

Green Belt

Stances

Dachi

Free Stance

Juyu Dachi

Hooked

Kake

Back

Kokutsu

Bow

Yumi

Kicks

Geri

Hook

Kake

Crescent

Mikitsuki

Axe

Kokato

Hand Techniques

Te Waza

Ridge Hand

Heato

Knife Hand

Shoto

Spear Hand

Nukite

Hook Punch

Kake Tsuki

Snapping Punch

Ke-age Tsuki

Sparring

Kumite

Foot Sweep

Ashi Berai

Sparring one for one

Breaking

Tamashiwara

Board break using any hand or leg technique

Self Defence

Show defences from
various punches

Kata