

Kihon Kata – “H” Pattern

WHITE BELT:

1. HARAI UKE (ZENKUTSU DACHI) AND PUNCH (ZENKUTSU DACHI)
2. YOKO UKE (ZENKUTSU DACHI) AND PUNCH (ZENKUTSU DACHI)
3. JODAN UKE (ZENKUTSU DACHI) AND PUNCH (ZENKUTSU DACHI)
4. HARAI UKE (ZENKUTSU DACHI), FRONT KICK AND PUNCH (ZENKUTSU DACHI)

YELLOW BELT:

5. YOKO UKE (ZENKUTSU DACHI), FRONT KICK AND PUNCH (ZENKUTSU DACHI)
6. JODAN UKE (ZENKUTSU DACHI), FRONT KICK AND PUNCH (ZENKUTSU DACHI)
7. HARAI UKE (NEKO ASHI DACHI), FRONT KICK AND PUNCH (ZENKUTSU DACHI)
8. YOKO UKE (NEKO ASHI DACHI), FRONT KICK AND PUNCH (ZENKUTSU DACHI)

ORANGE BELT:

9. JODAN UKE (NEKO ASHI DACHI), FRONT KICK AND PUNCH (ZENKUTSU DACHI)
10. SHUTO UKE (NEKO ASHI DACHI), FRONT KICK AND PUNCH (ZENKUTSU DACHI)
11. HARAI UKE (ZENKUTSU DACHI), YOKO UKE (NEKO ASHI DACHI) AND PUNCH (ZENKUTSU DACHI)
12. YOKO UKE (ZENKUTSU DACHI), JODAN UKE (NEKO ASHI DACHI) AND PUNCH (ZENKUTSU DACHI)

GREEN BELT:

13. JODAN UKE (NEKO ASHI DACHI), HARAI UKE (NEKO ASHI DACHI) AND PUNCH (ZENKUTSU DACHI)
14. HARAI UKE (NEKO ASHI DACHI), SHUTO UKE (NEKO ASHI DACHI) AND PUNCH (ZENKUTSU DACHI)
15. HARAI UKE AND YOKO UKE (ZENKUTSU DACHI), FRONT KICK AND PUNCH (ZENKUTSU DACHI)
16. YOKO UKE AND JODAN UKE (ZENKUTSU DACHI), FRONT KICK AND PUNCH (ZENKUTSU DACHI)

BLUE BELT:

17. JODAN UKE AND HARAI UKE (ZENKUTSU DACHI), FRONT KICK AND PUNCH (ZENKUTSU DACHI)
18. HARAI UKE AND SHUTO UKE (NEKO ASHI DACHI) , FRONT KICK AND PUNCH (ZENKUTSU DACHI)
19. HARAI UKE (ZENKUTSU DACHI), YOKO KEKOMI GERI AND REVERSE PUNCH (ZENKUTSU DACHI)
20. HARAI UKE (ZENKUTSU DACHI), MAWASHI GERI AND REVERSE PUNCH (ZENKUTSU DACHI)