

Grey-Bruce Ryusei Karate-do

8th kyu (yellow belt 2 stripes) to 7th kyu (yellow belt 1 stripe)
(Children only)

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

Punches: Tsuki (zuki)

1. Choku-zuki
2. San-ren-zuki
3. Shiko-zuki
4. Oi-zuki

Receiving: uke

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

Kihon

1. Kihon dosa ichi
2. Kihon dosa ni
3. Zenshin kotai