



# Anshin Ryu

空手道

## Orange Belt – 7<sup>th</sup> Kyu (Shichi Kyu)

### Dachi (Stances)

Fudo Dachi      Sanchin Dachi      Zenkutsu Dachi      Musubi Dachi

### Kihon Tsuki Waza (Basic Punching Techniques)

1. Junzuki Jodan (in Zenkutsu Dachi or Sanchin Dachi)
2. Junzuki Chudan (in Zenkutsu Dachi or Sanchin Dachi)
3. Junzuki Gedan (in Zenkutsu Dachi or Sanchin Dachi)
4. Gyakuzuki Chudan (in Zenkutsu Dachi or Sanchin Dachi)
5. Kette Junzuki (chudan)
6. Kette Gyakuzuki (chudan)

### Kihon Keri Waza (Basic Kicking Techniques)

1. Hiza Geri
2. Maegeri Keage Chudan
3. Mawashigeri Keage Chudan
4. Mae Kansetsu Geri

### Kihon Uke Waza (Basic Blocking Techniques)

1. Jodan Uke, Gyakuzuki
2. Soto Uke, Gyakuzuki
3. Uchi Uke, Gyakuzuki
4. Gedan Barai, Gyakuzuki
5. Shuto Uchi Uke Jodan

### Renraku Waza (Combinations Techniques)

1. Maegeri Chudan, Tobikomizuki Jodan.
2. Maegeri Gyakuzuki Chudan
3. Surikomi Maegeri Chudan, Tobikomizuki Jodan.
4. Surikomi Maegeri Gyakuzuki Chudan.

### Kata (Form)

1. Pinan Nidan.

### Etiquette (behaviour)

1. Rei – Bow entering and leaving the Dojo.
2. Rei – Bow standing and sitting.
3. Correct kneeling and sitting posture.

### Dress

1. Doh-gi (suit). How to put one on clean and tidy.
2. Obi (belt). How to tie the belt.

### Examiner's Choice

Any three from Tsuki, Keri Uke and Renraku Waza in blue.

### Question Sheet for this grade

### Dojo-Kun 1 to 3.