

ACTIVE HERTFORDSHIRE KARATE (TSKAGB)

MASA MARTIAL ARTS STANDARDS AGENCY

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YELLOW BELT ATTEMPTING 6th KYU – GREEN BELT

KIHON

TECHNIQUE

TECHNIQUE	PROCEDURE	NO.
1. Gyaku Zuki (reverse punch)	Left and right side	5
2. Sanbon Zuki (three punches)	Forward and stepping back	5
3. Age Uke (upper rising block)	Forward and stepping back	5
4. Soto Ude Uke (outside block)	Forward and stepping back	5
5. Uchi Ude Uke (inside block)	Forward and stepping back	5
6. Shuto Uke (knifehand block)	Forward and stepping back	5
7. Gedan Barai (downward block)	Forward and stepping back	5
8. Tettsui Uchi (hammer fist strike as per Heian Shodan)	Forward and stepping back	5
9. Uraken (back fist strike)	Forward and stepping back	5
10. Mae Geri / Gyaku Zuki (front snap kick / reverse punch)	Forward turn the same back	5
11. Yoko Geri Keage (side snap kick)	Forward turn the same back	5
12. Yoko Geri Kekomi (side thrust kick)	Forward turn the same back	5
Following combination from Jiyu Dachi Stance		
13. Uraken (back fist strike – sliding forward)	Forward turn the same back	5
14. Gyaku Zuki (reverse punch – sliding forward)	Forward turn the same back	5

KUMITE

Go Hon Kumite / 5 Attack Sparring – **Jodan / Chudan / Mae Geri**

KATA

Heian Shodan (see pages 95 – 103)

Senior and full grades – no count (full Kata)

Junior intermediate grades – to count up to first Kiai (half Kata)

Plus previous Kata: Taikyoku Shodan