

# Red Belt

Blocks

Uke

Striking blocks to atemi points

Jumping spinning kicks

Tobi ushiro geri

Partner Work:

3 X 30 secs continuous - snapping punch, ridge hand,  
forearm

3 X 30 secs continuous - Front kick, side kick,  
crescent kick

To test focus and check strike points

Pattern Work:

Three sets of students own patterns

Breaking

Tamashiwara

Ridge hand and snapping kick off front leg  
Instructor may request additional techniques

Sparring

Kumite

Free sparring against a four man line  
Circle work

Kata

Red belt Kata  
Weapon Kata

Live blade knife defence