

KYODAI KARATE

7th KYU Orange Belt

Stances

KOKOTSU DACHI
Backward Leaning Stance



NEKO ASHI DACHI
Cat Stance



Punches and Strike

SIEKEN MAWASHI UCHI
Punch To Temple



SHUTO SAKITSU UCHI
Open Hand Strike To Shoulder



SHUTO YOKO GANMEN UCHI
Open Knife Hand Strike To Temple



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Blocks

CHUDAN SOTO UKE



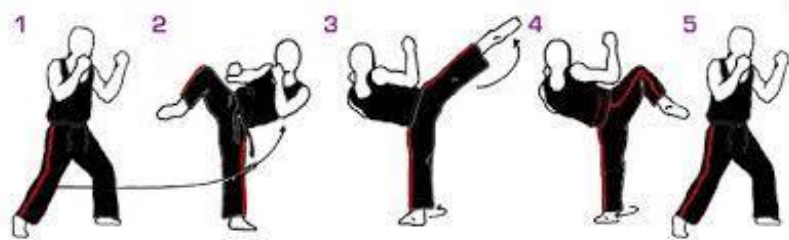
Outside Block (Out to In)



Kicks

MAWASHI GERI CHUDAN CHUSOKU

Round House Kick To Side.



AGO MAE GERI Snap Kick To Face

