

Kaze-Kai Karate

Purple Belt test requirements

Kata:

Dojo Kun

* Seek perfection of character
* Be faithful
* Endeavor
* Respect others
* Refrain from violent behavior
* Taikyoku Shodan
* Heian Shodan
* Heian Nidan
* Heian Sandan
* Heian Yodan

Kihon Waza:

Stances

 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, Ma-ai, Karate-do, Shotokan, Mawatte, Hajime, Kumite, Kata

* 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)
* Shoto Uchi (knife hand strike)
* Tetsui Uchi (hammer strike)
* Nukite Tsuki (spear hand)

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 (knife hand block)
* Gedan Barai (lower sweeping block)
* Uchi Uke (inner to outer block)
* Soto Uke (outer to inner block)
* Kakiwake Uke (double handed block)
* Morote Uke (augmented block)