

Orange Stripe # 1

STANCES: Sanchin-dachi

KIHON: Shime-no-dosa, shi-ho-wari

STRIKES: Kentsui-uchi, teisho-uchi/ryote-teisho-uchi

BLOCKS: Teisho-uke (downwards), kote-uke/ryote-kote-uke, mawashi-uke/ryote-mawashi-uke

CONCEPTS: Shime/shibori (whole body), fukushiki + kyoshiki-kokyu-ho, descending force

Orange Stripe # 2

KICKS: Ushiro-geri, mawari-yoko-geri

KIHON: Kihon-kata-ni

STRIKES: Shuto-uchi (gedan + jodan), yoko-empi, uraken-uchi

BLOCKS: Shuto-uke (gedan)

CONCEPTS: Embusen, tokushu

GOSHIN-JITSU: Basic ukemi (zenpo-kaiten, koho-kaiten, yoko-ukemi, ushiro-ukemi)

Orange Stripe # 3

STANCES: Neko-ashi-dachi

KATA: Seisan

STRIKES: Otoshi-empi

BLOCKS: Tsukami-uke, sukui-uke, hiki-otoshi-uke

CONCEPTS: Seichusen, kime

Full Green

CONCEPTS: Metsuke

BUNKAI/GOSHIN-JITSU:

Seisan-bunkai	
Te-hedoki-no-waza	
7. Irimi-nage. 8. Shi-ho-nage. 9. Ushiro-otoshi-nage. 10. Kote-hineri. 11. Kote-gaeshi. 12. Hanmi-handachi-kote-gaeshi.	
Double lapel grab escape (morote-kote-uke, saru-te, irimi-nage)	
Irimi-nage (entering throw)	Kote-gaeshi (outward-turning wrist throw)
Ippon-ashi-nage (single leg takedown)	Kote-hineri (chicken wing)
Shi-ho-nage (4 direction throw)	Ushiro-otoshi-nage (downwards pushing throw)