

KYODAI KARATE

6th KYU Green Belt

Stances

TSURU ASHI DACHI
Crane Stance



SANCHIN DACHI
Strong Tense Stance (*From fudo dachi right foot draws C shape on floor, then, throw both heels outwards*).



Punches and Strikes

URAKEN GANMEN UCHI

Fist Strike To Face (Elbows Together)



YOKO URAKEN GANMEN UCHI

Fist Strike To Side



KYODAI KARATE

6th KYU Green Belt Continued

Punches and Strikes cont:

SHUTO HIZO UCHI
Chop To Spleen



Blocks

MOROTE UKE
Assisted Block



JODAN UKE
Upper Block – Closed Hands



Kicks

MAE KANSETSU GERI
Side Thrust Kick To Front



YOKO KANSETSU GERI
Side Thrust Kick To Side
(Both of The Above Kicking To The Knees)

