

WHITE BELT

KARATE BASICS

Zenkutsu Dachi Neko Dachi
Kiba Dachi Kokutsu Dachi

KARATE HAND

Tsuki Nukite
Shuto Shotai
Haito Hiji
Uraken Haisu
Tettsui Koko

BLOCKS

Gedan Barai Gedan Ulna Uke
Age Uke Ude Uke
Juji Uke Soto Ude Uke
Nagashi Uke Shotai Uke
Shuto Uke Soto Shuto Uke

KICKS

Mae Geri Ushiro Geri
Yoko Geri Fumi Komi
Mawashi Geri Hittsui Geri

UKEMI WAZA

Kneeling Side Fall Rev. One Leg Squat
Simple Sit Down Forward Roll
One Leg Squat Backward Roll
Forward Fall Bayonet Roll

NAGE WAZA

Osoto Gari Deashi Harai
Ogoshi Kosoto Gari
Seoi Nage Ouchi Gari
Kubi Nage Kouchi Gari
Maki Komi Kesa Nage

YAWARA

- | | |
|------------------------|------------------|
| 1. Wrist Hold | Flex to Twist |
| 2. Rear Double Elbow | Wrist Twist |
| 3. Rear Hug (Free) | Front Flex |
| 4. Front Choke | Wing Lock |
| 5. Right Blow (Block) | Stretch Arm Bar |
| 6. Cross Wrist | Ude Tori |
| 7. Lapel Grab | Hammer Lock |
| 8. Wrist Hold | Tekubi Tori |
| 9. Rear Hand Choke | Tekubi Tori |
| 10. Rear Strangle | Judo Lock |
| 11. Double Wrist | Judo Lock |
| 12. Double Wrist | Inside Arm Twist |
| 13. Right Blow (Parry) | Inside Arm Twist |
| 14. Wrist Hold | Reverse Arm Bar |
| 15. Front Choke | Reverse Arm Bar |
| 16. Right Blow (Block) | Reverse Arm Bar |
| 17. Right Blow (Block) | Ulna Press |
| 18. Rear Hug (Pin) | Ulna Press |
| 19. 2 on 1 Cross Wrist | Ulna Press |
| 20. 2 on 1 Rear Elbow | Ulna Press |

KATAME WAZA

Cross Foot	Headlock Takedown
Hand to Knee	Sacrifice
Sasae Ashi	Moroto Sasae Ashi
Near Nelson	Far Arm Snatch
Far Nelson	Leg Snatch
Reverse Nelson	Counters

OSAEKOMI WAZA

Kesa Gatame	Kami Shiho Gatame
Kata Gatame	Yoko Shiho Gatame
Muni Gatame	