



South East Freestyle Karatedo

JIYU RYU



7TH KYU GREEN STRIPE

ETIQUETTE

Bow
Belt tying

STANCES

Fighting Stance

PUNCHING

Jab punch
cross punch
Hook punch
Uppercut punch

BLOCKING

Double arm block

KICKING

Crescent Kick

STRIKING

Forearm strike
Knee Strike

10 Pushups

10 Squats Thrusts

Skipping

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

