

YOSHUKAI INTERNATIONAL KARATE SCHOOL

TO SOLID YELLOW BELT

| NEW KATA | NEW GOSHINJITSU | NEW UKEMI WAZA |
|-------------------------|-----------------|---------------------------------|
| Kihon Nidan (H-Form #2) | | Backward roll (back somersault) |

NEW TECHNIQUES AND TERMINOLOGY

| Uke | Block |
|-------------------|---|
| Soto uke | Chest block. Travels from outside to inside. |
| Yoko empi uchi | Elbow strike to the side (As in Nijuhichi Ko # 21 and # 23) |
| Mawashi empi uchi | Roundhouse elbow strike (As in Nijuhichi Ko # 22 and # 24) |
| <i>Ma</i> | <i>Distance</i> |
| <i>Randori</i> | |
| Linear motion | Power source |
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