

ORANGE BELT SYLLABUS

9th KYU

Peewee (4&5 Years)

HAND TECHNIQUES

Seiken Jodan Zuki - Face Punch

Seiken Chudan Zuki - Stomach Punch

Seiken Gedan Zuki - Groin Punch

Uraken Furi Uchi - Inverted Fist Strike To Body

Seiken Oi Zuki - Lunge Punch

BLOCKS

Gedan Barai - Lower Block

STANCES

Zenkutsu Dachi - Front Leaning Stance

MOVEMENTS

Technique Shiai

ADVANCED ORANGE BELT SYLLABUS 8.5 KYU

Peewee (4&5 Years)

HAND TECHNIQUES

Seiken Sanbon Zuki - Three Times Punch

Seiken Awase Zuki - Combined Middle Punch/Face Punch

Nukite - Spear Hand

Shotei - Palm Heel

BLOCKS

Chudan Soto Uke - Middle Outside Block

KICKS

Mawashi Geri - Roundhouse Kick

Yoko Keage - Side High Kick

STANCES

Sanchin Dachi - Three Point Stance

KATA

Sanbon Zuki Kata I
