

HAND TECHNIQUES

Seiken Jodan Zuki - Face Punch
Seiken Chudan Zuki - Stomach Punch
Seiken Gedan Zuki - Groin Punch
Seiken Sanbon Zuki - Three Times Punch
Seiken Jodan Morote Zuki - Double Face Punch
Seiken Chudan Morote Zuki - Double Middle Punch
Seiken Gedan Morote Zuki - Double Groin Punch
Sanbon Morote Zuki - Three Times Double Punch
Seiken Ago Zuki - Forefist Strike To Chin
Seiken Awase Zuki - Combined Middle Punch/Face Punch
Seiken Oi Zuki - Lunge Punch
Seiken Gyaku Zuki - Reverse Punch
Uraken Shomen Uchi - Inverted Fist Strike To Face
Uraken Sayu Uchi - Inverted Fist Strike To Side
Uraken Furi Uchi - Inverted Fist Strike To Body
Shuto Gammen Uchi - Knife Hand Roundhouse Strike
Shuto Sakotsu Uchi - Downward Knife Hand Strike
Shuto Uchi Uchi - Knife Hand Inner Strike
Nukite - Spear Hand
Shotei - Palm Heel

BLOCKS

Gedan Barai - Lower Block
Jodan Uke - Upper Block
Kakiwake Uke - Double Downward Circular Block
Chudan Soto Uke - Middle Outside Block
Chudan Uchi Uke - Middle Inside Block

KICKS

Mae Keage - Front Straight High Kick
Mae Geri - Front Snap Kick
Kin Geri - Groin Kick
Hiza Geri - Knee Kick
Mawashi Geri - Roundhouse Kick
Yoko Keage - Side Straight High Kick
Yoko Geri - Side Thrust Kick

STANCES

Sanchin Dachi - Three Point Stance
Fudo Dachi - Normal Stance
Heiko Dachi - Parallel Stance
Zenkutsu Dachi - Front Leaning Stance
Kiba Dachi - Horse Straddle Stance

To Receive Advanced White Belt Patch:

- 1 month training & 15 classes minimum (see your chief instructor for level patch)

COMBINATIONS

Basic Fighting Combination:

- #1 - Left mae geri
Left seiken jodan Zuki
Right seiken jodan Zuki
Right mawashi geri

STANCES

Re Dachi - Basic Fighting Stance

KATA

Taikyoku I

Taikyoku II

BASIC SELF DEFENSE TECHNIQUES

1,2,3,4

To Be Eligible for Promotion:

- Review all previous material
- 1 month training & 15 classes minimum since becoming Adv. White Belt
- Read Kaicho's autobiography

After meeting the requirements, you may apply for the next scheduled promotion.

Applications are available at the front desk. Your application must be turned in with payment and two (2) passport-size photographs no later than two days prior to the day of promotion.