

# KYODAI KARATE

## 3<sup>rd</sup> KYU Brown Belt

### Stances

#### **UCHI HACHI JI DACHI**

From FUDO DACHI Throw both Heels Outwards  
Stance



#### **SHIKA DACHI**

Horse Stance. Feet In 10 – 2



### Punches and Strikes

#### **CHUDAN HIJI ATE**

Elbow Strike To Chest



#### **JODAN HIJI ATE**

Elbow Strike To Face



#### **AGE HIJI ATE**

Elbow Strike To Sternum



#### **AGO HIJI ATE**

Elbow Strike  
Under Jaw



# KYODAI KARATE

## 3<sup>rd</sup> KYU Brown Belt continued

### Punches and Strikes continued

#### **USHIRO HIJI ATE**

Backward Elbow Strike



#### **NUKITE JODAN**

Spear Hand Strike To Eyes



### Blocks

#### **SHUTO MAE GEDAN BARAI**

Open Hand Lower Block



#### **CHUDAN UCHI UKE GEDAN BARAI**

Inside, Lower Block At Same Time



# KYODAI KARATE

## 3<sup>rd</sup> KYU Brown Belt continued

### Kicks

#### **USHIRO GERI CHUDAN CHUDAN**

Back Kick To Chest



#### **MAWASHI KAKATO GERI**

Hook Kick



#### **TOBI MAE GERI CHUDAN** Flying Front Kick To Chest



#### **MAWASHI GERI JODAN** Round House Kick To Head -

