

**SHINRI**  
**KARATE SCHOOLS**



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## WHITE BELT GOING FOR – 10<sup>th</sup> KYU BLUE BELT

**Choku Zuki (straight punch) Shizentai -Facing front**

**Gyaku Zuki (reverse Punch) Zenkutsu Dachi-Both Sides**

**Oi Zuki (stepping punch) Zenkutsu Dachi-Forward turn the same back**

**Age Uke (upper rising block) Zenkutsu Dachi-Forward turn the same back**

**Uchi Uke (inside block) Zenkutsu Dachi-Forward turn the same back**

**Gedan Barai (downward block) Zenkutsu Dachi-Forward turn the same back**

**Mae Geri (front kick) Zenkutsu Dachi-Forward turn the same back**

### **Kata**

**Taikyoku Shodan**

**First 8 moves of the Kata to the kiai – performed fast to count**