

# KYODAI KARATE

## 8<sup>th</sup> 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



#### GYAKU TSUKI JODAN

Reverse Punch to Face



#### GYAKU TSUKI GEDAN

Reverse Punch to Groin



#### SHITA TSUKI Punch Under Ribs



#### AGO UCHI Snap Punch To Face



# KYODAI KARATE

## 8<sup>th</sup> KYU Yellow Belt

### 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

