

# YOSHUKAI INTERNATIONAL KARATE SCHOOL

## TO YELLOW BELT WITH ONE STRIPE

NEW KATA	NEW GOSHINJITSU	NEW UKEMI WAZA
Kihon Shodan (H-Form # 1)		Forward roll (forward somersault)

### NEW TECHNIQUES AND TERMINOLOGY

Oi tsuki	Lunge punch. Step forward (or backwards) into zenkutsu dachi and punch with same hand as leg that is now forward.
Gyaku tsuki	Reverse punch. In Zenkutsu dachi, punch with opposite hand to leg that's forward. Can stand still, step backward or forward.
Zenkutsu dachi	Forward stance (Front knee bent to over big toe. Back leg straight. Long for power. Wide for balance.
Shiko dachi	Sumo stance. Feet pointed out 45 degrees. Feet out past knees. Knees pushed back. Symmetrical stance.
Jodan age uke	Face block (As used in H-Form # 2)
Uchi uke	Inside chest block. Travels from inside to outside.
Gedan barai	Low block. One arm straight out pointing downward and the other up to ear, elbow to elbow then fist travels from ear downward to complete block.
Yoko Geri	Side kick. Kick to side. Toes pulled back, foot turned inward, strike with outside edge of foot.
Hikite	Power source. Pull other hand back to belt while other hand is punching
<i>Lunge</i>	
<i>Step Through</i>	