

# Grey-Bruce Ryusei Karate-do

4<sup>th</sup> kyu (green belt 1 stripe) to 3<sup>rd</sup> kyu (green belt)

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Age: \_\_\_\_\_

## 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**

### 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**

### **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**

### **Receiving: uke**

1. Jodan-uke
2. Soto-uke
3. Uchi-uke
4. Gedan-barai
5. Shuto-uke
6. **Haishu-uke**
7. **Mawashi-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**

### 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**

### Kumite

### Kata

1. Shihohai
2. **Seisan**

### Bunkai:

1. TehoDoki-no waza
2. **Tai-sabaki**