

Grey-Bruce Ryusei Karate-do

3rd kyu (green belt) to 2nd kyu (blue 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**

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

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)**

Ukemi:

1. Mae Mawari Ukemi(I) (Zenpo-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