATE (elbow strike)
- MAROTE TSUKI (double punch)
- HIZA ATE (knee strike)
- ASHI UKE (leg block)
- MAI GERI (front kick)
- KAKATO GERI (stomping heel kick)
- USHIRO GERI (back kick)
- YOKO GERI (side kick)
- KENSETSU GERI (joint kick)
- MAWASHI GERI (round-house or wheel kick)
- NAKANIMIKAZUKI GERI (inside hook kick)
- SOTOMIKAZUKI GERI (outside hook kick)
- TE WAZA DAI ICHI (first hand technique drill)
- KIRI KAESHI (bent arm takedown)
- SUME GASHI (sit throw)
- ASHI BARAI (foot sweep)
- OSOTO GARI (leg sweep throw)
- UKEMI WAZA (break fall techniques)
- KENSETSU WAZA (joint locking techniques)
- SHIME WAZA (choking techniques)
- FOCUS, POWER, AND CONTROL

KATA & KATA BUNKAI

- GEKISAI KATA DAI ICHI
- GEKISAI KATA DAI ICHI BUNKAI (1,2,3,4,5)
- GEKISAI KATA DAI NI
- GEKISAI KATA DAI NI BUNKAI (1,2,3,4,5)
- SAIFA KATA
- SAIFA KATA BUNKAI (1,2,3,4,5)
- SEIYUNCHIN KATA
- SEIYUNCHIN KATA BUNKAI (1,2,3,4,5)
- SANCHIN KATA
- SEISAN (1,2,3,4,5)

3rd Kyu (San Kyu)

Basic Techniques (3/3)



MISCELLANEOUS

- TIME IN RANK
- ATTENDANCE
- COMMON WORDS & PHRASES

APPROVED:

(HEAD INSTRUCTOR)

(DATE)