

## Green Stripe # 1

**KATA:** Niseishi

**STRIKES:** Ushiro-empi

**BLOCKS:** Kosa-uke, haishu-uke, tekubi-kake-uke

## Green Stripe # 2

**KICKS:** Ashi-barai, ura-mawashi-geri

**KIHON:** Kihon-dosa-yon

**CONCEPTS:** Kensei

**BUNKAI:** Niseishi

## Green Stripe #3

**STANCES:** Hiza-tate-ashi-dachi, kyusei-kamae

**KATA:** Rohai-sho

**BLOCKS:** Sukui-uke (Rohai-version)

**CONCEPTS:** Hari

## Full Blue

**STANCES:** Hanten

**STRIKES:** Mawashi-empi

**CONCEPTS:** Tai-no-sen

**KICKS:** Fumi-komi, hiza-geri

**BUNKAI/GOSHIN-JITSU:**

### Tai-sabaki

Yoko-sabaki + shuto-uke, gyaku-zuki, o-soto-gari. (Hidari and migi)

Kakudo-sabaki + teisho-uke, mawashi-empi, kubi-shime-nage. (Hidari and migi)

Mae-sabaki + sukui-uke, o-uchi-gari, choku-zuki. (Hidari and migi)

Yoko-sabaki + shuto-uke, fumi-komi, ushiro-kubi-shime. (Hidari and migi)

Kakudo-sabaki + teisho-uke, hiza-geri, mae-kubi-shime. (Hidari and migi)

Yoko-sabaki + sukui-uke, gedan-kentsui-uchi + ashi-barai + *ashi-dori-garami*. (Hidari and migi)

Move to outside of oi-zuki, ashi-barai, finish with punch on ground