

Green Belt(4th Kyu)

Stances

Heisoku dachi Parallel closed stance

Heiko dachi Parallel open stance

Strikes

Shuto sakotsu uchi Knife hand strike to collar bone

Shuto yoko ganmen uchi Knife hand strike to temple

Shuto uchi komi Knife hand to solar plexus

Shuto jodan uchi uchi Knife hand upper inside strike

Blocks

Shuto jodan uchi uke Knife hand upper inside block

Shuto jodan uke Upper block

Shuto chudan uchi uke Middle inside to outside block

Shuto chudan soto uke Middle outside to inside block

Shuto mae gedan barai Lower sweeping block

Shuto mawashi uke in Sanchin dachi Front round block

Kicks

Jodan mawashi geri heisoku Upper round kick with instep

Jodan mawashi geri chusoku Upper round kick with the ball of the foot

Jodan ushiro geri Upper back kick

Jodan yoko geri sokotu Upper side kick with foot edge

Kata

Sanchin no kata Safety and security exercise