

kyu 4

gakka

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1. what is true strength?
2. key attitudes towards training

techniques

basic

1. *etiquette & manners*: shugo seiretsu, kesshu, gassho rei, chosoku, happo moku, (clothing, attitude, word use)
2. *tai gamae* – chudan gamae, hasso gamae, ichiji gamae
3. *tai sabaki* – zen tenkan, han tenkan, hiraki sagari, jun sagari
4. *umpo ho* – chidori ashi, kani ashi, juji ashi, kumo ashi
5. *ukemi* – mae ukemi, ushiro ukemi, dai sharin, oten yori okiagari

offence & defense

1. *offence*: (kaisoku dachi) me uchi, kinteki geri, furiko zuki, gedan zuki, shuto uchi, keri age, jo chu niren zuki
2. *offence*: (right & left) jun zuki, gyaku zuki, jun geri, gyaku geri, sashi komi mawashi geri, sashi kae sokuto geri
3. *defense*: (kaisoku dachi) uwa uke, uchi uke, shita uke, soto uke, uchi age uke, uchi harai uke
4. *moving*: zenshin zuki (jun, gyaku), zenshin geri (jun, gyaku), hiraki sagari, jun geri
5. *pair form*: chudan zuki & shita uke, jo chu niren zuki & ren uke
6. *tan en* – tenchi ken 1-2 (right & left),
7. *so tai* – tenchi ken 1
8. *tan en* – ryuo ken 1
9. *so tai* – ryuo ken 1
10. *tan en* – giwa ken 1

hokei (so-tai)

1. soto uke zuki (ura & omote, right & left)
2. soto uke geri (ura & omote, right & left)
3. uchi age zuki (ura & omote, right & left)
4. uchi age geri (ura & omote, right & left)
5. tsuki nuki (soto, right & left)
6. tsuki nuki (uchi, right & left)
7. kiri nuki (soto, right & left)
8. kiri nuki (uchi, right & left)
9. katate okuri gote → okuri gatamae (right & left)
10. okuri maki tembin (right & left)