## KYODAI KARATE

## 8th KYU Yellow Belt

#### **Stances**

MISUBI DACHI 10 to 2 Stance, Heels Together





KIBA DACHI -Horse Stance



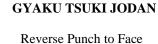


**Punches and Strikes** 

GYAKU TSUKI CHUDAN

Reverse Punch to Chest



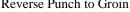




SHITA TSUKI Punch Under Ribs



**GYAKU TSUKI GEDAN** Reverse Punch to Groin





**AGO UCHI** Snap Punch To Face



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### **Blocks**

#### CHUDAN UCHI UKE

Inside Block (arm moves from in to out)





### **Kicks**

MAE GERI CHUDAN (CHUSOKO)

Front Kick To Stomach Using Ball of Foot







**KE AGE** Straight Leg Kick Under Jaw

