

Grey-Bruce Ryusei Karate-do

5th kyu (orange belt) to 4th kyu (green belt 1 stripe)

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
5. Mawashi-geri
6. **Mawari-ushiro-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**

Receiving: uke

1. Jodan-uke
2. Soto-uke
3. Uchi-uke
4. Gedan-barai
5. **Shuto-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)**

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)**

Kata

1. **Shihohai**

Bunkai:

1. **TehoDoki-no waza**

Kumite: