



# Kaze-Kai Karate

## Orange Belt test requirements

### Kata:

- Taikyoku Shodan
- Heian Shodan

### Kihon Waza:

#### Stances

- Zenkutsu Dachi (front stance)
- Kokutsu Dachi (back stance)

#### Strikes

- Oi Tsuki (lunge punch)
- Gyaku Tsuki (reverse punch)

#### Kicks

- Mae Geri (front kick)
- Mawashi Geri (round kick)

#### Blocks

- Gedan Barai (lower sweeping block)
- Age Uke (upper block)
- Sashite Uke (raising hand block)
- Shuto Uke/Tsuki (knife hand block/strick)

#### Japanese Numbers:

1-Ichi

2-Ni

3-San

4-Shi

5-Go

6-Roku

7-Shichi

8-Hachi

9-Ku

10-Ju