



Anshin Ryu

空手道

Orange Belt – 7th Kyu (Shichi Kyu)

Dachi (Stances)

Fudo Dachi Sanchin Dachi Zenkutsu Dachi Musubi Dachi Uchihachiji 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. Ago Tsuki (in Zenkutsu Dachi or Sanchin Dachi)
6. Kette Junzuki Chudan (in Zenkutsu Dachi)
7. Kette Gyakuzuki Chudan (in Zenkutsu Dachi)

Kihon Keri Waza (Basic Kicking Techniques)

1. Hiza Geri
2. Kin Geri
3. Maegeri Keage Chudan
4. Mawashigeri Keage Chudan
5. Maegeri Kekomi Chudan
6. 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. Either Pinan Sono Ichi or Pinan Nidan.
2. Either Pinan Sono Ni or Pinan Shodan.

Bunkai (Analysis)

1. Either Pinan Sono Ichi or 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.