



Kamishin Ryu



Orange Belt – 7th Kyu

1. STANCES

Fudo Dachi
Musubi Dachi

Sanchin Dachi
Uchihachiji Dachi

Zenkutsu Dachi

2. PUNCHES & STRIKES

Chudan Tsuki

Jodan Tsuki

Ago Tsuki

Gedan Tsuki.

3. KICKS

Kin Geri
Mawashi Geri.

Hiza Geri

Mae Geri (Keage and Kekomi).

4. BLOCKS

Jodan Uke
Soto Uke.
All to be performed with Gyaku Zuki.

Uchi Uke
Gedan Barai

5. KATA

Taikyoko Sono Ichi
Taikyoko Sono Ni

6. COMBINATIONS

Mae Geri Gyaku Zuki
Surikomi Mae Geri Gyaku Zuki