

BASICS

No.	Technique	Stance	Procedure
5	Choku Zuki (straight punch)	Shizentai	Facing front
5	Gyaku Zuki (reverse punch)	Zenkutsu	Left and right side
5	Oi Zuki (stepping punch)	Zenkutsu	Forward turn the same back
5	Age Uke (Upper block)	Zenkutsu	Forward and stepping back
5	Soto Ude Uke (outside block)	Zenkutsu	Forward and stepping back
5	Uchi Ude Uke (inside block)	Zenkutsu	Forward and stepping back
5	Gedan Barai (downward block)	Zenkutsu	Forward and stepping back
5	Uraken (Back Fist)	Zenkutsu	Forward turn the same back
5	Mae Geri (front kick)	Zenkutsu	On the spot

KUMITE

Go Hon Kumite

Jodan

Seniors no count (see pages 52 - 53)

Juniors to count (see pages 52 - 53)

KATA

Taikyoku Shodan

1st Half only

Seniors no count (see pages 89 - 94)

Juniors to count (see pages 89 - 94)

