



YOSHUKAI INTERNATIONAL KARATE SCHOOL

TO SOLID ORANGE BELT

NEW KATA	NEW GOSHINJITSU	NEW UKEMI WAZA
Zen Shin Kotai	Wrist escapes (5)	Side breakfall

NEW TECHNIQUES AND TERMINOLOGY

Jodan ushiro empi uchi	Head height elbow strike to the rear (As in Nijuhichi Ko # 25 and # 26)
Ryote ushiro empi uchi	Double elbow strike to the back where both fists pull back to the belt/hip (As in Nijuhichi Ko # 27)
Keage vs kekomi	Mae keage vs mae kekomi, yoko keage vs yoko kekomi
Hip rotation	Power source