



South East Freestyle Karatedo

JIU RYU



5th KYU ORANGE BELT

ETIQUETTE

Bowing

STANCES

Back stance
Fighting stance

PUNCHING

Jab
Cross
Hook
Uppercut

KICKING

Roundhouse kick
Roundhouse heel kick
Basic
Crescent kick

ADULTS ONLY

Stamping kick
Axe kick

BLOCKING

Cross block
Open hand block

STRIKING

Knee strike
Elbow strike
Heel of palm strike
Hammer fist strike
Side hand strike

FORM 1

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

