



Kaze-Kai Karate

Green Belt test requirements

Kata:

- Taikyoku Shodan
- Heian Shodan
- Heian Nidan

Kihon Waza:

Stances

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

Strikes

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

Kicks

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

Japanese Numbers:

1-Ichi

2-Ni

3-San

4-Shi

5-Go

6-Roku

7-Shichi

8-Hachi

9-Ku

10-Ju

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

Blocks

- Age Uke (upper block)
- Sashite Uke (raising hand block)
- Shuto Uke/Tsuki (knife hand block/strick)