

HAND TECHNIQUES

Combination - Yonju Godo Kiba Dachi (45 degrees)

- #3 - Tsuki Age - Rising Vertical Punch
- Uraken Sayu Uchi - Backfist
- Hiji Mawashi Ate - Roundhouse Elbow Strike
- Tettsui - Fist Edge
- Jodan Nukite - Upper Spearhand Strike
- Jodan Uke - Upper Block
- Kake Uke - Hook Block
- Chudan Gyaku Tsuki - Middle Reverse Punch

STANCES

- Katahiza Dachi** - One Knee Stance
- Kuzure Heiko Dachi** - Staggered Parallel Stance

KICKS

- Tobi Geri** - Basic Jumping Kicks

KIHON KUMITE

7

YAKUSOKU KUMITE

4

KATA

- Taikyoku I & II Ura
- Pinan V
- Seido IV
- Tsuki No Kata

BASIC SEIDO STRATEGY

- Uchi Mawashi Kakato Otoshi Geri** - Inside Roundhouse Axe Kick
- Soto Mawashi Kakato Otoshi Geri** - Outside Roundhouse Axe Kick

Level Patches and Promotion:

To Receive Level 1 Patch:

- 2 Months training & 20 Classes minimum since last promotion

To Receive Level 2 Patch:

- 2 Months training & 20 Classes minimum since Level 1 Patch

To Receive Level 3 Patch:

- Review all previous material
- 2 Months training & 20 Classes minimum since Level 2 Patch
- Read *Technique and Spirit & Karate Kyohon*

After receiving your third patch, you may apply for the next scheduled promotion. You **must** have your Chief Instructor's signature on promotion application.

KATA

Taikyoku III Ura
Tensho
Sai Ha

BASIC SEIDO STRATEGY

Ushiro Mawashi Geri - Back Spin Kick

Falling, Sweeping, And Rolling Techniques.

Level Patches and Promotion:

To Receive Level 1 Patch:

- 4 Months training & 40 Classes minimum since last promotion

To Receive Level 2 Patch:

- 4 Months training & 40 Classes minimum since Level 1 Patch

To Receive Level 3 Patch:

- Review all previous material
- 4 Months training & 40 Classes minimum since Level 2 Patch
- Re-read all books.

Promotion to Shodan is at Kaicho's discretion, and is by invitation only.