

SHINRI
KARATE SCHOOLS



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ORANGE BELT GOING FOR – 7th KYU YELLOW BELT

Oi Zuki - Zenkutsu Dachi-Forward turn the same back

kokutsu Dachi- no upper body (hands on hips/behind back) turn

Age Uke - Zenkutsu Dachi-Forward turn the same back

Soto Uke - Zenkutsu Daichi-Forward turn the same back

Uchi Uke - Zenkutsu Dachi-Forward turn the same back

Uraken - Zenkutsu Dachi

Shuto Uke - Kokutsu Dachi-Forward turn the same back

Mae Geri - Zenkutsu Dachi-Forward turn the same back

Yoko Geri Keage (side snap kick) Kiba Dachi-Forward turn the same back

Kumite

Kihon Ippon kumite

Set 1 - Full Grade both sides no count – Hidari (left) & Migi (right) Intermediate grades Hidari only. 1 jodan, 1 chudan and 1 mae geri attack

Plus any previous Kumite

Kata

Heian Nidan Intermediate Grades – to count Full Grades - fast no count

Plus any previous Kata