

Kosho-kai Karate Dojo
Standards for Gokyu - Green Belt

Improved performance of all previous standards

Completion of green belt history/knowledge sheet

Kihon Waza:

Haito uchi

Kake geri

Tsuru dachi

Oi tsuki

Mitsurin dachi

Neko dachi

Tegatana uke

Waza:

Ippon Kumite Kata 7 - 8

Animal Forms - Levels 2 - 3

Taezu Naru Waza 3

Juho waza (soft method techniques)

- Rear choke

- Side headlock

Kata:

Anaku

Undo:

Kata kumite