



YOSHUKAI INTERNATIONAL KARATE SCHOOL

TO GREEN BELT WITH TWO STRIPES

NEW KATA	NEW GOSHINJITSU	NEW UKEMI WAZA
Shi Ho Hai	Hair pull escapes (2)	Shoulder rolls (left and right sides)
	Wrist escapes (7)	

NEW TECHNIQUES AND TERMINOLOGY

Jodan ushiro tsuki	Head level punch to rear (As in Nijuhichi Ko # 13 and # 14)
Anoji dachi	Crossed leg stance. (As found in ShiHoHai)
Ura mawashi geri	Hook kick (Striking with soul of foot for competition and sparring. Striking with back of heel for practical self defense)
<i>Shuffle</i>	
<i>Coming off line</i>	