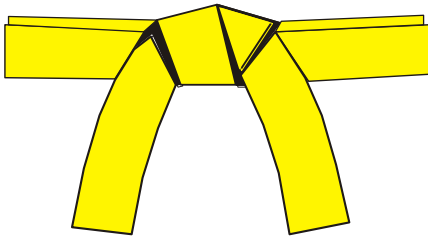




SHOTOKAN SHIHAN-KAI ACADEMY

松濤館空手道師範学院



YELLOW BELT (8 KYU)

- **SHIZENTAI**

CHOKU ZUKI (TWICE)

AGE UKE (TWICE)

GEDAN BARAI (TWICE)

- **FORWARD STEPS (TWICE)**

ZENKUTSU DACHI

AGE UKE

GEDAN BARAI

1.KIHON

- **ZENKUTSU DACHI GEDAN BARAI**

CHUDAN OI ZUKI

AGE UKE

GEDAN BARAI

- **ZENKUTSU DACHI KAMAE**

MAE GERI

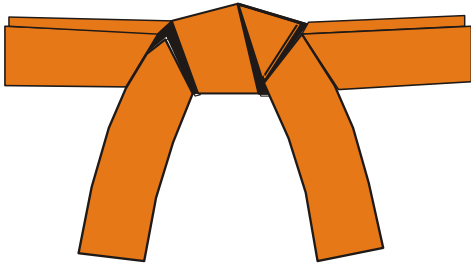
2.GOHON KUMITE

- (LEFT SIDE)

JODAN

3.KATA

HEIAN SHODAN



ORANGE BELT (7th KYU)

1.KIHON

- **ZENKUTSU DACHI GEDAN BARAI**
CHUDAN OI ZUKI
CHUDAN GYAKU ZUKI
JODAN AGE UKE – GYAKU ZUKI
GEDAN BARAI – GYAKU ZUKI
- **KOKUTSU DACHI KAMAE**
CHUDAN SHUTO UKE
- **ZENKUTSU DACHI KAMAE**
MAE GERI
- **KIBA DACHI**
YOKO GERI KEAGE
- **ZENKUTSU DACHI KAMAE**
MAWASHI GERI

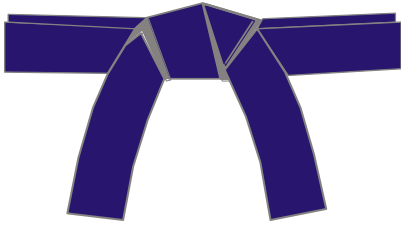
2.SANBON KUMITE No 1.

- (LEFT SIDE)

JODAN - CHUDAN – MAE GERI

3.KATA

HEIAN NIDAN



BLUE BELT (5th KYU)

1.KIHON

- ZENKUTSU DACHI GEDAN BARAI

- KOKUTSU DACHI KAMAE
CHUDAN SHUTO UKE – NUKITE (ZENKUTSU)
- ZENKUTSU DACHI KAMAE
MAE GERI
MAWASHI GERI
- KIBA DACHI
YOKO GERI KEAGE
YOKO GERI KEKOMI

2.KIHON IPPON KUMITE

- (LEFT SIDE)

JODAN	No 1
CHUDAN	No 1
MAE GERI	No 1

3.KATA

HEIAN YONDAN

