9th Kyu White Belt To 8th Kyu Yellow Belt
(All blocks, kicks and punches shall be performed on both left and right sides)

STANCES = Dachi, Kamae		**10 PRESSURE POINTS**	
	Ready Stance		**Temple**
	Front Stance		**Nose = Hana**
	Cat Stance		**Ears**
	Horse Stance-3 Levels (Guards-Center, Left & Right)		**Jawbone**
BLOCKS			**Wrist**
	Upper Block		**Toes**
	Lower Block		**Eyes**
	Outside Middle Block		**Throat**
	Outside Middle Block (Extended)		**Arm Pit**
	Inside Middle Block		**Groin**
	Fan Block (Forward and Reverse)	**Kata A**	
		Kata Comments:	
<u>Daken Tai Jutsu = Striking Techniques</u>			
KICKS = Geri, or Keri, (Left & Right)			
	4 parts of the foot for kicking		
	Front Snap Kick	**10 SELF-DEFENSE with COUNTER ATTACKS (Choke Holds)**	
	Round House Kick		**1 Hands clamped together**, push up through and bring down on face, and then sideways to head
	Side Kick (Snap)		
	Side Kick (Thrust/with step)		**2 Cross arms (X)** at wrist and bring down, stepping back, then step forward and poke throat
	Inverted Crescent Kick		
	Crescent Kick		**3 Figure 8** (Over and Under their arms, the n back fist)
	Shiho Geri = 4 way kicking		**4 Tuck chin** and break elbows
			5 Pop **smack ears**, Knee groin
PUNCHES			**6 Bear claw** thrust to ribs, Knee groin
	Fudoken = Immovable Fist		**7 Double Inside wrist snap**, double eye gouge, smack ears, grab hair and knee face
	Reverse Punch Spear Fist (Vertical & Horizontal)		
	Straight Punch		**8 Stepping back, bring arm over** and across both of opponents arms, then reverse elbow to face
	Double punch		
	Knife Hand Strike		**9 One hand grabs belt** and pulls up, stepping forward– the other hand Shuto strike to throat
	Back fist		
	Hammer Blow		**10 Tiger cross** up +down, and across
Tai hen jutsu = Falling, Leaping and Evading Skills			**11 Cobra,** Knee groin
Safety break falls = Ukemi			**12 Poke throat**, Knee groin
	Forward fall	*********Extra Credit*********	
	Backward Fall		**1 Cartwheel (2 hands)**
	Side Break fall		**2 Cartwheel (1 hands)**
Rolls			**3 Oten** 1 Hand (arms in defense position or to pick up weapon)
	Backward Roll		**4 Back/Front Roll** =2 hands,
	Forward Roll		**5 Back/Front Roll** =1 Hand
	Side Roll		**6 Back/Front Roll** =No Hands
	Diagonal Forward Shoulder		**7 Back/Front Roll** = No Hands 2 partner rolling stick drill

Bo Staff Basics				**Count to 10 in Japanese**
	Blocks Spins		**Strikes Mid Over/Under Parry**	
	Upper Figure 8		**Upper Left/Right Parry**	
	Lower Circular		**Lower Tenshi Spin**	**Approved by Black Belt Council**
	Collar (L/R)		**Collar (L/R)**	**Tri-State Free Style Martial Arts**
	Side (L/R)		**Side (L/R)**	
	Knee (L/R)		**Knee (L/R)**	
			Jab	
			Under 360 Strike Over 360 Strike	

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