

ASHIGARU-RYU BELT-MANUAL

足輕流



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1ST KYU

Rank:

*1st Kyu Brown I Ashigaru-Ryu Karate

Words:

*Left / Hidari
*Right / Migi
*Low / Gedan
*Middle / Chudan
*High / Jodan
*Begin / Hajime
*Stop / Yame
*Bow / Rei
*Mae / Front
*Ushiro / Back
*1-10 Japanese Counting

Kata:

*Taikyoku Sono Ichi / Tsuki Punch Middle Level
*Taikyoku Sono Ni / Tsuki Punch High Level
*Taikyoku Sono San / Tsuki Punch Middle Level (Change of Stance And Block)
*Geri Kata / From Stance And Moving Position
*Kihon Kata Ichi / All Kihon Techniques From Uchi Hachi Dachi Stance
*Kihon Kata Ni / All Kihon Techniques From Uchi Hachi Dachi Stance
*Combination Kata
*Sokugi Taikyoku Sono Ichi / Mae Keage
*Dachi Kata
*Sokugi Taikyoku Sono Ni / Mae Keage Mae Geri
*Pinan Sono Ichi
*Pinan Sono Ni
*Kihon Kata San / All Kihon Techniques From Uchi Hachi Dachi Stance
*Pinan Sono San
*Sanchin Sono Ichi
*Sanchin Sono Ni
*Sai Taikyoku Sono Ichi Ni San
*Sai Pinan Sono Ichi
*Bo Taikyoku Sono Ichi Ni
*Bokken Taikyoku Sono Ichi

Kumite:

10 Rounds Full Contact / Kyokushin Kumite + 10 Ne Waza

Other:

*Karate Bow
*Seiza Ceremony
*Osu Meaning
*What Is Karate?
*Sensei / Sempai Meaning?
*Shihan Meaning?
*Fit Test Abs, Chest, Legs, Jump 25 Times
*Pads Combinations 1 + 2 (Both Sides)



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