



1-1) Brown Belt 2 Red Stripes 1 Black Stripe

Tsuki (Punches):

- a) Ryutoken Tsuki (jodan, chudan)- Fist Leopard Strike

Uke/Barai (Blocks):

- a) Chudan Haito Uchi Uke- Downward Backhand Block

Geri (Kicks):

- a) Yoko Tobi Geri- Jumping Side Kick
- b) Jodan Uchi Geri Haisoku- High Inside Crescent Kick

Kata:

- a) Tsuki No Kata

Ippon Kumite:

- a) *Attack:* Zenkutsu Dachi, Seiken Oi Tsuki Chudan
Defense: Kokutsu Dachi, Chudan Haito Uchi Uke
Contra: Jodan Uchi Haisoku Mawashi Geri

Kumite:

- a) Jiyu Kumite