



South East Freestyle Karatedo

JIYU RYU



8TH KYU ORANGE STRIPE

ETIQUETTE

Bow
Belt tying

STANCES

Back stance

PUNCHING

Reverse Punch
Jab Punch
Cross Punch

BLOCKING

Inner to outer block
outer to inner block

KICKING

Roundhouse kick
Roundhouse heel kick
(kicks to middle and head)

STRIKING

Back fist strike
Hammer fist strike

15 Kneeling push-up
15 star jumps
15 running squats

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

