

12th Kyu Syllabus – Green Tag

Kihon:

From Zenkutsu Dachi (Forward Stance), 5 forwards, turn, 5 forwards:

Oi Zuki (Lunge Punch)

Age-Uke (Rising Block)

Soto-Uke (Outside Block)

Uchi-Uke (Inside Block)

Gedan-Barai (Low Block)

Mae Geri (Front Kick)

Kumite:

Gohon Kumite – Jodan & chudan to count

Kata:

Kihon Kata – First 16 moves to second kiai

