



South East Freestyle Karatedo

JIU RYU



1ST KYU BROWN BELT BLACK STRIPE

SINGLE TECHNIQUES

8 Techniques from the 6th & 5th kyu lists
(Techniques to be chosen by examiners)

HAND & FOOT COMBINATIONS

Uppercut & hook punch to head
Followed by a spinning back kick to the middle
from back leg
Jab punch to the face followed by a
roundhouse kick
To the head from front leg

ADVANCED KICKS

Kick will be performed using contact and non
contact
Spinning back kick
Spinning heel kick
Spinning crescent kick

CONTACT WORK

2X1 minute sessions on the punch bag
Demonstrating a full range of punches and kicks

LEG SWEEPS

Attack roundhouse to middle from back leg
Defend by stepping in and catching the leg by
Rapping your arm around leg and trapping
to body
As you step in place your back leg behind attackers
Supporting leg and sweep keeping hold of the leg
& finish with punch
Attack front kick from back leg to the middle then
roundhouse
From other leg (after doing the front kick land the
foot in front and kick roundhouse front the opposite
leg). Defend by low blocking the front kick
But pushing the kick straight down duck under the
round house kick stepping through with the back
leg rising up and turning place hand on attackers
shoulder and sweep leg

TAKEDOWNS

Attack strike coming down on to top of head
Defend with head block front arm and step in
(One movement)
Land your back foot behind attackers front
leg straighten
Causing attacker to lose balance & fold attackers
arm back
Taking them down over your leg finish
with punch
Attack with a step through and jab
Defend by parrying the punch, stepping
through placing
Your leg behind attackers leg & using a heel of
palm strike
To the attackers jaw and take them down over your
front leg

TECHNIQUE LIST

Students will be asked their knowledge of previous
Technique lists

SPARRING

Non- contact
(We will be looking for safe distance, defence,
honouring of techniques & combinations)
Semi contact
(Looking for making an effort to land techniques.
Safe target areas, flowing movements,
not too hard, defence)

FORM 3

FORM 4

Form 4 to be performed slowly, explaining all
movements 50% explanation 50% movement.