

SHINRI
KARATE SCHOOLS



SHINRIKARATESCHOOLS.COM

BROWN BELT 1st KYU GOING FOR – SHODAN BLACK BELT FIRST DAN

(all performed from Jiyu Dachi -Turn with combination)

Mae Geri / Sanbon Zuki

Uraken /Gyaku Zuki/ Gedan Barai

Age Uke / Mae Geri / Gyaku Zuki / Gedan Barai

Soto Uke /Yoko Empi / Gyaku Zuki / Gedan Barai

Uchi Uke / Kizami Zuki / Gyaku Zuki / Gedan Barai

Shuto Uke / Mae Kizami Geri / Nukite / Gedan Barai

Yoko Geri Keage/Gyaku Zuki/Gedan Barai -Kiba Dachi /Zenkutsu Dachi /Kiba Dachi

(Turn gedan barai gyaku zuki)

Mawashi Geri /Gyaku Zuki- Zenkutsu Dachi

Kekomi /Gyaku Zuki- Zenkutsu Dachi

Mae Geri/ Gyaku Zuki- Zenkutsu Dachi

Mae Geri /Ushiro Geri- Zenkutsu Dachi

Kumite

Kihon Ippon kumite

Set 1,2 and 3 - both sides, high speed, no count Jiyu Ippon kumite

Set 1,2 and 3 - both sides, high speed, no count

Jiyu kumite

against at least 2 consecutive Dan grades

Kata

Tokui Kata with Bunkai

choose from Enpi, Kanku Dai, Hangetsu and Gankaku

Plus any previous Kata

Oral