



YOSHUKAI INTERNATIONAL KARATE SCHOOL

TO ORANGE BELT WITH ONE STRIPE

NEW KATA	NEW GOSHINJITSU	NEW UKEMI WAZA
Kihon Yondan (H-Form # 4)	Wrist escapes (2)	Backward roll with back breakfall

NEW TECHNIQUES AND TERMINOLOGY

San Ren Tsuki	Three level punch (usually jodan, chudan, gedan)
Tsuru ashi dachi	Crane stance (Standing on one leg as in Zen Shin Kotai)
Ushiro geri	Back kick (Knee tight ot standing knee, toes pointed down and pulled towards knee. Striking with the bottom of the heel.
Out of the hole	
Step through + lunge	
Hikiashi	Pull back on kicks. Retraction of the kicking leg.