



Kaze-Kai Karate

Brown Belt test requirements

Kata:

- Taikyoku Shodan
- Heian Shodan
- Heian Nidan
- Heian Sandan
- Heian Yodan
- Heian Godan
- Bassai Dai
- Tekki Shodan
- Tekki Nidan

Dojo Kun

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

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)

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,
Domo Arigato, Jodan, Chudan,
Gedan, Hidari, Migi, Kihon,
Waza, Kiai, Yasume, Yoi, Ma-ai,
Karate-do, Shotokan, Mawatte,
Hajime, Kumite, Kata, Shomin,
Otagai, Mokuso, Shorin, Shorei,
Uke

- Yama Tsuki (mountain punch)

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)
- Ude Uke (outside forearm block)