



# Anshin Ryu

空手道

## Purple Belt Black Stripe – 3rd Kyu (San Kyu)

### Dachi (Stances)

Fudo Dachi	Sanchin Dachi	Zenkutsu Dachi	Musubi Dachi	Uchihachiji Dachi
Heisoku Dachi	Neko Ashi Dachi	Kokutsu Dachi	Kiba Dachi	Tsuru Ashi Dachi
Heiko Dachi	Shiko 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)
7. Ago Tsuki (in Zenkutsu Dachi or Sanchin Dachi)
8. Mawashi Uchi (in Zenkutsu Dachi or Sanchin Dachi)
9. Tobikomizuki Jodan (in Shizenhontai Dachi)
10. Nagashizuki Chudan (in Shizenhontai Dachi)
11. Uraken Ganmen Uchi (in Zenkutsu Dachi or Sanchin Dachi)
12. Yoko Uraken Uchi (in Zenkutsu Dachi or Sanchin Dachi)
13. Uraken Hizo Uchi (in Zenkutsu Dachi or Sanchin Dachi)
14. Uraken Shitahara Uchi (in Zenkutsu Dachi or Sanchin Dachi)
15. Hitosashiyubi Ipponken
16. Tetsui Uchi
17. Ura Tsuki
18. Ippon Nukite
19. Nihon Nukite
20. Nakayubi Ippon Ken
21. Nihon Ken
22. Shuto Ganmen Uchi
23. Shuto Hizo Uchi
24. Shuto Sakotsu Uchikomi
25. Shuto Chudan Uchikomi

### Kihon Keri Waza (Basic Kicking Techniques)

1. Hiza Geri
2. Maegeri Keage Jodan
3. Mawashigeri Keage Chudan
4. Mae Kansetsu Geri
5. Kin Geri
6. Sokuto Geri Chudan
7. Surikomi Mawashigeri Keage Chudan
8. Surikomi Sokuto Geri Chudan
9. Ushirogeri (hiza)
10. Maegeri, Mawashigeri Chudan – same leg
11. Ushirogeri Chudan
12. Ura Mawashigeri Chudan
13. Maegeri Kekomi Jodan



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14. Mawashi Uchi Keage
15. Mawashi Soto Keage
16. Maegeri (chudan), Mawashigeri (jodan) – same leg

## **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
6. Chudan Uchi Uke Gedan Barai
7. Juji Uke (Jodan and Chudan)
8. Mae Gedan Barai Gyakuzuki
9. Morote Uke
10. Shuto Soto Uke Chudan
11. Shuto Jodan Uke
12. Haito Uchi Uke

## **Renraku Waza (Combinations Techniques)**

1. Maegeri Chudan, Tobikomizuki Jodan.
2. Maegeri Gyakuzuki Chudan
3. Surikomi Maegeri Chudan, Tobikomizuki Jodan.
4. Surikomi Maegeri Gyakuzuki Chudan.
5. Mawashigeri, Gyakuzuki Chudan
6. Maegeri, Mawashigeri, Gyakuzuki Chudan
7. Surikomi Maegeri, Mawashigeri Gyakuzuki Chudan
8. Sokutogeri, Gyakuzuki Chudan
9. Mawashigeri, Ushirogeri, Gyakuzuki Chudan
10. Maegeri, Sokutogeri, Gyakuzuki Chudan
11. Maegeri Chudan, Mawashigeri Chudan, Ushirogeri Chudan, Uraken Jodan.
12. Tsukuriashi Kizami Tsuki Jodan, Gyakuzuki Chudan

## **Kata (Form)**

1. Pinan Nidan.
2. Pinan Shodan.
3. Pinan Sandan.
4. Pinan Yodan

## **Bunkai (Analysis)**

1. Pinan Nidan.
2. Pinan Shodan.
3. Pinan Sandan.

## **Examiner's Choice**

Any 15 from Tsuki, Keri Uke and Renraku Waza in blue.



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**Jiyu Kumite (free Fighting)**

**Question Sheet for this grade**

**Dojo-Kun 1 to 7.**