



South East Freestyle Karatedo

JYU RYU



2ND KYU BROWN BELT

ADVANCED WARM UP AND STRETCHING

3 Warm ups & 3 stretches

HAND COMBINATIONS

All four basic blocks followed by a straight middle punch

Uppercut & cross punch

Forearm strike & reverse punch

Low block & back fist strike
(both from front hand back fist)

Strike over top of guard)

FOOT COMBINATIONS

Side kick & spinning back kick (to middle)

Crescent kick front leg land leg behind you then roundhouse kick with back leg

Front kick to middle with front leg and land in a straddle

Stance & roundhouse heel kick with front leg

CONTACT WORK

Jab, cross & hook punch

Back fist strike to side of head & cross punch

Low roundhouse kick with front leg land the foot & Spinning heel kick from back leg (the low roundhouse kick. Should be hard enough that your opponent drops their guard)

Spinning crescent kick of back leg land foot behind you and roundhouse kick from back leg

FORM 3

LEG SWEEPS

Attack with a side kick to the middle, defend with a open hand block pushing the kick to the side, grab the shoulder and step through and pull while sweeping the attackers leg

TAKEDOWN

Attack with a step in and hook punch, defend by open hand block and at the same time stepping in & placing your leg behind

The attackers front leg, grab the attacker jaw and turn

Taking them down and finish with a punch

SPARRING

Non-contact

(We will be looking for safe distance, defence, and honouring of techniques & combinations)

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.