

Yellow Stripe # 1

STANCES: Kosa-dachi

KIHON: Seiken-no-migi-hidari

KICKS: Mawashi-geri

PUNCHES: Gyaku-zuki

CONCEPTS: Rotational power

Yellow Stripe # 2

KIHON: Kihon-kata-ichi

CONCEPTS: Hyoshi

Yellow Stripe # 3

STANCES: Suri-ashi

KIHON: Kihon-dosa-san

PUNCHES: Kizami-zuki

CONCEPTS: Nagashi/Atemi, shime/shibori (stance), go-no-sen timing

Full Orange

CONCEPTS: Zanshin, kyo/jutsu, kuzushi

STRIKES: Tate-empi, teisho-uchi

GOSHIN-JITSU:

<u>Te-hedoki-no-waza</u>		
1. Tate-empi. 2. Te-shibori, teisho-uchi. 3. Ura-kote-mawashi. 4. Kote-mawashi. 5. O-ura-ude-osae. 6. Ko-ura-ude-osae.		
Attack with suri-ashi + kizami-zuki, followed by gyaku-zuki (with go-no-sen timing)		
Slide-in with all three kicks (mae-geri, yoko-geri, mawashi-geri) to hit from to-ma followed by gyaku-zuki		
Suri-ashi away from attacker + all blocks followed by suri-ashi towards attacker and gyaku-zuki		
Step away with block + counter-attack punch (like kihon-dosa-san), all blocks, gyaku-zuki as counter. Use small movement off-line to make more realistic.		
Ura-kote-mawashi ("z" lock)	Kote-mawashi (wrist lock)	Ude-osae (arm bar)