



South East Freestyle Karatedo

JYU RYU



3rd KYU BLUE BELT

BASIC WARM UP AND STRETCHING

3 Warm ups and 3 stretches

SINGLE TECHNIQUES

Fighting stance
Cross block
Reverse punch
Hammer fist strike
Front kick
Stamping kick

BASIC COMBINATIONS

Lunge punch, reverse punch
& knee strike
Open hand block & heel of palm strike
Hammer fist strike, back fist strike
& side kick
(To be done in one movement)

FORM 2

CONTACT WORK

Spinning back kick
(Kick comes straight up from the floor
& lands as front leg)
Feint front kick & roundhouse kick
(same leg from the back leg)
Back fist strike & side kick
(Back fist to face over the top of guard & side
kick to chin so kick goes straight up)
Uppercut punch & hook punch
(Same hand and step in with the hook punch)
Jab punch, cross punch then roundhouse
of the back leg

FORM 3

(Slowly, explaining all movements,
Grading on 50% explanation
& 50% movements)

LEG SWEEPS

Attack with front kick off back leg
Defend with low block step through with
back leg
And sweep attackers back leg
Finish with punch

Attack with a step through and jab punch
Defend with a side step & open hand parry
With back hand & grab wrist,
And roundhouse kick to middle,
land foot inside
Attackers front leg and sweep front leg
Finish with punch

TAKEDOWN

Attack step in and push shoulder
Defend trap attackers hand on your shoulder
& Turn down on to back leg knee
& fold attackers arm
Finish with punch

SPARRING

1st fight- no contact
(Looking for safe distance, defence, honouring
of techniques & combinations)
2nd fight -semi contact
(Looking for making an effort to land
techniques,
Safe target areas, flowing movements,
not too hard, defence)

Techniques will be performed from the fighting stance you naturally stand in.