

Gokyu

<p><u>Uchi Waza</u></p> <p><u>Strikes</u></p> <p>Palm Strike Ridge Hand Forearm Strike Spear Hand Double Fist Tiger Claw Snake Bite Hammer Strike Elbow Strikes (5)</p> <p><u>Spinning:</u> Back Fist Elbow</p> <p><u>Uke waza</u></p> <p>Strike Block Forearm Block 1 Forearm Block 2 Kick Block Knee Block Knuckle Pass Kick Sweep</p>	<p><u>Uchi Waza</u></p> <p><u>Kicks</u></p> <p>Side Kick Rear Thrust Kick I/S Crescent Kick O/S Crescent Kick Hook Kick Axe Kick Knee Strikes (3)</p> <p><u>Spinning:</u> Side Kick Crescent Kick Hook Kick</p> <p><u>Jump:</u> Snap Kick Knee Side Kick #1 Side kick #2 Spinning Side Kick Crescent Kick Butterfly Kick Inside Crescent Kick Scissor Kick Double Kick</p> <p><u>Theories</u></p> <p>Sticky Hands Flowing Water</p>	<p><u>3 Trials</u></p> <ol style="list-style-type: none">1. Strengthen Your Weaknesses2. Face Your Fears3. Realize Your Potential <p><u>Combos</u></p> <p>(Jab/Elbow 1) (Roundhouse Punch/Back Fist) (Hook Kick/Roundhouse Kick) (Inside Crescent Kick/ Roundhouse Kick) (Outside Crescent Kick/ Side Kick) (Knee Strike 1/Axe Kick) (Elbow Strike 2/ Back Fist)</p> <p><u>Drills</u></p> <p>Three Hand Pass (L2/L3) One for One (L2) Body Bag (L2/L3) Leg Replacement (L2/L3) The Beat (L1/L2) Combination Kick (L2) Knee Drill Offense/Defense</p>
<p>Student must know techniques and have completed min. 52 classes in order to be scheduled to test. The test consists of technique review and 18 minutes of continuous sparring.</p>		