



Kaze-Kai Karate

Yellow Belt test requirements

Kata:

- Taikyoku Shodan

Kihon Waza:

Stances

- Zenkutsu Dachi (front stance)

Strikes

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

Kicks

- Mae Geri (front kick)

Blocks

- Gedan Barai (lower sweeping block)
- Age Uke (upper block)

Japanese Numbers:

1-Ichi

2-Ni

3-San

4-Shi

5-Go

6-Roku

7-Shichi

8-Hachi

9-Ku

10-Ju