



Green Belt 1 Stripe Review (6 Kyu)



Koteatie Set #2

TECHNIQUE

1. Outside shin to outside shin
2. Calf muscle to calf muscle
3. Inside shin to inside shin
4. Instep to outside thigh
5. Instep to inside thigh

STRIKE

- both partners strike, alternate leg
- both partners strike, alternate leg
- both partners strike, alternate leg
- alternate leg
- alternate leg



Green Belt One Step Ippon Kumite #3

Attacker steps in and punches as the defender steps back and blocks. On the third one step, the attacker and defender are toe to toe. On all other one steps, the defender steps back on opposite foot. In the first three techniques, the defender executes the punch at the same time as the block.

ATTACKER

1. Punch to *obi*
2. Punch to solar plexus
3. Punch to face
4. Middle punch
5. Middle punch
6. Middle punch
7. Middle punch

DEFENDER

- Reverse down block and middle punch
- Reverse double bone block and middle punch
- Reverse high block and middle punch
- Cross body block, grab wrist, back fist to face
- Single bone block, pull down, punch to side of neck
- Knife hand block, grab wrist, knife hand strike to armpit
- Double bone block, sweep, grab wrist, punch to neck



6th Kyu Tuite

DESCRIPTION

DEFENDER

- | | |
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| 1. Two hand choke, double circles | Grab palms, circle both hands out, push down. |
| 2. Two hand choke, single circles | Grab palms, step in, circle hands out and down one at a time, spread hands out. |
| 3. Praying hands, push wrists | Step back, pull hands to chest, spread hands inside, grab wrists from above, squat down, stand up, push on wrists, step forward. |
| 4. Praying hands, shoulder drive | Step in, drive palm against shoulder, grab wrist, push fingers into neck. |
| 5. Both wrists, press back of hand | Pull hand toward chest, turn palm up, grab wrist from below, pull top hand free, press on back of hand. |
| 6. Same side wrist, grab over forearm | Rotate palm up, reach under hand, grab forearm, pull hand free, step in, elbow to ribs, back fist to face. |
| 7. Same side wrist, knife hand on wrist | Trap hand, step back at 45°, circle hand out, knife hand on wrist, push toward center point. |
| 8. Opposite wrist, knuckles against wrist | Trap hand, step back at 45°, turn hand up, push on wrist with knuckles, pull toward mid section. |
| 9. Same side elbow, punch to face | Step in, inside open hand block, grab <i>gi</i> at elbow, step in 90°, squat down, stand up to lift on hip. |
| 10. Opposite side forearm, push down forearm | Trap hand, circle hand up on inside, grab forearm, push down on forearm, twist out, pull in. |



Bo Ni Dan

# STEP	STANCE	TECHNIQUE
<i>Yoi</i>	Attention	Bo on right side, left hand grabs bo
1. Left back	Right front	Right head strike, right stomach roll strike
2. 90° right, left back	Right front	Right vertical block
3. 90° left	Right front	Right head strike
4. Left forward	Left front	Left side solar plexus jab
5. Right forward	Right front	Left side solar plexus jab
6. Left forward	Left front	Left side solar plexus jab
7. Left back	Right front	Right head strike
8.		Right vertical block
9. Jump back	Right front	Right head strike
10. Left forward	Left front	Left side solar plexus jab
11. Right forward	Right front	Left side solar plexus jab
12. Left forward	Left front	Left side solar plexus jab
13. Left back, squat	Right front knee down	Right head strike
14. Stand, 180° left, squat	Left front knee down	Rotate hands, left side head strike
15. Stand	Left front	Rotate hands, left vertical block
16. 180° right	Right front	Rotate hands, right vertical block
17. 180° left	Left front	Right head strike, pull back
18. Right forward	Right front	High thrust
19. 90° left	Straddle	Circle chest high jab
20. Right forward	Right front	Right vertical block, right head strike, high circle
21. 90° left	Straddle	Low left side thrust, rotate right hand high horizontal block
22. Right forward	Right front	Right head strike, right vertical block, right head strike
<i>Yame</i> , right back	Attention	Bo on right side, left hand grabs bo



Pinan Sho Dan Kata

# STEP	STANCE	TECHNIQUE
<i>Yoi</i>	Attention	Left palm up in front of right palm, down to fists
1. Left side	Straddle	Right high block with left side double bone block, left side down block
2. 180° right 180° left, right back	Left front	Left high block with right side double bone block, right side down block, front snap kick with double down fist block, left knife hand block
3. Right forward	Right front	Right knife hand block
4. Left forward	Left front	Left knife hand block
5. Right forward	Right front	Right spear hand, <i>kia</i>
6. 270° left, left forward	Left front	Left knife hand block
7. 45° right, right forward	Right front	Right knife hand block
8. 135° right, right forward	Right front	Right knife hand block
9. 45° left, left forward	Left front	Left knife hand block
10. 45° left, left forward	Left front	Left double bone block, right reverse middle punch
11. Right forward	Right front	Right front snap kick, left reverse middle punch
12. Left forward	Left front	Left front snap kick, right reverse middle punch
13. Right forward	Right front	Right front snap kick, right down block
14. 270° left, left forward	Left front	Left down block
15. 45° right, right forward	Right front	Right high block
16. 135° right, right forward	Right front	Right down block
17. 45° left, left forward	Left front	Left high block
<i>Yame</i> , 45° left, left back	Attention	Left palm up in front of right palm, down to fists