

# Grey-Bruce Ryusei Karate-do

7<sup>th</sup> kyu (white belt) to 6<sup>th</sup> kyu (yellow 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

### **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

### **Ukemi:**

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

### **Kihon**

1. Kihon dosa ichi
2. Kihon dosa ni
3. Zenshin kotai
4. Ni-ju-shichi-ko

### **Kumite:**