

# Blue Belt - 10<sup>th</sup> Kyu

Technique	Stance	No.	Additional information
Choku-Zuki (Straight-punch)	Shizentai (Natural-stance)	10	Facing forward
Gyaku-Zuki (Reverse-punch)	Zenkutsu-Dachi (Forward-stance)	5	Left side and right side
Oi-Zuki (Stepping-punch)	Zenkutsu-Dachi (Forward-stance)	3	Stepping forward, turn in Downward-block-repeat
Age-Uke (Upper-rising-block)	Zenkutsu-Dachi (Forward-stance)	3	Stepping forward, turn in Downward-block-repeat
Uchi-Ude-Uke (Inside-forearm-block)	Zenkutsu-Dachi (Forward-stance)	3	Stepping forward, turn in Downward-block-repeat
Gedan-barai (Downward-block)	Zenkutsu-Dachi (Forward-stance)	3	Stepping forward, turn in Downward-block-repeat
Mae-Geri (Front-kick)	Zenkutsu-Dachi (Forward-stance)	3	Stepping forward, turn both arms down - repeat
Kata ( <b>Formal-exercise</b> )	Taikyoku Shodan		First half only - to count
Kumite ( <b>Sparring</b> )	None		