



South East Freestyle Karatedo

JYU RYU



6th KYU YELLOW BELT

ETIQUETTE

Belt tying
Bow

STANCES

Ready stance
Forward stance
Straddle stance

PUNCHING

Straight punch
Lunge punch
Reverse punch

BLOCKING

Head block
Low block
Inner to outer block
Outer to inner block

KICKING

Groin kick
Front kick
Side kick
Back kick

STRIKING

BackFist strike
Forearm strike

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

