

### 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

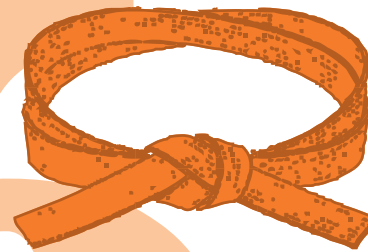
Shuto Uke  
Knife-hand Front Block/ Strike\*

#### ● Keri (蹴り) - Kicks

Kake 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

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



### World Kanreikai Karate

13 Barnum Court  
Danbury, CT 06810, USA  
203-790-4352  
[www.kanreikai.com](http://www.kanreikai.com)

### Ask about our Kanreikai DVD series

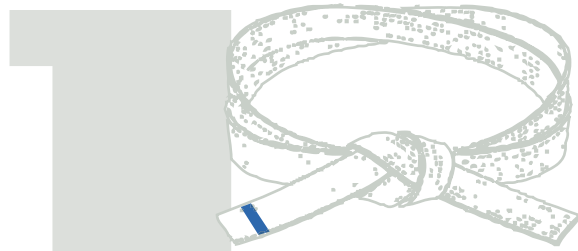


国際貫励会空手道連盟

## WORLD KANREIKAI KARATE

*Belt Requirements*  
WHITE to ORANGE





## 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

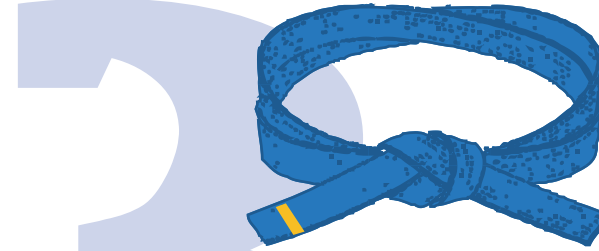
### Kihon Waza (基本技) - Basic Techniques

- **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



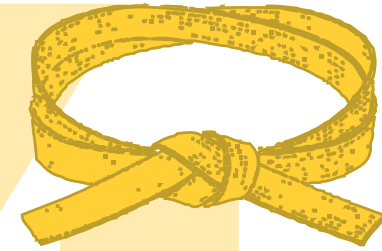
## Kata (形)

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

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