

# ASHIGARU-RYU BELT-MANUAL

足輕流



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7TH KYU

**Rank:**

\*7th Kyu Yellow I Ashigaru-Ryu Karate

**Words:**

- \*Left / Hidari
- \*Right / Migi
- \*Low / Gedan
- \*Middle / Chudan
- \*High / Jodan
- \*Begin / Hajime
- \*Stop / Yame
- \*Bow / Rei

**Stances:**

- \*Fudo Dachi / Line-up Stance
- \*Kumite Dachi / Short Fighting Stance
- \*Zenkutsu Dachi / Long Forward Stance
- \*Kiba Dachi / Horse Stance
- \*Yoi Dachi / Ready Stance
- \*Sanchin Dachi / Triangle Stance
- \*Musubi Dachi / Military Stance
- \*Kokutsu Dachi / Lean Stance
- \*Heiko Dachi / Equal Stance
- \*Neko Ashi Dachi / Cat Stance
- \*Shiko Dachi / Sumo Stance

**Kata:**

- \*Taikyoku Sono Ichi / Tsuki Punch Middle Level
- \*Taikyoku Sono Ni / Tsuki Punch High Level
- \*Taikyoku Sono San / Tsuki Punch Middle Level (Change of Stance And Block)
- \*Geri Kata / From Stance And Moving Position
- \*Kihon Kata Ichi / All Kihon Techniques From Sanchin Dachi Stance
- \*Kihon Kata Ni / All Kihon Techniques From Sanchin Dachi Stance
- \*Combination Kata

**Kumite:**

12 Rounds Full Contact / Kyokushin Kumite

**Other:**

- \*Karate Bow
- \*Seiza Ceremony
- \*Osu Meaning
- \*What Is Karate?
- \*Sensei / Sempai Meaning?
- \*Shihan Meaning?
- \*Fit Test Abs, Chest, Legs, Jump 12 Times



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