

# KYODAI KARATE

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## 4<sup>th</sup> KYU Purple Belt

### Stances

#### **HEIKO DACHI**

Small FUDO DACHI.



### Punches and Strikes

#### **SHOTEI UCHI JODAN**

Palm Strike To Face



#### **SHOTEI UCHI GEDAN**

Palm Strike To Groin



#### **SHUTO UCHI KOMI**

Knife Hand Strike To Sternum



#### **NUKITE JODAN**

Spear Hand Strike To Eyes



**NUKITE HAND**

# KYODAI KARATE

## 4<sup>th</sup> KYU Purple Belt continued

### Blocks

**SIEKEN GEDAN UKE (JUJI)**  
Double Arm Lower Block



**SIEKEN JODAN UKE (JUJI)**  
Double Arm Upper Block



### Kicks

**MAI GERI CHUDAN, MAWASHI GERI CHUDAN  
JODAN**  
Front Kick to Stomach pull back & Round House Kick to Head



**YOKO GERI**  
Side Thrust Kick  
Knife Edge Of Foot



**MAWASHI SOTO KE AGE**  
Straight Leg Kick - Out to In



**MAWASHI UCHI KE AGE**  
Straight Leg Kick - In to Out

