

HAND TECHNIQUES

Uraken Mawashi Uchi - Roundhouse Inverted Fist Strike
Shuto Hizo Uchi - Knife Hand Strike To Spleen
Shuto Sakotsu Uchi Komi - Driving Knife Hand Strike To Collar Bone
Hiji Mawashi Ate - Roundhouse Elbow Strike
Hiji Age - Rising Elbow
Morote Nukite - Double Spear Hand Strike
Morote Haito - Double Inner Knife Hand Strike
Shita Zuki - Forefist Short Punch
(Kiba Dachi) Jun Zuki - Side Thrust Punch
(Kiba Dachi) Tetsui Uchi Uchi - Hammer Fist Inner Strike

BLOCKS

Chudan Uchi Uke - Gedan Barai - Middle Inside Block/Lower Parry
Kote Uke - Forearm Block
Kake Uke - Circular Downward Forearm Block (Hook Block)

COMBINATIONS

Basic Blocks - Gyaku Zuki
Combinations Of Blocks, Hand Techniques, Kicks From White And Blue Belt Syllabus.

KICKS

Ushiro Geri - Back Kick
Kansetsu Geri - Joint Kick
Uchi Mawashi Geri - Inside Roundhouse Kick
Soto Mawashi Geri - Outside Roundhouse Kick

STANCES

Heisoku Dachi - Closed Toe Stance
Kokutsu Dachi - Back Leaning Stance
Shiko Dachi - Sumo Stance

SELF-DEFENSE

5,6

KATA

Taikyoku III
Seido I

To Be Eligible for Promotion:

- Review all previous material
- 2 Months training & 20 Classes minimum since last promotion
- Read Kaicho's Autobiography

HAND TECHNIQUES

Tettsui Gammen Uchi - Roundhouse Hammer Fist Strike

Tettsui Sakotsu Uchi - Downward Hammer Fist Strike

BLOCKS

Shuto Enkei Uke - Circular Knife Hand Block

Shuto Mawashi Uke - (Back Leaning Stance) Knife Hand Roundhouse Block

COMBINATIONS

(Kokutsu Dachi) Shuto Mawashi Uke, Gyaku Zuki

STANCES

Musubi Dachi - Open Toe Stance

Nekoashi Dachi - Cat Stance

KATA

Pinan I

BASIC SEIDO STRATEGY

Mae Geri - Front Snap Kick

Eligibility for Promotion:

- Review all previous material
- 2 Months training & 20 Classes minimum since last promotion
- Read Kaicho's Autobiography again