



# Bassai Karate Academy

Student Manual



Welcome to Bassai Karate Academy! Congratulations on taking the first step in your study of Karate. As you begin your training, you will probably have quite a few questions which we would like to answer now.

Karate, as a martial art, originated on the small island of Okinawa and has become a very fast growing sport along with an excellent method of self-defense. In a proper program Karate can develop flexibility, increased endurance, and self-confidence. Additionally for children, we see a dramatic positive change in responsibility, self-esteem, and motor skills. Besides, it's a lot of fun!

Bassai Karate Academy is part of the Kissaki-Kai organization. Kissaki-Kai is an international organization of schools around the world. All of the schools follow similar training programs. We all follow similar standards in the way we teach, promote students in rank, and the attitude and the behavior which we project on the community. We hold very high standard for all our students and, therefore, do not allow any fighting, showing off, or misuse of Karate in any manner. Kissaki-Kai holds several camps a year for adults, and all Kissaki-Kai members are encouraged to participate.

As you begin to read this manual, you may discover that some information needs more explanation than is given. This manual is designed as a supplement to class participation, not a complete text of information. The manual's purpose is to serve as a guide for practice away from the Dojo.

Our goal at Bassai Karate Academy is to help you become the most proficient martial artist possible. We are committed to this philosophy by providing a program that is challenging, dynamic, and fun.

Again, we are pleased to have you and wish you success in your training.

## *Mission Statement*

*To provide a location where all our area citizens, regardless of gender, race, age, or religious orientation, can experience the positive life changing benefits of the martial arts training we offer.*

*To aspire in being inspirational role models of personal excellence through our example as Black Belts both in and out of our karate academy.*

*To ensure the long-term growth of our academy and its staff by offering continued mental, physical, and educational opportunities to both our students and employees.*

*To continually strive to improve our students, ourselves, and our academy by providing legendary student service.*

## **What is Karate-Do?** By Hirokazu Kanazawa

It is a martial art in which the ultimate purpose is not to seek to win but to work toward perfection of character by the accumulation of experience through training. It is also a form of self-defense using all parts of the body, which by hard and systematic training become effective powerful weapons. Karate encompasses whole body movements, which develops balance so that an overall maturity of movement is created. Karate incorporates the use of the entire body where the legs, hips, spinal column, shoulders and arms are all made to react with each other in a mechanically co-ordinated system so that power which has been created at different points of the body is finally channeled into a single area with tremendous force.

This kind of co-ordination is achieved through the constant practice of the basic movements (kihons) which, due to their variety and complexity, can be considered as a complete art form in themselves. The mastery of these fundamental techniques ensures a strong foundation for progress and expansion in the two other aspects of Karate-Do—formal exercises (Katas) and sparring (Kumite).

Karate-Do has increased greatly in popularity throughout the world, which is good for true Karate, but there are certain groups that have moved away from its true meaning, eschewing moral and spiritual ideas. This attitude results in too much emphasis being placed on free style fighting. True Karate-Do practice is to train the body and spirit. To respect one's training partner it should be practiced with all one's heart and energy, and with humility.

## What is Kissaki-Kai Karate?



The name of the association: Kissaki-Kai has a great significance, as have the Torii (Gate) and Yin-Yang symbols in the Badge. The sword was considered to be the 'Soul' of the Samurai, and the blade itself a venerated object of both beauty and deadly efficiency; a fusion of harmony and function. The Kissaki is the term for the deadly sharp cutting edge of the very tip. The use of this term as a name for the karate association was carefully considered and deliberately chosen as representative of those qualities which distinguish the manufacture of such a blade.

Just as it is forged in fire and water, hammered, pounded and beaten until all the impurities disappear and it is shaped into perfection, just so is the spirit of the martial artist forged in the flames of challenge and adversity, tested and reworked time and time again in the intense workshop of the Dojo until such time as it stands, a new creation, straightforward, bold, keen and flexible, functional yet something more than it once was, stripped of the impurities of ego and falsehood. The Torii symbol of the gate signifies the concept of entering deeply, not being concerned with the amount of things known, but more with the depth of learning and knowledge to be gained by a constant striving to reach to the heart. A gate is something which is an entrance, but one which demands total commitment. It requires that one must go through to the other side, not merely peer in from the sidelines. No 'half-heartedness' but bold endeavor, this courage will often be called upon to bolster the spirit in its journey, as pitfalls and setbacks will continue to test the traveler. The Yin-Yang emblem denotes the concept of balance and harmony. A constant reminder of the need for clear-sightedness, of temperance and of an understanding of the wholeness of a situation, a problem or even an enthusiasm. So much for the name, but the 'Why' is another matter!

Throughout his long martial arts career, Vince had never either envisaged, nor even considered that he might one day be the head of his own Ryu. A long-time student of Shiro Asano 8th Dan, chief instructor of the SKIEF, he was a constant member of the Honbu successful 'A' team and the SKI European squad in both Kumite and Kata. He developed, along with one or two other notables from this stable, a formidable reputation for spirited fighting, but at the same time he was also active on the political front, representing first the SKI, then eventually helping to establish the then governing body for English Karate, (EKF) which in turn led to his appointment as the Chairman of the Martial Arts Commission. Vince was also instrumental in introducing renowned karate-ka such as Aidan Trimble (the first westerner to win the SKI open-weight kumite world championship in Tokyo) into the national squad and into contact with Ticky Donovan the then English national coach. Eventually a disagreement between Vince and Asano sensei made it impossible for Vince to continue as his student, and (in a scenario very similar to that shared by more than a few other contemporaries in the Honbu) he left and continued training in his own University Dojo. Soon he was asked to join Toyakwai, a London-based group, which he was happy to do.

A few years later, Vince's old compatriot Aidan Trimble was also forced to sever his connections with the Honbu and the SKI. At this time he approached Vince to ask his help in establishing a new karate group, to be named 'The Federation of Shotokan Karate'. This turned out to be successful, and Vince was happy to accede the position of Chief Instructor to Aidan. Sharing the presentation of courses and the coaching, Vince's University Dojo continued to amass a notable number of championship successes and when the FSK were asked to represent England at the JKA World Championships in Dubai Vince was the team coach.

In March 1993 the new Kissaki-Kai Karate-Do was formed, with Vince as the head. In conversation Vince revealed his feelings about establishing a new body, and about the proliferation of 'splinter' groups in general. "In principle I'm against the way there are now so many groups all purporting to teach more or less the same art. It's a free country of course, but it seems a shame to me that the long-term efforts of reputable teachers are undermined for what are often the shallowest of reasons!"

"Naturally if an individual or a group of students really believe that their sensei has taken them as far as he is able, then of course go and study under another. Is this any reason to abandon the former, however? Wouldn't it be far better to bring this extra knowledge back into the Ryu?"

**"Wouldn't it be far better to bring this extra knowledge back into the Ryu?" - Vince Morris**

"There are other reasons why it must be necessary to break with a sensei, but all too often I see that the only real reason is ego; the desire to be 'The Boss' or maybe it is the financial considerations. I would ask all who consider going this route to consider carefully if they are actually going to become students of a sensei who knows more than the current one, or are you supporting baser reasons? If the karate is going in a different direction, or there are demonstrable differences in the manner and the content of the teaching, then that is another matter all together."

What then, briefly, distinguishes the Karate practiced by Kissaki-Kai from that of most other Shotokan schools? Conceptually Kissaki-Kai works from the basis of recognizing Shotokan for what it is, an undeniably exciting and powerful combat sport. There is nothing wrong with this on one level, however study and the rigors imposed by confronting the reality of the problems encountered in the real world soon reveal the shortcomings of a style based upon long range techniques and a system of rules which preclude the use of the more effective and dangerous Waza. Real combat situations rarely occur at distances which allow the defender much chance to employ the most practiced techniques, which are favored in competition, such as mawashi-geri jodan, for example; the other perennial standby - chudan gyakuzuki - is often less than successful in the street than it is assumed to be in the Dojo and Shiajo.

History demonstrates just how much both the techniques and the practice of karate have been modified in post -1930's Shotokan to develop a relatively safe combat sport. This has happened at the expense of the extremely effective short-range techniques that are now seen only in the Kata, and then usually misunderstood. So, although the modern karate-ka has indeed developed a new repertoire of powerful techniques at long range it has been at the expense of in-depth training in the methods of self-defense contained within the Kata.

In itself, perhaps it could be argued that: It doesn't matter because an attacker can be stopped at long range. Or the purpose of Karate is to develop the character rather than to serve as a method of self-defense. Unfortunately statistics show that in more than 60% of combat scenarios the protagonists end up grappling on the ground. And in answer to the latter, this type of view could well be applied to almost anything, and to uphold it in the area of martial arts is to do a severe disservice to the old masters who built their concept of character-building upon the bedrock of reality. In fact, of course, it is not necessary that one element precludes the other, as the vast majority of original Waza can be found within the Shotokan Kata, albeit often in a form latterly modified to form a more dynamic and athletically challenging Kata.

Kissaki-Kai forms a synthesis of the old and the new - not throwing the baby out with the bath-water, it continues to teach Shotokan basics, but it includes in the training many concepts and techniques to be found within the Kata but frequently overlooked. Early versions of the Kata are also studied to help understand the common combat concepts that underlie them, so emphasis is placed once more upon making the techniques work in real situations. Common Shotokan exercises such as Gohon Kumite, which is fine for beginners and inculcates spirit, a strong attack and so on, is transformed into Shin Gohon Kumite, in which the combat ineffective practice of stepping directly backwards in the face of a frontal attack and then blocking at unreal distances with techniques which are never used as blocks in reality is replaced by tai-sabaki and real defenses at every attack. Thus the pattern is maintained but the form becomes much more vital and meaningful, allowing practice in Kata Bunkai as it used to be in the pre-sporting form.

Another Kissaki-Kai concern is to ensure that training is geared to each individual, whatever age they happen to be. Expecting a 50-year-old to train in line at the same intensity and with the same techniques as an 18-year-old is frankly ridiculous. Different ages - different needs: Kissaki-Kai is attempting to encourage effective and productive training right up into a healthy old age. The senior students are encouraged to develop their own particular objectives, and together with this shift in over-all

Unless one might think that this would adversely affect those who were just interested in the sports side, note that in the 1997 All Students Championships, a Kissaki-Kai black-belt from the Honbu Dojo won the heavyweight women's event, and a week later only three Kissaki students entered the senior EKGB English National Championships, and of the three one won silver, one won bronze and the third got through to the quarter finals! This competition success continued in 1998. There is an important place in Karate training for the concentration upon kumite competition and basics, and Shotokan basics are undeniable excellent for developing certain strengths.

In summary, although Kissaki-Kai teaches Shotokan Karate, it does so in a depth that leads the student into a consideration of the roots from which it sprang, which in turn unavoidably demands that many other aspects are practiced than those usually emphasized. It emphasizes 'core principles' such as: correct combat distance, body shifting, unbalancing, deflecting, controlling and finishing, in a manner in accordance with the ancient 'rules of combat' rather than in terms of 'sport' karate, and thus for the student the art is richer and life-long, with the concomitant that karate reverts to the very effective self-defense system it always was, and individual development of character and clarity of perception is constructed from a more solid base.

Some other notable teachers (Trad's own Harry Cook for example) have come to understand the shortcomings of modern Shotokan and have added elements from other styles ( Goju ) to their regular training. In Kissaki-Kai however we prefer to research the original forms and meanings and find with Itosu sensei's karate - before its further transformation in the later years of master Funakoshi's life and thereafter (although not discounting the good elements of competition) almost all that is necessary for a balanced and effective martial art.

So Kissaki-Kai Karate-Do is entering its 6th year, and the basis is there for all to see; good strong Shotokan karate and coaching methods which are already producing National Champions, and at the same time an emphasis upon the individual needs of all students based upon the old values and methods dating back to the days of the Shaolin.

## How to use the “Intent to Promote” Form

Since February, 2001, Bassai Karate Academy has been using the “Intent to Promote” form for our students seeking rank promotion. It not only helps some students become better citizens, but it also should raises the level of respect for our program in the public school system and community.

The “Intent to Promote” form addresses two areas of each student’s life outside of the martial arts. There is a place on the form that must be circled YES or NO by the academic teacher to indicate if the student is performing satisfactorily and acting with respect at school. There is another place on the form where a parent may evaluate the child’s behavior at home. If a student does not get a yes from the teacher and their parent(s), then the student waits until the next belt promotion to test. This gives them time to think about it, and time to correct the problem. This form will hold children accountable for their actions.

Like many martial arts programs, we get our share of parents who are bringing their children to us hoping to fix their discipline problem(s). Some of these children may have a rough time getting a YES on the form from their teachers or their parents. This form should act as a tool for the parents and teachers to hopefully change their children’s behavior.

We must receive every student’s “Intent to Promote” form, or we will not promote the student. Understand that if we don’t make them wait should a teacher circle NO, then we will lose credibility. We must follow through. This follow through is what makes the entire “Intent to Promote” program work.

It is difficult to raise a disciplined child in today’s environment. That’s why so many parents are looking to us for help. If we can teach children, in cooperation with parents and teachers, to respect boundaries and authority figures, then we have changed a child’s life in a positive and lasting way. It’s worth a try, don’t you think?

# “Intent to Promote” Form

**Notice of Intent to Promote:** \_\_\_\_\_

Dear Parents and Teachers:

Our Main objective at Bassai Karate Academy is to develop well-rounded students, not only in our karate school but in society as well.

That is why our school teaches the principles of Black Belt Excellence. Not only do students become black belts in martial arts, but they strive to become academic black belts and, eventually, corporate black belts or black belt employees. We use the words “black belt” as a metaphor for personal excellence.

In order to monitor our students’ progress towards these goals, we respectfully request that you complete the following:

- 1) This student is respectful, doing satisfactory work and receiving passing grades. (Circle one)

AGREE

DISAGREE

\_\_\_\_\_  
Teachers Signature

\_\_\_\_\_  
Date

- 2) My daughter/ son has been behaving in a respectful manner and cooperating at home. (Circle one)

AGREE

DISAGREE

\_\_\_\_\_  
Parents Signature

\_\_\_\_\_  
Date

If one of our students does not meet these qualifications either at home, at school, or here at Bassai Karate Academy, we will hold that student’s promotion until there has been satisfactory improvement.

If you have any direct feedback beyond the scope of this form, please feel free to write it on a separate piece of paper or call me directly at (231) 652-2556. Thank your for your cooperation.

Sincerely,

Chief Instructor  
Jerry Bomay  
Bassai Karate Academy

# **Dojo Code of Conduct**

## **Club Rules for Members, Parents & Spectators:**

1. Member's dues must be current. If dues are not current, you may not train or take a test.
2. No use of tobacco products, horse-play, loud talk, or foul language in any part of the dojo.
3. Bow when entering and leaving the work-out area.
4. Keep fingernails and toenails short; do not wear watches and jewelry during class.
5. Always address your instructor in the dojo as "Sensei" or the appropriate "Mr." or "Ms." and the instructor's last name.
6. During class, respond quickly to instructions without hesitation, and never argue with an instructor.
7. Show enthusiasm, spirit, and good sportsmanship at all times.
8. Always wear your complete gi unless specified otherwise by Sensei, and wash your gi regularly.
9. When working with others, always begin and end with a bow.
10. If you arrive late for class, bow in and wait for the instructor to signal you in to enter class. If you must leave early, inform the instructor prior to the start of class.
11. Speak kindly of others, and be supportive. Negativity of any kind is not enjoyable to listen to and will not be tolerated.
12. Inform us of any physical and emotional condition you or your child may have that may require special attention. Work with us as part of your child's continued mental, physical, and character development.
13. Bare feet only are allowed in the practice area.
14. All students are required to scan their attendance card before their class.
15. Please take home all items brought into the school. We are not responsible for gear, shoes, etc. left in the locker room or Dojo.
16. Students should not come to class any earlier than 10 minutes prior to class. We are not a daycare for your child.
17. There is to be no horse play or any activity that could be dangerous to others.
18. There is to be no behavior that could be deemed as sexual harassment.

## **Dojo Kuhn**

**Seek Perfection of Character** Strive to make your spirit, mind and attitude the best it can possibly be. Never stop trying to attain your goals.

**Be Faithful** Always remember where you came from. We as people have a tremendous obligation to those around us (Parents, siblings, family, and friends).

**Endeavor** Keep striving to attain your goals. After reaching a goal, set a new goal and strive to reach that goal.

**Respect Others.** Listening and showing you care for others is one of the best ways to show respect.

**Refrain from Violent Behavior.** The most important in the list of five ideals. We, as martial artists, must know when to walk away and know when to stay and fight.

Bassai Karate Academy will hold each student personally responsible for each and every Dojo principle. If students do not adhere to our principles, they will be asked to leave.

# Karate Uniform and Belt

The uniform that a karate student wears is called a gi. It looks like a pair of pajamas, but it's made of heavy cotton cloth. Bassai Karate Academy students wear all-white gis.

The color of your belt indicates your karate rank. All students start out as white belts. You have to pass a test to advance to the next belt level. The colors are in this order: white, yellow, orange, blue, green, purple, purple, brown, brown, brown, and black.

**To tie your uniform**, cross the right side over first and tie the strings on your jacket. Pull the left side across and tie those strings.

**To tie your belt**, you need to first hold it up and find the exact middle. Put the middle part against your stomach with the label on the left side. Wrap the belt all the way around your waist and put the left side over the right. Now take what is now in the right hand and pull it through under both pieces. Now take what is in your right hand and go over the top of the one in your left hand forming an X. Come up through the hole and snug tightly.



Fig A



Fig B



Fig C



Fig D



Fig E

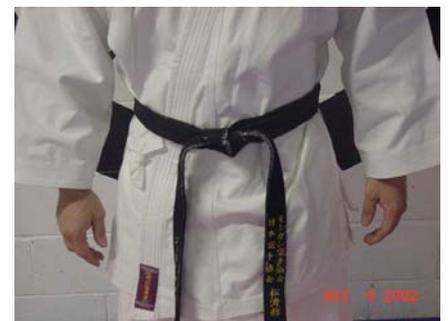


Fig F

# **Basic Stretching Guide**

Stretching is bodybuilding! Weight lifting thickens muscle fibers; stretching lengthens muscle fibers. Both processes strain muscle tissue. Your body will repair the strained muscle by adding tissue, either increasing the thickness or length of fibers. As a rule of thumb, after exercising or stretching, your body will require 48 hours to complete the addition of new tissue. If, by the third day stimulating exercise or stretch is not repeated, your body will begin to de-adapt. The new muscle tissue begins to disappear and the benefits of the exercise are lost.

If you stretch hard daily, you are not allowing new tissue to develop fully. If you stretch hard every third day, the muscles will already have begun to lose the new tissue. It becomes obvious that a 48-72 hour schedule for stretching is necessary.

Your next step is to decide how much strain to put on a muscle when stretching. If too little effort is used, too little growth will occur. If too much effort is exerted, the muscle will require more than 72 hours to repair itself. By that time, the muscle begins to de-adapt and benefit is decreased. Obviously, your stretching routine should begin as a cautious experiment. You will become aware by trial and error of how hard to stretch. Generally, all soreness should diminish within 48 hours. If you are still sore, you stretched too hard. Stretching too hard or too often will cause scar tissue to develop. Scar tissue is not elastic and will not stretch. Be careful-remember Rome was not built in a day.

## **Three Rule of Stretching**

1. **Relaxation**- you must relax the muscles you are stretching. You cannot stretch a tensed or contracted muscle.
2. **Myophasic Reflex**- Muscles have sensors which check for changes in muscle length. For example, kicking changes the muscle length very rapidly. This activates the myophasic reflex which means the muscle contracts hard. This myophasic reflex will prevent you from stretching successfully. Stretching and bouncing will cause the myophasic reflex to be activated. (This is called ballistic stretching). To avoid activating the myophasic reflex, stretching must be done slowly.
3. **Safety**- Stretching exercises must be under careful control. You must not overload the muscles being stretched. In other words, the position you are in while stretching must be safe, with no chance of slipping or falling, or else you can unconsciously tense or tear the muscle.

Finally, remember that kicking correctly is the ultimate stretch. Nothing will stretch your body as completely as a kick. The leverage, force and relaxation inherent in kicking exercises will increase your flexibility more than any stretching routine. Also, a kick is extremely specific in the muscle groups and fibers, which it stretches. Try to use your stretching routine as a warm-up for kicking, or you can stretch after finishing a kicking exercise.

Remember the 48-72 hour rule. Don't kick hard one day and stretch hard the very next day. Stretch and kick the same day; or kick one day, rest on day two, stretch on day three. Good luck, be careful and much success.

# Power

The Beginning student may ask; “Where does one obtain the power to create the devastating results attributed to Karate?” This power is attributed to the utilization of a person’s full potential through the mathematical application of Karate techniques. The average person uses only 10 to 20 percent of his potential. Anyone, regardless of size, age, or gender who can condition himself to use 100 percent of his potential can also perform the same destructive techniques.

Though training will certainly result in a superb level of physical fitness, it will not necessarily result in the acquisition of extraordinary stamina or superhuman strength. More important, Karate training will result in obtaining a high level of reaction force, concentration, equilibrium, breath control and speed; these are the factors that will result in a high degree of physical power.

**Reaction Force-** According to Newton’s 3<sup>rd</sup> law, every action has an equal and opposite reaction. We use reaction force in Karate hand techniques by pulling our non-striking hand to the side or to our face. This reaction helps the striking hand have more power.

**Concentration-** By applying the impact force onto the smallest target area, it will concentrate the force and therefore, increase its effect. It is important that you shouldn’t unleash all your strength at the beginning but gradually and particularly at the point of contact with you opponent’s body. That is to say, the shorter the time for the concentration, the greater will be the power of the blow.

**Equilibrium-** By keeping the body always in balance, a blow is more effective and deadly. An unbalanced body is one that is easily toppled. The stance should always be stable yet flexible, for both offensive and defensive movements. To maintain good equilibrium, the center of gravity of the stance must fall on a straight line midway between both legs when the body weight is distributed equally on both legs. Or in the center of the foot if it is necessary to concentrate the bulk of body weight on one foot.

**Breath Control-** Breathing not only affects one’s stamina and speed but can also condition a body to receive a blow and augment the power of a blow directed against an opponent.

**Mass-** Force is obtained from maximum body weight and speed, and it is all-important that the body weight be increased during the execution of a blow. The maximum body weight is applied with the motion by turning the hips like a whip. The large abdominal muscles are twisted to provide additional body momentum.

**Speed-** Speed is the most essential factor of power. The faster a technique is traveling, the more power it will have. This is why historically the martial arts have attracted the smaller individuals who can learn to harness a great deal of power due to the speed they generate in their techniques. The formula we can use to calculate the power of any technique is;  $P = \frac{1}{2} mv^2 / \text{time}$ . P stands for power,  $\frac{1}{2}$  is a constant, M stands for mass, and V stands for velocity or speed. This equation clearly reveals why developing speed is the most important factor in developing power

## **Rank Promotion**

Through consistent practice and dedication to Bassai Karate Academy, you will soon experience the pride, physical and mental strength, and honor, which have always been associated with Karate training. You will also have the time of your life being involved with such a motivated group of people.

Formal testing is generally held once a month. Promotional testing is an opportunity for students to present a formal demonstration of their ability to each other and to the general public. This is a formal occasion, and great care should be taken to ensure that you are adequately prepared before each testing.

Will you test at every test? The answer to this question is no. Every student will receive stripes on their belt signifying the material demonstrated to that point was done correctly. When a student receives four white stripes and one red stripe, they are ready to test. The red stripe means they can test in the next formal testing.

All school age students are required to pick up an "Intent to Promote Form". They must have their teacher and parents sign and agree to the testing. Any student who does not return their "Intent to Promote Form" by the day of testing will not be allowed to test.

Parents, if you know your child has had a disagree on their "Intent to Promote Form", please do not bring them in to test. You will be the one responsible for telling them why they are not testing. So save the embarrassment and tears for home. If you choose to bring them in it will only put you and the child in an embarrassing situation.

If a child can not make it to the testing, we will test them in class for up to one week after the test. Any longer than that we will test them in the next testing session. Parents and/or students must notify Sensei prior to the testing date should the student be unable to attend.

Test Fees and times will be posted approximately two weeks in advance. Test fees are subject to change.

To your excitement, all testing fees get cheaper the further you advance at Bassai Karate Academy

The testing fee, though it may appear to be an unnecessary and hidden cost, is designed to cover the cost of the belts and time of the instructors on the panel.

The actual grading procedure is kept as simple as possible. Bassai Karate Academy has criteria for advancement based on performance of formal exercise and practical self-defense. The judges will use these criteria to decide whether or not the student should advance to the next level of rank. We also have criteria for a student who needs improvement but who may still advance and also for the student so gifted as to warrant special consideration.

As your instructor, I pledge to perform all testing functions to the best of my ability. We thank you for your support and wish you success in your promotional testing

## White Belt Stripe Exams

STRIPE 1: Standing – Punch Face, Punch Stomach, Upper Block, Inside-Outside Block

STRIPE 2: Standing – (Add) Outside-Inside Block, Downward Block, Front Kick

STRIPE 3: Front Stance – Step forward in Front Stance, Upper Block  
Step forward in Front Stance, Inside-Outside Block  
Step forward in Front Stance, Outside-Inside Block  
Step forward in Front Stance, Downward Block

STRIPE 4: Front Stance – (Add) step punch face, stomach, triple punch, Front kick

RED TEST STRIPE: KATA - Taikyoku Shodan

One Step Sparring- (All right side attacks)  
3 x Punching Face, 3 x Punching stomach  
Defender gets one block (back side) and one counter punch

Minimum Time as White Belt: Two Months

## Yellow Belt Stripe Exams

- STRIPE 1: Yoi – Stepping forward and backward in Kokutsu-Dachi (Back Stance)  
Yoi - Stepping forward and backward in Kiba-Dachi (Horse Stance)
- STRIPE 2: Kokutsu-Dachi – (Not moving) 2 step Knife Hand Block, both sides  
Hand on wall – (Not Moving) 4 step Side Snap Kick, both sides
- STRIPE 3: Kokutsu-Dachi – Moving forward Knife Hand Block  
Kiba-Dachi – Moving forward Side Snap Kick, both sides
- STRIPE 4: Front Stance – Step forward in Front Stance, Upper Block  
Step forward in Front Stance, Inside-Outside Block  
Step forward in Front Stance, Outside-Inside Block  
Step forward in Front Stance, Downward Block  
Front Stance – (Add) step punch face, stomach, Triple Punch, Front kick  
Kokutsu-Dachi – Moving forward and back Knife Hand Block  
Kiba-Dachi – Moving forward step across in front, Side Snap Kick, both sides

RED TEST STRIPE: KATA - Taikyoku Shodan – Heian Shodan

One Step Sparring- (All left Side Attacks)  
3 x Punching Face, 3 x Punching stomach  
Defender gets one block (back side) and one counter

Minimum Time as Yellow Belt: Two Months

## Orange Belt Stripe Exams

- STRIPE 1: Kokutsu-Dachi – (Not moving) 3 Count Knife Hand Block, Front kick, both side  
Hand on wall – (Not Moving) 6 count Side Thrust Kick, both sides
- STRIPE 2: Zenkutsu-Dachi – (Moving forward) punch face followed by punch stomach  
(Grab, Punch, Punch) (pull hand to hip)  
Zenkutsu-Dachi – kick stomach, land punch Face (pull hand to hip)
- STRIPE 3: Kokutsu-Dachi – Moving forward and back, Knife Hand Block followed by front kick  
Kiba-Dachi – Moving forward, step behind, Side Thrust Kick, both sides
- STRIPE 4: Front Stance – Step forward in Front Stance, Upper Block  
Step forward in Front Stance, Inside-Outside Block  
Step forward in Front Stance, Outside-Inside Block  
Step forward in Front Stance, Downward Block  
Front Stance – (Add) step punch face, stomach, Triple Punch (full hiki-te), Front kick  
Kokutsu-Dachi – Moving forward and back Knife Hand Block, front kick  
Kiba-Dachi – Moving forward Side Snap Kick, both sides  
Kiba-Dachi – Moving forward Side Thrust Kick, both sides  
Karawaza (same leg, Mae-geri, yoko-keage-geri, yoko-kekomi-geri)
- RED TEST STRIPE: KATA - Heian Shodan – Heian Nidan  
Must use correct hiki-te 100% of the time.  
One Step Sparring- (Both right and left side attacks)  
2 x L, 2 x R Punching Face, 2 x L, 2 x R Punching stomach  
Defender gets one block (Back Side) and must counter twice

Minimum Time as Orange Belt: Three Months

## Blue Belt Stripe Exams

- STRIPE 1: Zenkutsu-Dachi – Oi-Zuki (JO)-Gyaku Zuki (CH) (Full Hiki-te)  
Zenkutsu-Dachi – Age Uke-Gyaku Zuki  
Zenkutsu-Dachi – Soto Uke-Gyaku Zuki
- STRIPE 2: Zenkutsu-Dachi – Uchi Uke-Gyaku Zuki-Gedan Barai  
Zenkutsu-Dachi – Mae-Geri (CH)-Ren Geri (JO)  
Zenkutsu-Dachi – Mae-Geri (CH)-Gyaku Zuki (JO)(Punch Stays and full hiki-te)  
Sanchin-Dachi – Hands on Hips, stepping forward and back in stance
- STRIPE 3: Kokutsu-Dachi – Shuto Uke-Kizame Mae-Geri shift to Zenkutsu-dachi Nukite  
Kokutsu-Dachi – Shuto Uke-Kizame Mae-Geri shift to Zenkutsu-dachi Gyaku- Zuki  
Kiba-Dachi – Mawashi Geri (CH)  
Kiba-Dachi – Mawashi Geri (JO)  
Sanchin-Dachi – Mawashi Uke (Back hand blocks first)
- STRIPE 4: All of the above performed at a higher degree of proficiency.  
Sanchin-Dachi – Mawashi Uke - Gyaku Zuki  
Kiba-Dachi – Mawashi-Geri (CH)  
Kiba-Dachi – Mawashi-Geri (JO)  
Kiba-Dachi – Yoko-Keage-geri (CH) & (JO)  
Kiba-Dachi – Yoko-Kekomi-geri (CH)  
Karawaza (same leg, Mae-geri, yoko-keage-geri, yoko-kekomi-geri, Mawashi-geri)
- RED TEST STRIPE: KATA - Heian Nidan Heian Sandan  
Deep stances 100% of the time.  
Ippon Kumite - (Both Sides) Oi-Zuki (JO) & (CH) x 2  
Must move to the backside of the opponent and have three counters.

Minimum Time as Blue Belt: Three Months

# Green Belt Stripe Exams

- STRIPE 1: Zenkutsu-Dachi – Sanbon-Zuki (Full Hiki-te)  
Zenkutsu-Dachi – Age-Uke Gyaku-Zuki Gedan Barai  
Zenkutsu-Dachi – Soto Uke Gyaku-Zuki Gedan Barai
- STRIPE 2: Zenkutsu-Dachi – Uchi-Uke Gyaku-Zuki Gedan Barai  
Zenkutsu-Dachi – Mawashi-Geri (CH) Gyaku-Zuki (JO)(Punch Stays)  
(full hiki-te)  
Zenkutsu-Dachi – Mae-Geri (CH) Oi-Zuki (JO) (Punch stays Full hiki-te)  
Nekoashi-Dachi – Hands on Hips, stepping forward and back in stance
- STRIPE 3: Kokutsu-Dachi – Shuto-Uke Kizame Mae-Geri (CH) Nuki-te (CH)  
Kokutsu-Dachi – Shuto-Uke Kizame Mawashi-Geri (CH) Nuki-te (JO)  
Kiba-Dachi – Mawashi-Geri (CH)  
Kiba-Dachi – Mawashi-Geri (JO)  
Sanchin-Dachi – Mawashi-Uke Gyaku-Zuki  
Nekoashi-Dachi – Kizame Kin-Geri Step  
Nekoashi-Dachi – Step Kin-Geri  
Karawaza (same leg, Mae-geri, yoko-keage-geri yoko-kekomi-geri Mawashi-geri)
- STRIPE 4: All of the above performed at a higher degree of proficiency.  
Kiba-Dachi – Yoko-Keage-geri (CH) & (JO)  
Kiba-Dachi – Yoko-Kekomi-geri (CH)
- RED TEST STRIPE: KATA - Heian Sandan – Heian Yondan  
Show strong spirit and focus.  
Ippon Kumite - (Both Sides) Oi Zuki (JO) & (CH) x 2  
Mae Geri (CH) x 2(Attacker Must Recover)  
Defender must move to back side of opponent and have three counters  
(Allowed one Safe Take Down) (Attacker is static)

Minimum Time as Green Belt: Four Months

## Purple Belt (1) Stripe Exams

STRIPE 1: Zenkutsu-Dachi – Age-Uke Mae-Geri Land Back Gyaku-Zuki (Full Hiki-te)  
Zenkutsu-Dachi – Uchi-Uke Gyaku-Zuki Gedan Barai (Full Hiki-te)  
Zenkutsu-Dachi – Soto-Uke shift to Kiba-Dachi Enpi-Uchi (Full Hikite)  
Zenkutsu-Dachi – kizame mae-geri ren-geri gyaku-zuki (Hands up Full Hikite)

Karawaza (same leg, mae-geri, yoko-kekomi-geri ushiro-geri mawashi-geri)

STRIPE 2: Zenkutsu-Dachi – Kizame Mawashi-Geri (CH)-Yoko-Kekomi-geri (CH)  
Zenkutsu-Dachi – Kizame Mawashi-Geri (JO)-Yoko-Kekomi-geri (CH)  
Nekoashi-Dachi – Kizame Kin-Geri Step  
Nekoashi-Dachi – Step Kin-Geri  
Self-Defense – Defend against rear choke grab  
Self-Defense – Defend against Cross Hand Grab

STRIPE 3: Zenkutsu-Dachi – Gyaku-Zuki (JO) Step Gyaku-Zuki (CH) (Full Hikite)  
Zenkutsu-Dachi – Kizame Zuki (JO) Shuffle Gyaku-Zuki (CH) (full hikite)  
Sanchin-Dachi – Mawashi-Uke Gyaku-Zuki (Block w/ front hand first)  
Self-Defense – Escape Mounted Position (Brazilian Jiu-Jitsu)  
Self-Defense – Cross Choke 1 Attack (Fingers inside the collar)  
Self-Defense – Cross Choke 2 Attack (Thumb inside the collar)

STRIPE 4: All of the above performed at a higher degree of proficiency.  
Self-Defense – Defend against rear choke grab  
Self-Defense – Defend against Cross Hand Grab  
Self-Defense – Escape Mounted Position (Elbow escape)  
Self-Defense – Cross Choke 1 Attack (Fingers inside the collar)  
Self-Defense – Cross Choke 2 Attack (Thumb inside the collar)  
Bunkai From Heian Shodan (Student Choice)  
Bunkai From Heian Shodan (Instructor Choice)

RED TEST STRIPE: KATA - Heian Yondan – Heian Godan

Ippon Kumite - Oi Zuki (JO) & (CH) x 2, Mae Geri (CH) x 2, Kekomi x 2  
(Attacker Must Recover)

Defender must go to front side of opponent and counter three times

Allowed three safe take downs (Attacker must stay static)

Minimum Time as Purple Belt 1: Four Months

## Purple Belt (2) Stripe Exams

- STRIPE 1: Zenkutsu-Dachi (pull hands to hikite)  
1 Gyaku-Zuki (JO) Step Gyaku-Zuki (CH) (Full Hiki-te)  
2 Kizame Zuki (JO) Shuffle Gyaku-Zuki (CH) (full hiki-te)  
3 Gyaku-Zuki (JO) Mae-Geri (JO) Gyaku-Zuki (CH) (full hiki-te)  
4 Gyaku-Zuki (JO)-Ashi Barai Gyaku-Zuki (CH) (full hiki-te)  
Self-Defense – High Standing Headlock Defense
- STRIPE 2: Zenkutsu Dachi  
1 Step back diagonally-Kizame Zuki (JO) Gyaku-Zuki (CH) Recover (full hiki-te)  
2 Kizame, Mawashi-Geri (JO) Step Yoko-Kekomi-geri (CH)  
3 Mawashi-Geri (JO) step Yoko-Kekomi-geri (CH)  
4 Age-Uke uraken uchi Gyaku-Zuki (CH)- Gedan Barai  
Self-Defense – Low Standing Headlock Defense  
Self-Defense – Escape Mount (elbow escape)
- STRIPE 3: Zenkutsu-Dachi– Mawashi-Geri (CH) 360 deg Ushiro-Geri (CH) Gyaku-Zuki (CH)  
Sanchin-Dachi – Mawashi-Uke Gyaku-Zuki (Block w/ Front hand first)  
Karawaza (same leg, Mae-geri, yoko-kekomi-geri Ushiro-geri Mawashi-geri)  
Self-Defense – Escape Guard Position from knees (Brazilian Jiu-Jitsu)  
Self-Defense – Arm-lock Attack from mount
- STRIPE 4: All of the above performed at a higher degree of proficiency.  
Bunkai From Heian Nidan (Student Choice)  
Bunkai From Heian Nidan (Instructor Choice)
- RED TEST STRIPE: KATA - Heian Godan – Tekki Shodan  
Basic grappling is required.  
Shin Gohon Kumite (Ju-Dachi (JO) Attacks, Sanchin Dachi 3 counter defense)  
Ju-Ippon Kumite Oi-Zuki (JO) & (CH) x 2, Mae-Geri (CH) x 2,  
Kekomi (CH) x 2, Mawashi x 2, Ushiro x 2 (Attacker must Recover Quickly and one Stopper is allowed) (Point sparring movement)  
Allowed three counters (Must Try Take Downs)

Minimum Time as Purple Belt 2: Five Months

## Brown Belt (1) Stripe Exams

- STRIPE 1: Zenkutsu Dachi  
1 Sanbon-Zuki (Full Hikite)  
2 Uchi-Uke Kizame Mae-Geri Kizame Zuki (JO) Gyaku-Zuki (CH)(full hiki-te)  
3 Mae-Geri (CH) step Oi-Zuki (JO) Gyaku-Zuki (CH) (Full Hiki-te)  
4 Mawashi-Geri (CH) Uraken-Zuki (JO) Gyaku-Zuki (CH) (Full Hiki-te)
- STRIPE 2: Zenkutsu-Dachi  
1 Kizame Mawashi-Geri (GA) Step Kakato-Geri Gyaku-Zuki (CH) (full hiki-te)  
2 Ashi-Barai, Shuffle, Same Foot Yoko-Kekomi-geri (CH)  
3 Nidan Tobi-Geri Gyaku-Zuki (CH)  
4 Karawaza (same leg, Mae-geri, yoko-kekomi-geri, Ushiro-geri, Mawashi-geri)
- Sanchin-Dachi (All Snap)  
1 ¾ Zuki (JO)  
2 Mawashi Zuki (JO)  
3 Haito (JO)  
4 Age Enpi
- STRIPE 3: 1 Kata Tekki Shodan  
2 Kata Bassai Dai
- STRIPE 4: Kumite (Attacker Must Recover Quickly)  
1 Shin Gohon/ Oi –Zuki (JO) (CH), Mae Geri (CH)  
2 Ju-Ippon/ Add- Kekomi, Mawashi, Ushiro Geri  
Defender may use a stopper!
- RED TEST STRIPE: Self-Defense  
1 Ground Headlock (Defense)  
2 Guillotine Choke (Defense)  
3 Escape Mount (Defense)  
4 Escape Guard (Standing)  
5 Arm-lock (Attack from Guard)  
6 Key Lock (From Mount)  
7 Clock Choke (Standing)  
8 Same Side Wrist Grab  
9 Cross Hand Grab  
10 Hip Throw  
11 270 Turn throw  
12 Bunkai From Heian Sandan (Student Choice)  
13 Bunkai From Heian Sandan (Instructor Choice)

Minimum Time as Brown Belt 1: Five Months

## Brown Belt (2) Stripe Exams

- STRIPE 1:
- Zenkutsu-Dachi(full hiki-te)
  - 1 Gyaku-Zuki (JO) Step Gyaku-Zuki (CH)
  - 2 Kizame Zuki (JO) Shuffle Gyaku-Zuki (CH) (full hiki-te)
  - 3 Gyaku-Zuki (JO) Mae-Geri (JO) Gyaku-Zuki (CH) (full hiki-te)
  - 4 Gyaku-Zuki (JO) Step Ashi-Barai Gyaku-Zuki (CH) (full hiki-te)
  - 5 Step Diagonally Back Kizame Zuki (JO) Gyaku-Zuki (CH)
  - 6 Kizame, Mawashi-Geri (JO) Step Yoko-Kekomi-geri (CH) (full hiki-te)
  - 7 Mawashi-Geri (CH) Step yoko-kekomi-geri (JO)
  - 8 Mae-Geri (CH) shuffle Same Leg Gyaku-Mawashi-Geri (JO)- Gyaku Zuki (CH)
  - 9 Kizame Mae-geri (CH) Mawashi-Geri (CH) Ushiro-Geri (CH) Uraken-Uchi (JO) Gyaku-Zuki (CH) (Full Hiki-te)
  - 10 Karawaza (same leg, Mae-geri, yoko-kekomi-geri Ushiro-geri Mawashi-geri) (full hiki-te)
- STRIPE 2:
- Kata
  - 1 Bassai Dai
  - 2 Empi
- STRIPE 3:
- 1 Natural stance, Shift 45 deg Sanchin-dachi Mawashi-uke-Teissho-uchi recover repeat on left side
  - 2 Step back in Neko-ashi-Dachi, Shuto-uke, Kizame mae-geri, Gyaku Teissho-Uchi.
  - 3 Ju-Dachi Mawashi Zuki-Kizame Zuki-Gyaku Teissho Uchi
- Zenkutsu Dachi
- 1 Sanbon Zuki (Full Hikite)
  - 2 Uchi-Uke Kizame Mae-Geri Kizame Zuki (JO) Gyaku-Zuki (CH)(full hiki-te)
  - 3 Mae-Geri (CH) step Oi-Zuki (JO) Gyaku-Zuki (CH) (Full Hiki-te)
  - 4 Mawashi-Geri (CH) Uraken-uchi (JO) Gyaku-Zuki (CH) (Full Hiki-te)
- STRIPE 4:
- Self-Defense
  - 1 Guillotine Choke (Defense)
  - 2 Escape Cross Mount (Defense)
  - 3 Straight Arm Lapel Choke (Defense)
  - 4 Escape Guard (Free)
  - 5 Escape Mount (Free)
  - 6 Two Hand Lapel Grab (Defense)
  - 7 Over the arms Bear Hug (Defense)
  - 8 Under arms Bear Hug (Defense)
  - 9 Shoulder Throw (Offense)
  - 10 Tomei-Nage (Offense)
- RED TEST STRIPE:
- Bunkai From Heian Yondan (Student Choice)
  - Bunkai From Heian Yondan (Instructor Choice)
  - Kumite (Attacker Must Recover Quickly)
  - Ju-Ippon/ Oi-Zuki (JO) & (CH), Kekomi, Mawashi, Ushiro Geri
  - Four Counters minimum and Take Downs on twelve
  - Advanced knowledge of grappling

**Minimum Time as Brown Belt 2: Five Months**

# Brown Belt (3) Stripe Exams

## Stripe 1

Step Forward Sanbon zuki.

Step Forward Age-uke, uraken-zuki, gyaku-zuki chudon, gedan-barai.

Step Forward Soto-uke, shift into kiba-dachi empi uchi, uraken-zuki, shift back to zenkutsu dachi, gyaku zuki.

Step forward, uchi-uki, kazami mai gari, kazami-zuki jodan, gyaku-zuki chudon.

Step forward, mae-gari chudon, step in oi-zuki jodan, gyaky-zuki chudon.

Step forward mae-gari jodan, same side zuki jodan gyaku-zuki chudon.

Step forward Kokutsu-dachi shuto-uke, kazami mai-geri, shift into zenkutsu-dachi gyaku-zuki

Step forward Kokutsu-dachi shuto-uke, kazami mawashi-geri chudon, shift into zenkutsu-dachi gyaku-zuki

Step forward mawashi-geri chudon, uraken-zuki jodan, gyaku-zuki jodan

Kazami mae-geri chudon, mawashi-geri chudon, uraken-zuki jodan, gyaku-zuki jodan

Step forward mikazuki-geri chudon, gyaku-zuki-chudon, gedan-bari uke

Kazami mae-geri chudan, mawashi-geri chudon, 360 ushiro-geri chudon, uraken-zuki jodan, gyaku-zuki jodan

From natural stance shift 45 degrees into a sanchin-dachi, mawashi-uki, teissho-uchi, recover to natural stance and repeat on the left.

Step back in nekoachi-dachi, shuto-uke, kazami mae-geri, gyaku teissho-uchi

Faint Mawashi Geri (GA)-Mawashi Gyaku Zuki (JO)

Kakato Geri-Ashi Barai (GA)-Gyaku Zuki (CH) (full hiki-te)

Nidan Geri-Gyaku Zuki (JO)

Step Diagonally Back-Kizame Zuki (JO)-Gyaku Zuki (CH) (full hiki-te)

Karawaza (same leg, Mae-geri, yoko-kekomi-geri Ushiro-geri Mawashi-geri)

**Also Applicant for black belt must be able to perform all kihons at previous ranks.**

## **Brown Belt (3) Stripe Exams Continued**

- STRIPE 2:           Kata  
                  1 Bassai Dai  
                  2 Empi  
                  3 Kanku Dai  
                  4 Hengetsu  
                  5 Jion
- STRIPE 3:           Kumite  
                  Ju Kumite                   (Standing with takedowns)  
                  Jiu-Jitsu                   (Free, no strikes)  
                  Ju Kumite/Jiu-Jitsu       (Free Spar Vale Tudo)  
                  (Care of Partner is Paramount)
- STRIPE 4:           Self-Defense  
                  1 Headlock against Wall   (Defense)  
                  2 Escape Rear Mount       (Face Down)  
                  3 Escape Rear Mount       (Face Up)  
                  4 Full Nelson               (Defend Standing)  
                  5 Shoulder Throw           (Offense)  
                  6 Tomei-Nage  
                  7 Wrist Lock Throw
- RED TEST STRIPE:   1 Bunkai From Heian Shodan (4 Examples)  
                  2 Bunkai From Heian Nidan (4 Examples)  
                  3 Bunkai From Heian Sandan (4 Examples)  
                  4 Bunkai From Heian Yondan (4 Examples)  
                  5 Bunkai From Heian Godan (4 Examples)  
                  6 Bunkai From Tekki Shodan (4 Examples)

Thesis Paper on Student's Topic of Choice (Discussed with Chief Instructor)  
5 Pages, 12 Point Font (times new roman)

**Minimum Time as Brown Belt 3: Six Months**

## Japeneas Vocabulary

### Kumite

sanbon-kumite  
Gohon-kumite  
Ippon-Kumite  
Jiyu-ippou-kumite  
Jiyu-kumite

### Kata

Heian Shodan  
Heian Nidan  
Tekki Shodan  
Bassai Dai  
Kanku Dai  
Kanku Sho  
Empi  
Jion  
Hangetsu

### Numbers

Ichi	one
Ni	two
San	three
Shi	four
Go	five
Roku	six
Shichi	seven
Hachi	eight
Ku	nine
Ju	ten

### General

Sempai  
Kohai  
Sensei  
Yoi  
Yame  
Naore  
Rei  
    shomeni rei  
    Senseini rei  
    Sempaini rei  
    Otegaini rei  
Dojo Kun  
Kamae  
Hajime  
Kamae-te  
Kime  
Ki  
Kiai

### Sparring

three step sparring  
five-step sparring  
one-step sparring  
semi-free sparring  
free sparring

### Forms

Peaceful mind #1  
Peaceful Mind #2  
Iron Horse # 1  
Greater Fortress-Storming  
Greater Sky-Viewing  
Lesser Sky-Viewing  
Flying Swallow  
Temple Bell  
Crescent Moon

shodan	first
nidan	second
sandan	third
yondan	fourth
godan	fifth
rokudan	sixth
shichidan	seventh
hachidan	eighth
kudan	ninth
judan	tenth

Senior student  
Junior student  
Teacher  
Ready  
Return (still ready)  
Relax  
Bow  
Bow to the front  
Bow to Teacher  
Bow to senior students  
Bow to each other  
Club Ideals  
Posture  
Begin  
Begin  
Focus  
Vital energy  
Shout

Tanden  
Seiza  
Mokuso  
Kyu  
Dan

### **Te-waza**

Choku-zuki  
Gyaku-zuki  
Oi-zuki  
Kizami-zuki  
Uraken-zuki  
Mawashi-zuki  
Kagi-zuki

Uraken-uchi  
Shuto-uchi  
Nukite  
Haito-uchi  
Teisso-uchi  
Empi-uchi

Age-uke  
Ude-uke  
    Soto ude-uke  
    Uchi-uke  
Gedan-Barai  
Nagashi-uke  
Juji-uke  
Shuto-uke  
Morote-uke  
Mawashi-uke

### **Ashi-waza**

Mae-geri  
    Mae-geri keage  
    Mae-geri kekomi  
Yoko-geri  
    Yoko-geri keage  
    Yoko-geri kekomi  
Mawashi-geri  
Ushiro-geri  
Mikazuki-geri  
Ashi-barai  
Namigaeshi

Center of Body  
sit (kneeling)  
Meditation  
Color belt rank  
Black belt rank

### **Hand Techniques**

Straight punch  
Reverse punch  
stepping punch  
jab  
uppercut  
roundhouse punch  
Hook punch

Backfist strike  
Knife-hand strike  
Spear-hand  
Ridge-hand strike  
Palm-heel strike  
Elbow strike

Rising block  
Forearm block  
    Outside forearm block  
    Inside forearm block  
Downward block  
Sweeping block  
X-block  
Knife-hand block  
Augmented block  
Round Block

### **Foot Techniques**

Front kick  
    Front snap kick  
    Front thrust kick  
Side kick  
    Side snap kick  
    Side thrust kick  
Roundhouse kick  
Back kick  
Crescent kick  
Foot sweep  
inside sweep

## **Dachi**

Zenkutsu-dachi

Kokutsu-dachi

Kiba-dachi

Hachiji-dachi (shizen-tai)

Heisoku-dachi

Fudo-dachi

Sanchin-dachi

Hangetsu-dachi

Juji-dachi

## **Stances**

Front stance

Back stance

Horseback stance

Natural stance

Feet together stance

Rooted stance

hourglass stance

Crescen moon stance

Crossed-feet stance