

KYODAI KARATE

5th KYU Blue Belt

Stances

HIESOKO DACHI

Feet Together Knees Slightly Bent.
Foot



MORO ASHI DACHI

From FUDO DACHI Right

Moves One Step Forward.



Punches and Strikes

TETTSUI UCHI CHUDAN

Hammer Fist Strike To Head
Chest



TETTSUI KOMI KAMI

Hammer Fist Strike To Temple



SHOTEI UCHI

Palm Strike To



KYODAI KARATE

5th KYU Blue Belt Continued

TATE TSUKI
Upright Fist Punch



Blocks

SHUTO JODAN UKE

SHUTO CHUDAN

Open Hand Upper Block



Kicks

YOKO GERI CHUDAN
Side Thrust Kick To Side Using Knife Edge Of Foot.

MAE KAKATO GERI CHUDAN
Heel Kick To Chest

