

HAND TECHNIQUES

Seiken Jodan Zuki - Face Punch
Seiken Chudan Zuki - Stomach Punch
Seiken Gedan Zuki - Groin Punch
Seiken Sanbon Zuki - Three Times Punch
Seiken Jodan Morote Zuki - Double Face Punch
Seiken Chudan Morote Zuki - Double Middle Punch
Seiken Gedan Morote Zuki - Double Groin Punch
Sanbon Morote Zuki - Three Times Double Punch
Seiken Ago Zuki - Forefist Strike To Chin
Seiken Awase Zuki - Combined Middle Punch/Face Punch
Uraken Shomen Uchi - Inverted Fist Strike To Face
Uraken Sayu Uchi - Inverted Fist Strike To Side
Uraken Furi Uchi - Inverted Fist Strike To Body

BLOCKS

Gedan Barai - Lower Block
Jodan Uke - Upper Block
Kakiwake Uke - Double Downward Circular Block

KICKS

Mae Keage - Front Straight Kick
Mae Geri - Front Snap Kick
Kin Geri - Groin Kick
Hiza Geri - Knee Kick

STANCES

Sanchin Dachi - Three Point Stance
Fudo Dachi - Normal Stance
Heiko Dachi - Parallel Stance

ADVANCED WHITE BELT SYLLABUS 9th KYU

Youth (9-15 Years)

HAND TECHNIQUES

Seiken Oi Zuki - Lunge Punch

Seiken Gyaku Zuki - Reverse Punch

Shuto Gammen Uchi - Knife Hand Roundhouse Strike

Shuto Sakotsu Uchi - Downward Knife Hand Strike

Shuto Uchi Uchi - Knife Hand Inner Strike

Nukite - Spear Hand

Shotei - Palm Heel

BLOCKS

Chudan Soto Uke - Middle Outside Block

Chudan Uchi Uke - Middle Inside Block

KICKS

Mawashi Geri - Roundhouse Kick

Yoko Keage - Side High Kick

Yoko Geri - Side Thrust Kick

STANCES

Zenkutsu Dachi - Front Leaning Stance

Kiba Dachi - Horse Straddle Stance

KATA

Taikyoku I

SELF DEFENSE TECHNIQUES

1,2
