



Kamishin Ryu



Yellow Belt – 8th Kvu

1. STANCES

Fudo Dachi

Sanchin Dachi

Zenkutsu Dachi

2. PUNCHES & STRIKES

Chudan Tsuki

Jodan Tsuki

Gedan Tsuki. All to be performed in Sanchin Dachi.

3. KICKS

Kin Geri

Hiza Geri

Mae Geri (Keage and Kekomi).

4. BLOCKS

Jodan Uke
Uchi Uke

Gedan Barai
Soto Uke

5. KATA

Taikyoko Sono Ichi

6. COMBINATIONS

Mae Geri Gyaku Zuki