



Anshin Ryu

空手道

Yellow Belt – 8th Kyu (Hachi Kyu)

Dachi (Stances)

Fudo Dachi Sanchin Dachi Zenkutsu 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)

Kihon Keri Waza (Basic Kicking Techniques)

1. Hiza Geri
2. Kin Geri
3. Maegeri Keage
4. Mawashigeri Keage

Kihon Uke Waza (Basic Blocking Techniques)

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

Renraku Waza (Combinations Techniques)

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

Kata (Form)

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.

Question Sheet for this grade

Dojo-Kun 1 & 2.