



YOSHUKAI INTERNATIONAL KARATE SCHOOL

TO YELLOW BELT WITH TWO STRIPES

NEW KATA	NEW GOSHINJITSU	NEW UKEMI WAZA
NiJuHichi Ko (27 Movements)		

NEW TECHNIQUES AND TERMINOLOGY

Tsuki or zuki	Punch
Choku tsuki	straight punch (Target level can be head, chest or low)
Dachi	Stance
Kiba dachi	Horse riding stance (Toes pointing inward slightly, knees slightly bent, weight forward off of heels)
Musubi dachi	Attention stance (Heels together & toes apart has feet making shape of letter "V". Hands at sides. Eyes front)
Uke	Block
Jodan age uke	Rising Face Block
Uchi	Strike
Geri or keri	Kick
Mae geri	Front kick (Foot pointed but toes pulled back - striking target with the large ball of the foot)
Yoi	Ready position (In kiba dachi, fists move direct from sides to in front of thighs, arms fully extended and relaxed)
Yame	Stop, come to attention while bringing arms and fists in front of face. Elbows and shoulders at 90 degrees.
Kumite	Sparring
Fighting Stance	
Weapons on target	