

Grey-Bruce Ryusei Karate-do

6th kyu (yellow belt) to 5th kyu (orange belt)

Name: _____

Date: _____ Age: _____ Belt Size: _____

Waza (Techniques)

Stances: (Dachi)

1. Heisoku-dachi
2. Musubi-dachi
3. Heiko-dachi
4. Soto-hachiji-dachi
5. Naka-hachi-dachi
6. Shiko-hachiji-dachi
7. Hangetsu-dachi

Kicks: Keri (Geri)

1. Mae-geri
2. Yoko-geri
3. Mae-ashi-geri
4. Ushiro-geri
5. **Mawashi-geri**

Punches: Tsuki (zuki)

1. Choku-zuki
2. San-ren-zuki
3. Shiko-zuki
4. Oi-zuki
5. Gyaku-zuki
6. Mae-zuki

Receiving: uke

1. Jodan-uke
2. Soto-uke
3. Uchi-uke
4. Gedan-barai

Strikes: Uchi

1. Shuto-uchi
2. **Shotei-uchi**
3. **Empi-uchi**
 - a. **Tate-empi**
 - b. **Yoko-empi**
 - c. **Mawashi-empi**
 - d. **Jodan-ushiro-mawashi-empi**
 - e. **Ryote-ushiro-empi**
 - f. **Otoshi-empi**

Kihon

1. Kihon dosa ichi
2. Kihon dosa ni
3. Zenshin kotai
4. Ni-ju-shichi-ko
5. **Seiken-no-Migi/Hidari**
6. **Empi kihon dosa**
7. **Renho Shodan**

Ukemi:

1. Mae Mawari Ukemi(I) (Zenpo-kaiten)
2. Ushiro Mawari Ukemi (I)(Koho-kaiten)
3. Ushiro Ukemi

Kumite: