

ASHIGARU-RYU BELT-MANUAL

足輕流



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4TH KYU

Rank:

*4th Kyu Green 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

Stances:

- *Fudo Dachi / Line-up Stance
- *Kumite Dachi / Short Fighting Stance
- *Zenkutsu Dachi / Long Forward Stance
- *Kiba Dachi / Horse Stance
- *Yoi Dachi / Ready Stance
- *Sanchin Dachi / Triangle Stance
- *Musubi Dachi / Military Stance
- *Kokutsu Dachi / Lean Stance
- *Heiko Dachi / Equal Stance
- *Neko Ashi Dachi / Cat Stance
- *Shiko Dachi / Sumo Stance
- *Uchi Hachi Dachi / 8 Stance
- *Tsuru Ashi Dachi / Crane Stance
- *Moro Ashi Dachi / Walk Stance
- *Heisoku Dachi / Closed Stance
- *Kake Dachi / Cross Stance

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

Kumite:

20 Rounds Full Contact / Kyokushin Kumite

Other:

- *Karate Bow
- *Seiza Ceremony
- *Osu Meaning
- *What Is Karate?
- *Sensei / Sempai Meaning?
- *Shihan Meaning?
- *Fit Test Abs, Chest, Legs, Jump 20 Times
- *Pads Combinations 1 (Both Sides)

