

BASICS

| No. | Technique | Stance | Procedure |
|------------|------------------------------|---------------|----------------------------|
| 5 | Choku Zuki (straight punch) | Shizentai | Facing front |
| 5 | Gyaku Zuki (reverse punch) | Zenkutsu | Left and right side |
| 5 | Oi Zuki (stepping punch) | Zenkutsu | Forward turn the same back |
| 5 | Age Uke (Upper block) | Zenkutsu | Forward and stepping back |
| 5 | Soto Ude Uke (outside block) | Zenkutsu | Forward and stepping back |
| 5 | Uchi Ude Uke (inside block) | Zenkutsu | Forward and stepping back |
| 5 | Gedan Barai (downward block) | Zenkutsu | Forward and stepping back |
| 5 | Uraken (Back Fist) | Zenkutsu | Forward turn the same back |
| 5 | Mae Geri (front kick) | Zenkutsu | On the spot |

KUMITE

Go Hon Kumite

Jodan

Seniors no count (see pages 52 - 53)

Juniors to count (see pages 52 - 53)

KATA

Taikyoku Shodan

1st Half only

Seniors no count (see pages 89 - 94)

Juniors to count (see pages 89 - 94)

