



## YOSHUKAI INTERNATIONAL KARATE SCHOOL

### TO ORANGE BELT WITH TWO STRIPES

NEW KATA	NEW GOSHINJITSU	NEW UKEMI WAZA
Kihon Sandan (H-Form # 3)		Back breakfall

### NEW TECHNIQUES AND TERMINOLOGY

Kagi tsuki	Hook punch. As in NiJuHichi Ko #11 and #12
Shiko tsuki	Stepping and punching in shiko dachi all on same line
Shuto uke	Knife hand block. As in Nijuhichi Ko # 17 and # 18.
Mawashi geri	Roundhouse kick. Toes pointed and striking with the top of instep for sparring purposes
Shuto uchi	Knife hand strike.
Nukite uchi or Nukite tsuki	Spear hand strike. As in Nijuhichi Ko # 19 and # 20
<i>Single technique attacks</i>	
<i>Block defense</i>	