



YOSHUKAI INTERNATIONAL KARATE SCHOOL

TO PURPLE WITH ONE STRIPE

NEW KATA	NEW GOSHINJITSU	NEW UKEMI WAZA
Ni Sei Shi	Head lock releases (standing front and back)	Front breakfall

NEW TECHNIQUES AND TERMINOLOGY

Kakiwake uke	Wedge block. Block with both hands driving apart. (As done in NiSeiShi)
Kizami tsuki	Front hand jab. Snaps back immediately
Heiko zuki	Parallel punch. Both arms punch and are shoulder width apart horizontally
Juji uke	“X” block
Osae uke	Pressing block
Nidan geri	Two level kick
Teisho uchi	Heel palm strike
Heito uchi	Ridge hand strike. Thumb side of hand used to strike.
<i>Appropriate weapon use</i>	
<i>Shuffle step through</i>	