

Grey-Bruce Ryusei Karate-do

2nd kyu (blue belt) to 1st kyu (brown 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
8. Sanchin-dachi
9. Kosa-dachi
10. Neko-ashi-dachi

Kicks: Keri (Geri)

1. Mae-geri
2. Yoko-geri
3. Mae-ashi-geri
4. Ushiro-geri
5. Mawashi-geri
6. Mawari-ushiro-geri
7. Uchi-mikazuki-geri
8. Soto-mikazuki-geri
9. Ura-mawashi-geri
- 10. Nidan-geri**
- 11. Yoko-tobi-geri**

Punches: Tsuki (zuki)

1. Choku-zuki
2. San-ren-zuki
3. Shiko-zuki
4. Oi-zuki
5. Gyaku-zuki
6. Mae-zuki
7. Kage-zuki
8. Kizami-zuki
9. Rinten-zuki
10. Tate-zuki
11. Tsuki-Kaeshi
- 12. Oshi-zuki**
- 13. Ipponken-zuki**

Receiving: uke

1. Jodan-uke
2. Soto-uke
3. Uchi-uke
4. Gedan-barai
5. Shuto-uke
6. Haishu-uke
7. Mawashi-uke
8. Kosa-uke
9. Shotei-uke

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
4. Uraken-uchi
5. Haito-uchi
6. Kentsui-uchi
7. Ura-Kentsui-uchi
8. Nukite

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
8. Renho Nidan
9. Shihowari (both sides)
10. Renho Sandan
11. Shime no Kata

Kata

1. Shihohai
2. Seisan
3. Naihanchi
4. Niseishi (Closed and Open Hand)
5. **Bassai**

Ukemi:

1. Mae Mawari Ukemi(I) (Zenko-kaiten)
2. Ushiro Mawari Ukemi (I)(Koho-kaiten)
3. Ushiro Ukemi
4. Ushiro Mawari Ukemi(II)
5. Yoko Ukemi
6. Mae Mawari Ukemi(II)(Mae-ukemi)
7. Mae Ukemi

Bunkai:

1. TehoDoki-no waza
2. Tai-sabaki
3. Niseishi Kaisetsu

Kumite