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This sheet has been especially prepared for you, to assist you in your practice, and to guide you in the Fundamentals needed to achieve **higher levels of rank**.

Although you may have more material than is listed below, the following are the areas that should be concentrated on, and can be used for self-practice at home, or practice in the dojo before karate class begins.

I hope you find this list helpful. As always, I would be glad to assist you with any questions, or techniques. Thank you, Kyoshi

**BASICS: LEVEL I (Beginner & Novice)
Fundamentals of Karate (Goju-ryu)**

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|-----------------------|---|---|
| Blocks (5): | Upper Block,
Middle-Lower Block,
Downward Sweeping Block | Middle Block,
Lower Block, |
| Strikes (6): | Basic Punch,
Swinging Strike,
Short Punch, | Back Fist,
Knife Hand,
Standing Fist Strike |
| Kicks (6): | Instep Kick,
Knee Joint Kick,
Side Kick, | Front Kick,
Roundhouse Kick,
Back Kick |
| Stances (4): | Front Stance,
"3-Battle" Stance, | Horse Stance,
Cat Stance |
| Positions (3): | Attention Stance - " Kioske " (How to stand @ Attention)
Ready Posture - " Yooi " (Ready Posture)
" Guard Posture " (Protective Defensive Posture) | |

The principles of Black Belt Excellence: honesty, courtesy, integrity, concentration, perseverance, respect, obedience, humility and self-discipline!