

HAND TECHNIQUES

Enkei Chudan Gyaku Tsuki - Circular Knife Hand Block & Middle Reverse Punch
Hiji Yoko Ate - Side Elbow Strike

KICKS

Kake Geri - Hook Kick

STANCES

Tsuruashi Dachi - Crane Stance

KATA

Seido II
Pinan II

SELF - DEFENSE TECHNIQUES

7,8

BASIC SEIDO STRATEGY

Mawashi Geri - Roundhouse Kick

Level Patches and Promotion:

To Receive Level 1 Patch:

- 2 Months training & 20 Classes minimum since last promotion

To Receive Level 2 Patch:

- Review All Previous Material
- 2 Months training & 20 Classes minimum since Level 1 Patch

After receiving your second patch, you may may apply next scheduled promotion.

HAND TECHNIQUES

Hiji Ushiro Ate - Back Elbow Strike

Hiji Ushiro Age - Rising Back Elbow Strike

KATA

Pinan III

Sanchin Kata

BASIC SELF DEFENSE TECHNIQUES

9,10

KIHON KUMITE (BASIC FIGHTING WITH IMAGINARY OPPONENT)

1,2

YAKUSOKU KUMITE (PRE-ARRANGED FIGHTING)

1,2

BASIC SEIDO STRATEGY

Yoko Geri - Side Thrust Kick

Level Patches and Promotion:

To Receive Level 1 Patch:

- 2 Months training & 20 Classes minimum since last promotion

To Receive Level 2 Patch:

- Review All Previous Material
- 2 Months training & 20 Classes minimum since Level 1 Patch
- Read Karate Kyohon

After receiving your second patch, you may take the next scheduled promotion. You **must** have your Chief Instructor's signature on promotion application.