



# Kaze-Kai Karate

## Red Belt test requirements

### Kata:

- Taikyoku Shodan
- Heian Shodan
- Heian Nidan
- Heian Sandan
- Heian Yodan
- Heian Godan

### 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)
- Uraken Uchi (back knuckle strike)
- Tetsui Uchi (hammer strike)
- Nukite Tsuki (spear hand)
- Kage Tsuki (hook punch)

### 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, Kiai,  
Yasume, Yoi, Ma-ai, Karate-do,  
Shotokan, Mawatte, Hajime,  
Kumite, Kata, Shomin ni,  
Otagai ni, Mokuso

## 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)
- Kakiwake Uke (double handed block)
- Morote Uke (augmented block)
- Juji Uke (X block)