



Kaze-Kai Karate

High Brown Belt test requirements

Kata:

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

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)
- Shuto Uchi (knife hand strike)
- Uraken Uchi (back knuckle strike)
- 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,
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, Go No Sen, Sen No Sen,
Sen Sen no Sen

- Kage Tsuki (hook punch)
- Yama Tsuki (mountain punch)
- Empi Uchi (elbow strike)

Kicks

- Mae Geri (front kick)
- Mawashi Geri (round kick)
- Yoko Geri (side kick)
- Mikazuki Geri (crescent kick)
- Tobi Geri (jump kick)
- Hiza Geri (knee kick)
- Ushiro Geri (back 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)
- Juji Uke (X block)
- Ude Uke (outside forearm block)
- Morote Uke (augmented block)