

Kata (形)

Kihon Sono Yon

Kihon Waza (基本技) - Basic Techniques

● Tachi (立ち) - Stances

Kokutsu Dachi
Back Stance*

Neko Ashi Dachi
Cat Stance*

● Uke (受け) - Blocks

Sune Uke
Shin Block

● Shuto (手刀) - Knife-hands

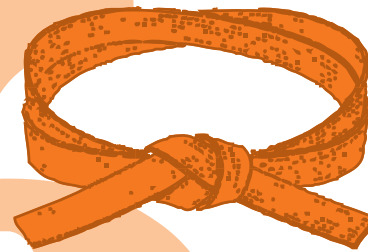
Shuto Uke
Knife-hand Front Block/ Strike*

● Keri (蹴り) - Kicks

Kake Geri
Hook Kick

Kin Geri
Groin Kick

Training Time : 30 hours - Total: 115 hours



Kata (形)

Kihon Sono Go

Kihon Waza (基本技) - Basic Techniques

● Tachi (立ち) - Stances

Heisoku Dachi
"Feet together" Stance*

● Shuto (手刀) - Knife-hands

Shuto Gammen Uchi
Knife-hand Strike to the Temple*

Shuto Sakotsu Uchi
Downward Knife-hand Strike to the Collarbone*

Shuto Hizo Uchi
Knife-hand Strike to the Kidney area*

Shuto Uchi Uchi
Knife-hand Inside-outside Strike to the Temple*

Kumite (組み手) - Fights

Four (4) two minute fights (more/less as determined by the sensei)

Training Time : 35 hours - Total: 150 hours

(*) : Technique performed on Basic Techniques DVD (Volume I)



World Kanreikai Karate

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Ask about our Kanreikai DVD series

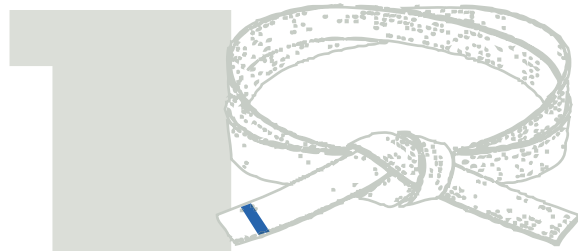


国際貫励会空手道連盟

WORLD KANREIKAI KARATE

Belt Requirements
WHITE to ORANGE





Kata (形)

Kumite No Kata Kihon

Kihon Waza (基本技) - Basic Techniques

- **Tachi (立ち) - Stances**
 - Yoi Dachi
Ready Stance*
 - Kumite No Tachi
Fighting Stance
 - Zenkutsu Dachi
Forward Stance*
- **Tsuki & Uchi (突き & 打ち) - Punches & Strikes**
 - Seiken Chudan Zuki
Middle Section Fore-fist Punch*
 - Seiken Oi-Zuki
Fore-fist Step Punch
 - Seiken Gyaku Zuki
Fore-fist Punch with arm opposite to front leg
- **Keri (蹴り) - Kicks**
 - Mae Hiza Geri
Front Knee Kick*
 - Mae Geri
Front Kick (with ball of the foot)*
 - Mae Keage
Front High Kick with straight leg*
 - Kakato Geri
Front Heel Kick*

Training Time : 20 hours



Kata (形)

Kihon Sono Ichi

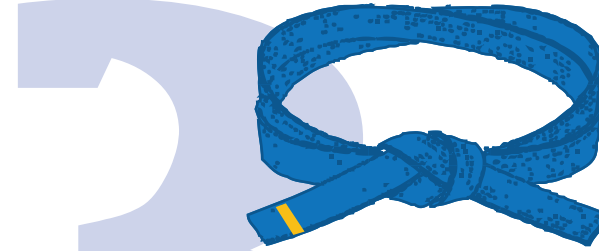
Kihon Waza (基本技) - Basic Techniques

- **Tachi (立ち) - Stances**
 - Migi Ashi Mae Sanchin Dachi
Hourglass Stance with Right Foot Front*
 - Hidari Ashi Mae Sanchin Dachi
Hourglass Stance with Left Foot Front*
- **Tsuki & Uchi (突き & 打ち) - Punches & Strikes**
 - Seiken Ago Uchi
Fore-fist Strike to the Chin*
 - Uraken Gammen Uchi
Back-fist Strike to the Face*
 - Uraken Sayu Uchi
Left-right Back-fist Strike*
- **Keri (蹴り) - Kicks**
 - Gedan Hiza Geri
Low Knee Kick*
 - Soto Mawashi Hiza Geri
Round-house Knee Kick*
 - Mawashi Geri
Round-house Kick*

Kumite (組み手) - Fights

Two (2) two minute fights (more/less as determined by the sensei)

Training Time : 20 hours - Total: 40 hours



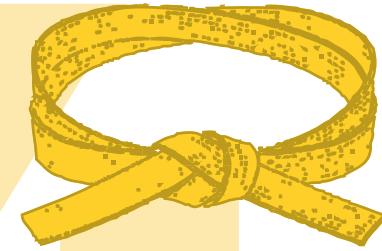
Kata (形)

Kihon Sono Ni

Kihon Waza (基本技) - Basic Techniques

- **Tachi (立ち) - Stances**
 - Musubi Dachi
Attention Stance (heels together, toes apart)*
- **Tsuki & Uchi (突き & 打ち) - Punches & Strikes**
 - Shita Tsuki
Uppercut*
 - Furi Uchi
Hook Punch*
- **Uke (受け) - Blocks**
 - Jodan Uke
High Block*
 - Chudan Soto Uke
Middle Section Outside-inside Block*
 - Chudan Uchi Uke
Middle Section Inside-outside Block*
 - Gedan Barai
Low Parry Block*
- **Keri (蹴り) - Kicks**
 - Ushiro Geri
Straight Back Kick*

Training Time : 20 hours - Total: 60 hours



Kata (形)

Kihon Sono San

Kihon Waza (基本技) - Basic Techniques

- **Tachi (立ち) - Stances**
 - Kiba Dachi
Horseback Stance*
- **Tsuki & Uchi (突き & 打ち) - Punches & Strikes**
 - Tettsui
Hammer-fist Strike*
 - Tateken
Straight Punch with vertical fist*
- **Keri (蹴り) - Kicks**
 - Yoko Geri
Side Kick*

Kumite (組み手) - Fights

Three (3) two minute fights (more/less as determined by the sensei)

Training Time : 25 hours - Total: 85 hours

(*) : Technique performed on Basic Techniques DVD (Volume I)