

SHOTOKAN 2000 KARATE



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8th KYU Orange Belt

- 1 Stepping Punch to Face
Reverse Punch to Face
- 2 Low Block
High Block (in reverse)
- 3 Inside Block
Outside Block (in reverse)
- 4 Knife-Hand Block
Knife-Hand Block (in reverse)
- 5 Front Kick Reverse Punch
Same
- 6 Side Kick (Thrust) in horse riding stance
Same
- 7 Side Kick (Snap) in horse riding stance
Same
- 8 Heian Shodan
- 9 One Attack Sparring: Free Style

Attacks

- 1 Stepping Face Punch
- 2 Stepping Body Punch
- 3 Front Kick to Body

Defense

- High block - punch
Outside block - punch
Front Forearm Block - punch