



South East Freestyle Karatedo

JIYU RYU



9TH KYU YELLOW STRIPE

ETIQUETTE

Belt tying
Bow

STANCES

Ready stance
Forward stance
Straddle stance

PUNCHING

Straight punch
Lunge punch

BLOCKING

Head block
Low block

KICKING

Front kick
Side kick
Back kick

STRIKING

BackFist strike
Forearm strike

10 Kneeling push-ups
10 Star jumps
10 Running squats

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

