



Kaze-Kai Karate

Blue Belt test requirements

Kata:

- Taikyoku Shodan
- Heian Shodan
- Heian Nidan
- Heian Sandan

Kihon Waza:

Stances

- Zenkutsu Dachi (front stance)
- Kokutsu Dachi (back stance)
- Kiba Dachi (horse stance)
- Shiko Dachi (50/50 stance)
- Neko Ashi Dachi (cat stance)

Strikes

- Oi Tsuki (lunge punch)
- Gyaku Tsuki (reverse punch)
- Gedan Barai (lower sweeping block)
- Tetsui Uchi (hammer strike)
- Nukite Tsuki (spear hand)

Dojo Kun

- Seek perfection of character
- Be faithful
- Endeavor
- Respect others
- Refrain from violent behavior

As practitioners of a Japanese art it makes us scholarly to understand its language. All of these words can be found in your student guide.

**Sensei, Dojo, Rei, Obi, Gi, Hai,
Jodan, Chudan, Gedan, Hidari,
Migi, Kihon, Waza**

Kicks

- Mae Geri (front kick)
- Mawashi Geri (round kick)
- Yoko Geri (side kick)
- Mikazuki Geri (crescent kick)

Blocks

- Age Uke (upper block)
- Sashite Uke (raising hand block)
- Shuto Uke/Tsuki (knife hand block/strick)
- Uchi Uke (inner to outer block)
- Soto Uke (outer to inner block)