

KIHON on 10th KYU

Seiken
10 Techniques

Fudo Dachi
Oi Tsuki
Jodan Uke
Mae Gedan Barai
Hiza Gammen Geri
Kin Geri



SEIKEN (FOREFIST)
Strike with the first 2 knuckles

STRIKES



1
**SEIKEN MOROTE
TSUKI JODAN**



2
**SEIKEN MOROTE
TSUKI CHUDAN**



3
**SEIKEN MOROTE
TSUKI GEDAN**

STRIKES



4
**SEIKEN OI
TSUKI JODAN**
right



5
**SEIKEN OI
TSUKI CHUDAN**
left



6
**SEIKEN OI
TSUKI GEDAN**
right



7
SEIKEN JODAN UKE
left

BLOCKS



8
SEIKEN MAE GEDAN BARAI
right

KICKS



9
HIZA GAMMEN GERI
left



10
KIN GERI
right



RETURN TO FUDO DACHI

KIHON on 9th KYU

Seiken
7 Techniques

- Santin Dachi*
- Ago Uchi*
- Gyaku Tsuki*
- Uchi Uke*
- Soto Uke*
- Mae Geri Chusoku*



STRIKES



STRIKES



**SEIKEN GYAKU
TSUKI JODAN**
left



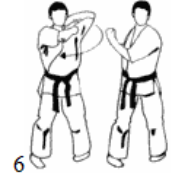
**SEIKEN GYAKU
TSUKI CHUDAN**
right



**SEIKEN GYAKU
TSUKI GEDAN**
left



**SEIKEN CHUDAN
UCHI UKE**
right



**SEIKEN CHUDAN
SOTO UKE**
left

BLOCKS



CHUSOKU
Ball of the foot

KICKS



CHUDAN MAE GERI CHUSOKU
right



**RETURN TO
SANCHIN DACHI**

KIHON on 8th KYU

10 Techniques

*Tate Tsuki
Shita Tsuki
Jun Tsuki
Morote Uchi Uke
Uchi Uke Gedan Barai
Mae Geri*



SANCHIN DACHI



**1 TATE TSUKI
JODAN**
right



**2 TATE TSUKI
CHUDAN**
left



**3 TATE TSUKI
GEDAN**
right



4 SHITA TSUKI
left

STRIKES



5 JUN TSUKI JODAN
right



6 JUN TSUKI CHUDAN
left

STRIKES



7 JUN TSUKI GEDAN
right

STRIKES



**8 SEIKEN MOROTE CHUDAN
UCHI UKE**
left



**9 SEIKEN CHUDAN
UCHI UKE
GEDAN BARAI**



**10 JODAN MAE GERI
CHUSOKU**
right

BLOCKS

KICKS



**RETURN TO
SANCHIN DACHI**

KIHON on 7th KYU

15 Techniques

Tettsui Uchi
Mawashi Gedan Barai
Shuto Mawashi Uke
Ke age



SANCHIN DACHI



TETTSUI
HAMMER FIST



1
TETTSUI OROSHI
GANMEN UCHI
right



2
TETTSUI
KOME KAMI
left

STRIKES



3
TETTSUI
HIZO UCHI
right



4
TETTSUI MAE
YOKO UCHI JODAN
left

STRIKES



5
TETTSUI MAE
YOKO UCHI CHUDAN
right



6
TETTSUI MAE
YOKO UCHI GEDAN
left



7
TETTSUI YOKO
UCHI JODAN
right



8
TETTSUI YOKO
UCHI CHUDAN
left

STRIKES



9
TETTSUI YOKO
UCHI GEDAN
right

BLOCKS



10
SEIKEN MAWASHI
GEDAN BARAI
right



11
SHUTO MAWASHI UKE
(IN KOKUTSU DACHI)

KICKS



12
MAE CHUSOKU
KE AGE
left



13
TEISOKU MAWASHI
SOTO KE AGE
right

KICKS



14
HAISOKU MAWASHI
UCHI KE AGE
left



15
SOKUTO YOKO
KE AGE
right



RETURN TO
SANCHIN DACHI

KIHON on 6th KYU

14 Techniques

Kiba Dachi
Uraken Uchi
Nukite
Juji Uke
Mawashi Geri Haisoku
Mawashi Geri Chusoku
Kansetsu Geri
Yoko Geri



SANCHIN DACHI



**URAKEN
 (INVERTED FIST)**
 Strike with the first 2 knuckles

STRIKES



1
URAKEN GANMEN UCHI
 right

STRIKES



2
URAKEN SAYU GANMEN UCHI
 left



3
URAKEN HIZO UCHI
 right

STRIKES



4
URAKEN OROSHI GANMEN UCHI
 left



5
URAKEN MAWASHI UCHI
 right

STRIKES

NIHON NUKITE

Thumb braced against index finger. Middle finger braced against remaining 2 fingers

YONHON NUKITE

Fingers tips aligned, width fingers pulled tightly together and the palm broadened for strength.



6
NIHON NUKITE (ME TSUKI)
 left



7
YONHON NUKITE JODAN
 right



8
YONHON NUKITE CHUDAN
 left

BLOCKS



9
SEIKEN JUJI UKE JODAN



10
SEIKEN JUJI UKE GEDAN

KICKS



**HAISOKU
 (INSTEP)**



11
MAWASHI GEDAN GERI HAISOKU
 right



12
MAWASHI GEDAN GERI CHUSOKU
 left

KICKS



SOKUTO KNIFE FOOT
(ASHIGATANA)



13
KANSETSU GERI (SOKUTO)
right



14
CHUDAN JOKO GERI (SOKUTO)
left



RETURN TO
SANCHIN DACHI

KIHON on 5th KYU

Shotei
12 Techniques
Kake Dachi
Shotei Uchi
Hiji Ate
Shotei Uke
Mawashi Geri
Haisoku
Mawashi Geri
Chusoku
Ushiro Geri



SANCHIN DACHI



SHOTEI
Palm Heel

STRIKES



1
SHOTEI UCHI JODAN
right



2
SHOTEI UCHI CHUDAN
left

STRIKES



3
SHOTEI UCHI GEDAN
right



4
JODAN HIJI ATE
left



5
SHOTEI UKE JODAN
right

BLOCKS



6
SHOTEI UKE CHUDAN
left



7
SHOTEI UKE GEDAN
right

KICKS



8
CHUDAN MAWASHI GERI HAISOKU
left



FUDO DACHI



9
CHUDAN MAWASHI GERI CHUSOKU
right



FUDO DACHI

KICKS



10
Step across



Spin

USHIRO GERI CHUDAN
Method 1: Step across



Kick left



FUDO DACHI

KICKS



11
Spin

USHIRO GERI CHUDAN
Method 2: Spin



Kick right



FUDO DACHI



12
Moro Ashi Dachi
left

KICKS



Step forward into
Kake Dachi



Kick
left



Step back into
Kake Dachi

USHIRO GERI CHUDAN
Method 3: Kake Dachi



Step back into
Moro Ashi Dachi
right



Return to
SANCHIN DACHI

KIHON on 4th KYU

Shuto
 15 Techniques
 Shuto Uchi
 Shuto Uke
 Yoko Geri
 Mawashi Geri
 Chusoku
 Mawashi Geri
 Haisoku
 Ushiro Geri



SANCHIN DACHI

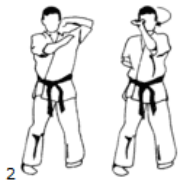


SHUTO
 Tegatana or
 Knife Hand

STRIKES



1
SHUTO SAKOTSU UCHI
 right



2
SHUTO YOKO GANMEN UCHI
 left



3
SHUTO UCHI KOMI
 right



4
SHUTO HIZO UCHI
 left

STRIKES



5
SHUTO JODAN UCHI UCHI
 right



6
SHUTO JODAN UCHI UKE
 left

BLOCKS



7
SHUTO JODAN UKE
 right



8
SHUTO CHUDAN UCHI UKE
 left

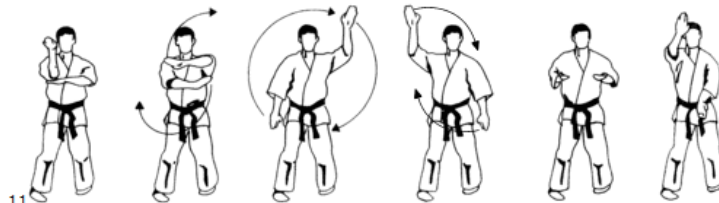


9
SHUTO CHUDAN SOTO UKE
 right



10
SHUTO MAE GEDAN BARAI
 left

BLOCKS



11
SHUTO MAWASHI UKE (In Sanchin Dachi)
 right

KICKS



12
JODAN JOKO GERI
 left



FUDO DACHI



13
JODAN MAWASHI GERI CHUSOKU
 right



FUDO DACHI

KICKS



14
JODAN MAWASHI GERI HAISOKU
left



FUDO DACHI



15
JODAN USHIRO GERI
right



Return to
SANCHIN DACHI

KIHON on 3rd KYU

Hiji or Empi

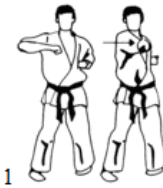
12 Techniques

Hiji Ate
Shuto Juji
Kakato Geri
Ago Geri



SANCHIN DACHI

STRIKES



1 CHUDAN HIJI ATE
right



2 CHUDAN MAE HIJI ATE
left



3 AGE HIJI ATE JODAN
right



4 AGE HIJI ATE CHUDAN
left



5 USHIRO HIJI ATE
right

STRIKES

STRIKES



6 OROSHI HIJI ATE
left



7 SHUTO JUJI UKE JODAN
right

BLOCKS



8 SHUTO JUJI UKE GEDAN
left

KICKS



FUDO DACHI



9 MAE KAKATO GERI JODAN
right



FUDO DACHI



10 MAE KAKATO GERI CHUDAN
left

KICKS



FUDO DACHI



11 MAE KAKATO GERI GEDAN
right



12 JODAN AGO GERI
left




Return to
SANCHIN DACHI


KIHON on 2nd KYU

STRIKES


Hiraken
14 Techniques
Shuto Uchi
Hiraken Tsuki
Haisho Uchi
Age Tsuki
Koken Uke
Tobi Nidan Geri
Tobi Mae Geri




SANCHIN DACHI



Hiraken
Flat or level fist



1
HIRAKEN TSUKI JODAN
right



2
HIRAKEN TSUKI CHUDAN
left

STRIKES



3
HIRAKEN OROSHI UCHI
right



4
HIRAKEN MAWASHI UCHI
left




Haisho
Backhand




5
HAISHO JODAN
right


STRIKES




6
HAISHO CHUDAN
left



7
AGO JODAN TSUKI
right




Koken
Wrist




8
KOKEN UKE JODAN
left

BLOCKS




9
KOKEN UKE CHUDAN
right




10
KOKEN UKE GEDAN
left


KICKS




11
TOBI NIDAN GERI
right/left




12
FIGHTING STANCE
left leg forward



TOBI MAE GERI 1
Front Leg for Height
left




13
FIGHTING STANCE
left leg forward




TOBI MAE GERI 2
Back Leg for Distance
left


KICKS




14
FIGHTING STANCE
left leg forward



TOBI MAE GERI 3
Back Leg
right



FIGHTING STANCE
Right leg forward




RETURN TO SANCHIN DACHI


KIHON on 1st KYU

12 Techniques
 Ryutoken Tsuki
 Nakayubi Ipponken
 Oyayubiken
 Kake Uke
 Haito Uchi
 Uchi Haisoku Geri
 Oroshi Kakato Geri
 Tobi Yoko Geri


STRIKES




SANCHIN DACHI



Ryutoken
Dragon's Head Fist




1
RYUTOKEN TSUKI JODAN
right




2
RYUTOKEN TSUKI CHUDAN
left


STRIKES




Nakayubi Ipponken
One Knuckle Fist




3
NAKAYUBI IPPON KEN JODAN
right




4
NAKAYUBI IPPON KEN CHUDAN
left



Oyayubi Ipponken
Thumb Knuckle Fist




5
OYAYUBI IPPON KEN JODAN
right




6
OYAYUBI IPPON KEN CHUDAN
left

BLOCKS



7
KAKE UKE JODAN
right



8
CHUDAN HAITO UCHI UKE
left

KICKS



9
JODAN UCHI HAISOKU GERI
right



10
FUDO DACHI



OROSHI UCHI KAKATO GERI
left



11
FUDO DACHI




OROSHI SOTO KAKATO GERI
right


KICKS




12
FUDO DACHI



TOBI YOKO GERI
left



into **FIGHTING STANCE**



RETURN TO SANCHIN DACHI

KIHON on 1st DAN - SHODAN

14 Techniques

- Morote Hai to Uchi
- Hai to Uchi
- Morote Kake Uchi
- Osae Uke
- Kake Geri Kakato
- Kake Geri Thusoku
- Ushiro Mawashi Geri



SANCHIN DACHI



Hai to
Inner Knife Hand

STRIKES



MOROTE HAITO UCHI JODAN
right



MOROTE HAITO UCHI CHUDAN
left



HAITO UCHI JODAN
right



HAITO UCHI CHUDAN
left



HAITO UCHI GEDAN
right

STRIKES

BLOCKS

KICKS



MOROTE KAKE UKE JODAN
left



OSAE UKE
right



KAKE GERI KAKATO JODAN
left

into **FIGHTING STANCE**



KAKE GERI KAKATO CHUDAN
right

into **FIGHTING STANCE**



KAKE GERI CHUSOKU JODAN
left



into **FIGHTING STANCE**



KAKE GERI THUSOKU CHUDAN
right



into **FIGHTING STANCE**



USHIRO MAWASHI GERI JODAN
left



into **FIGHTING STANCE**

KICKS



USHIRO MAWASHI GERI CHUDAN
right

into **FIGHTING STANCE**



USHIRO MAWASHI GERI GEDAN
left

into **FIGHTING STANCE**



STEP BACK INTO SANCHIN DACHI

KIHON on 2nd DAN - NIDAN

10 Techniques

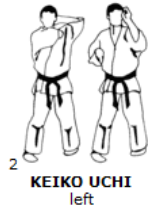
- Toho Uchi
- Keiko Uchi
- Ippon Nukite
- Hiji Uke
- Shotei Morote Uke
- Tobi Ushiro Geri
- Tobi Ushiro Mawashi Geri
- Tobi Mawashi Geri
- Age Kakato Ushiro Geri



STRIKES



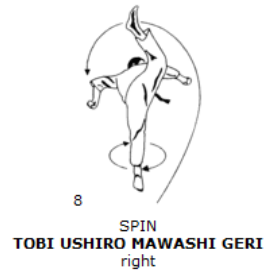
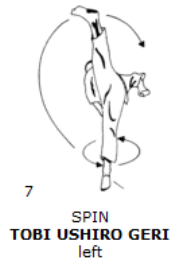
STRIKES



BLOCKS



KICKS



KICKS

