



YOSHUKAI INTERNATIONAL KARATE SCHOOL

TO GREEN BELT WITH ONE STRIPE

NEW KATA	NEW GOSHINJITSU	NEW UKEMI WAZA
Gega Sai	Bear hug escapes (4)	shoulder roll to breakfall (left and right sides)

NEW TECHNIQUES AND TERMINOLOGY

Uraken uchi	Back fist strike
Yama tsuki	Two handed "U" punch, one high and one low. As in last two moves of Gega Sai.
Mae ashi geri	Front leg kick
<i>Combinations</i>	
<i>Evasion</i>	