

SHINRI
KARATE SCHOOLS



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BLUE BELT GOING FOR – 9th KYU RED BELT

Choku Zuki - Shizentai-Facing front

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

Gyaku zuki - Zenkutsu Dachi-Both Sides

Oi Zuki - Zenkutsu Dachi-Forward turn the same back

Age Uke - Zenkutsu Dachi-Forward turn the same back

Soto Uke- Zenkutsu Dachi-Forward turn the same back

Uchi Uke-Zenkutsu Dachi-Forward turn the same back

Gedan Barai - Zenkutsu Dachi-Forward turn the same back

Mae Geri - Zenkutsu Dachi-Forward turn the same back

Kumite

Gohon kumite

5 attack sparring – 5 Jodan (head high) punches going forwards, plus 5 Age Uke blocks going backwards

Kata

Taikyoku Shodan

20 moves - fast no count