

HAND TECHNIQUES

Combination - Yonju Godo Kiba Dachi (45 degrees)

- #1 - Hiji Mawashi Ate - Roundhouse Elbow Strike
- Uraken Shomen Uchi - Inverted Fist Strike
- Gedan Barai - Lower Block
- Chudan Gyaku Tsuki - Middle Reverse Punch

BLOCKS

Juji Uke - Cross Block

STANCES

Kake Dachi - Hook Stance

KIHON KUMITE

3, 4

YAKUSOKU KUMITE

3

INTERMEDIATE SELF-DEFENSE

1-5

KATA

Seido III

Pinan IV

Gekisai Dai

BASIC SELF DEFENSE

1 - 10 (*Left & Right Punch Coming*)

BASIC SEIDO STRATEGY

Kake Geri - Hook Kick

Level Patches and Promotion:

To Receive Level 1 Patch:

- 2 Months training & 20 Classes minimum since last promotion

To Receive Level 2 Patch:

- 2 Months training & 20 Classes minimum since Level 1 Patch

To Receive Level 3 Patch:

- Review all previous material
- 2 Months training & 20 Classes minimum since Level 2 Patch
- Read *Technique and Spirit & Karate Kyohon*

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

HAND TECHNIQUES

Combination - Yonju Godo Kiba Dachii (45 degrees)

- #2** Tettsui - Fist Edge
- Jodan Nukite - Upper Spear Hand
- Hiji Mawashi Ate - Roundhouse Elbow Strike
- Uraken Shomen Uchi - Inverted Fist Strike
- Gedan Barai - Lower Block
- Chudan Gyaku Tsuki - Middle Reverse Punch

KIHON KUMITE

5, 6

KATA

Yansu

INTERMEDIATE SELF-DEFENSE TECHNIQUES

6 - 10

BASIC SEIDO STRATEGY

Ushiro Geri - Back Kick

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