

ASHIGARU-RYU BELT-MANUAL

足輕流



足輕流

9TH KYU

Rank:

*9th Kyu Blue I Ashigaru-Ryu Karate

Words:

- *Left / Hidari
- *Right / Migi
- *Low / Gedan
- *Middle / Chudan
- *High / Jodan

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

Kata:

- *Taikyoku Sono Ichi / Tsuki Punch Middle Level
- *Taikyoku Sono Ni / Tsuki Punch High Level
- *Geri Kata / From Stance And Moving Position
- *Kihon Kata Ichi / All Kihon Techniques From Sanchin Dachi Stance

Kumite:

7 Rounds Full Contact / Kyokushin Kumite

Other:

- *Karate Bow
- *Seiza Ceremony
- *Osu Meaning
- *What Is Karate?
- *Sensei / Sempai Meaning

