



## Kata (形)

Kumite No Kata Kihon

### Kihon Waza (基本技) - Basic Techniques

- **Tachi (立ち) - Stances**

Yoi Dachi  
Ready Stance\*

Kumite No Tachi  
Fighting Stance

Zenkutsu Dachi  
Forward Stance\*

- **Tsuki & Uchi (突き & 打ち) - Punches & Strikes**

Seiken Chudan Zuki  
Middle Section Fore-fist Punch\*

Seiken Oi-Zuki  
Fore-fist Step Punch

Seiken Gyaku Zuki  
Fore-fist Punch with arm opposite to front leg

- **Keri (蹴り) - Kicks**

Mae Hiza Geri  
Front Knee Kick\*

Mae Geri  
Front Kick (with ball of the foot)\*

Mae Keage  
Front High Kick with straight leg\*

Kakato Geri  
Front Heel Kick\*

Training Time : 20 hours



## Kata (形)

Kihon Sono Ichi

### Kihon Waza (基本技) - Basic Techniques

- **Tachi (立ち) - Stances**

Migi Ashi Mae Sanchin Dachi  
Hourglass Stance with Right Foot Front\*

Hidari Ashi Mae Sanchin Dachi  
Hourglass Stance with Left Foot Front\*

- **Tsuki & Uchi (突き & 打ち) - Punches & Strikes**

Seiken Ago Uchi  
Fore-fist Strike to the Chin\*

Uraken Gammen Uchi  
Back-fist Strike to the Face\*

Uraken Sayu Uchi  
Left-right Back-fist Strike\*

- **Keri (蹴り) - Kicks**

Gedan Hiza Geri  
Low Knee Kick\*

Soto Mawashi Hiza Geri  
Round-house Knee Kick\*

Mawashi Geri  
Round-house Kick\*

### Kumite (組み手) - Fights

Two (2) two minute fights (more/less as determined by the sensei)

Training Time : 20 hours - Total: 40 hours



## Kata (形)

Kihon Sono Ni

### Kihon Waza (基本技) - Basic Techniques

- **Tachi (立ち) - Stances**

Musubi Dachi  
Attention Stance (heels together, toes apart)\*

- **Tsuki & Uchi (突き & 打ち) - Punches & Strikes**

Shita Tsuki  
Uppercut\*

Furi Uchi  
Hook Punch\*

- **Uke (受け) - Blocks**

Jodan Uke  
High Block\*

Chudan Soto Uke  
Middle Section Outside-inside Block\*

Chudan Uchi Uke  
Middle Section Inside-outside Block\*

Gedan Barai  
Low Parry Block\*

- **Keri (蹴り) - Kicks**

Ushiro Geri  
Straight Back Kick\*

Training Time : 20 hours - Total: 60 hours



## Kata (形)

Kihon Sono San

### Kihon Waza (基本技) - Basic Techniques

- **Tachi (立ち) - Stances**

Kiba Dachi  
Horseback Stance\*

- **Tsuki & Uchi (突き & 打ち) - Punches & Strikes**

Tettsui  
Hammer-fist Strike\*

Tateken  
Straight Punch with vertical fist\*

- **Keri (蹴り) - Kicks**

Yoko Geri  
Side Kick\*

### Kumite (組み手) - Fights

Three (3) two minute fights (more/less as determined by the sensei)

Training Time : 25 hours - Total: 85 hours



**Kata (形)**

Kihon Sono Yon

**Kihon Waza (基本技) - Basic Techniques**

● **Tachi (立ち) - Stances**

Kokutsu Dachi  
Back Stance\*

Neko Ashi Dachi  
Cat Stance\*

● **Uke (受け) - Blocks**

Sune Uke  
Shin Block

● **Shuto (手刀) - Knife-hands**

Shuto Uke  
Knife-hand Front Block/ Strike\*

● **Keri (蹴り) - Kicks**

Take Geri  
Hook Kick

Kin Geri  
Groin Kick

Training Time : 30 hours - Total: 115 hours



**Kata (形)**

Kihon Sono Go

**Kihon Waza (基本技) - Basic Techniques**

● **Tachi (立ち) - Stances**

Heisoku Dachi  
"Feet together" Stance\*

● **Shuto (手刀) - Knife-hands**

Shuto Gammen Uchi  
Knife-hand Strike to the Temple\*

Shuto Sakotsu Uchi  
Downward Knife-hand Strike to the Collarbone\*

Shuto Hizo Uchi  
Knife-hand Strike to the Kidney area\*

Shuto Uchi Uchi  
Knife-hand inside-outside Strike to the Temple\*

**Kumite (組み手) - Fights**

Four (4) two minute fights (more/less as determined by the sensei)

Training Time : 35 hours - Total: 150 hours



**World Kanreika Karate**

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Ask about our Kanreikai DVD series



(\*) : Technique performed on Basic Techniques DVD (Volume 1)

国際貫励会空手道連盟

**WORLD  
KANREIKAI  
KARATE**

*Belt Requirements  
WHITE to ORANGE*

