

**Kosho-kai Karate Dojo**  
**Standards for Hachikyu - Yellow Belt**

**Kihon waza (basic techniques):**

**Tachi (stances)**

Heisoku dachi

Hachiji dachi

Fudo dachi

Kiba dachi

Shiko dachi

Zenkatsu dachi

**Tsuki (punches)**

Seiken tsuki

Tate tsuki

Utsuki tsuki

**Keri (kicks)**

Mae geri

Sukuto geri

Yoku geri

Mawashi geri

Ushiro geri

Fumikomi geri

Hiza geri

**Uchi (strikes)**

Shuto uchi

Tettui uchi

Shote uchi

Seriyuto uchi

Nukite uchi

Ippon nukite uchi

Empi uchi

Uraken uchi

**Uke (blocks)**

Jodan uke

Chudan uke

Gedan uke

Nagashi uke

Seven kogeki ho (stepping methods)

**Waza (techniques):**

Ippon Kumite Kata 1 - 2

Juho waza (soft method techniques)

- Wrist grab

- Front choke

**Kata (forms):**

Taikyoku ichi

**Undo (exercises):**

Thousand hand exercise