



South East Freestyle Karatedo

**JYU RYU**



## 4th KYU GREEN BELT

### SINGLE TECHNIQUES

- Back stance
- Forward stance
- Cross punch
- Open hand block
- Spinning crescent kick
- Side hand strike

### PUNCH/ KICK COMBINATIONS

- Lunge punch & reverse punch
- Jab punch & cross punch
- Hook punch & uppercut punch
- Jab, cross, front kick  
(Kick of back leg)
- Back fist strike, front kick  
(Back fist strike over top of guard front kick from front leg)
- Front kick & roundhouse kick  
(both from back leg)
- Side kick & spinning back kick  
(starts from a straddle stance side kick with front leg)

### FORM 2

- Students will be ask to perform break falls
- Leg sweeps
- Attack with front kick off back leg to middle
- Defend with low block off back hand & step through with back leg and sweep attackers back leg
- Finish with punch



- Attack with lunge cross punch
- Defend with open hand block front hand, step through back leg and place front hand on attackers shoulder and sweep back leg
- Sparring two fights-no contact
- Looking for safe distance, defence .I.E blocking, honouring of techniques & combinations

*All techniques will have to be performed with both left and right to a set standard.*