

ASHIGARU-RYU BELT-MANUAL

足輕流



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10TH KYU

Rank:

*10th Kyu Blue Ashigaru-Ryu Karate

Words:

*Left / Hidari

*Right / Migi

Stances:

*Fudo Dachi / Line-up Stance

*Kumite Dachi / Short Fighting Stance

*Zenkutsu Dachi / Long Forward Stance

*Kiba Dachi / Horse Stance

Kata:

*Taikyoku Sono Ichi / Tsuki Punch Middle Level

*Geri Kata / From Stance And Moving Position

*Kihon Kata Ichi / All Kihon Techniques From Fudo Dachi Stance

Kumite:

5 Rounds Full Contact / Kyokushin Kumite

Other:

*Karate Bow

*Seiza Ceremony

*Osu Meaning

*What Is Karate?



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