

ACTIVE HERTFORDSHIRE KARATE (TSKAGB)

MASA MARTIAL ARTS STANDARDS AGENCY

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ORANGE BELT ATTEMPTING 7th KYU – YELLOW BELT

KIHON (basics)

TECHNIQUE	STANCE	PROCEDURE	NO.
1. Gyaku Zuki (reverse punch)	Zenkutsu Dachi	Left and right side	5
2. Oi Zuki (stepping punch)	Zenkutsu Dachi	Forward and stepping back	5
3. Age Uke (upper rising block)	Zenkutsu Dachi	Forward and stepping back	5
4. Soto Ude Uke (outside block)	Zenkutsu Dachi	Forward and stepping back	5
5. Uchi Ude Uke (inside block)	Zenkutsu Dachi	Forward and stepping back	5
6. Shuto Uke (knifehand block)	Kokutsu Dachi	Forward and stepping back	5
7. Gedan Barai (downward block)	Zenkutsu Dachi	Forward and stepping back	5
8. Uraken (back fist strike)	Zenkutsu Dachi	Forward and stepping back	5
9. Mae Geri (front snap kick)	Zenkutsu Dachi	Forward and stepping back	5
10. Yoko Geri Keage (side snap kick)	Kiba Dachi	Forward turn the same back	5

Following combination from Jiyu Dachi Stance

11. Uraken (back fist strike)	Jiyu Dachi	Forward turn the same back	5
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KUMITE (sparring)

Go Hon Kumite / 5 Attack Sparring – **Jodan / Chudan** – Seniors no count / Juniors to count

KATA (patterns)

Taikyoku Shodan (see pages 89 – 94) – Seniors **no count** / Juniors **no count**