

KYODAI KARATE

9th KYU Red Belt

Stances

FUDO DACHI
Ready Stance



ZENKUTSU DACHI
Forward Leaning stance



Punches and Strikes

CHUDAN TSUKI
Punch To Chest



JODAN TSUKI
Punch To Face



GEDAN TSUKI
Punch To Groin



SAMBON TSUKI
Combination of all 3 Punches,
(CHUDAN, JODAN, GEDAN)

MOROTE TSUKI CHUDAN

Double Punch To Chest



MOROTE TSUKI JODAN

Double Punch To Face



MOROTE TSUKI GEDAN

Double Punch To Groin



KYODAI KARATE

9th KYU Red Belt (continued)

Kicks

KIN GERI
Flick Kick To Groin



HIZA GANMEN GERI
Knee Kick



Blocks

MAE GEDAN BARAI
Lower Block

