



3537 Grove City Rd
 Grove City, Ohio 43123
 1-888-333-2638
www.warriorspiritkarate.com

Basics - Advanced

Brown - 3 rd Kyu	Brown - 2 nd Kyu	Brown - 1 st Kyu
Stances Shiko Dachì Neko Ashi Dachì Zenkutsu Dachì Kokutsu Dachì Blocks Age Uke Chudan Uke Gedan Barai Shuto Uke Punches Seiken Gyaku Zuki Uraken Nukite Haito Kicks Mae Geri Mawashi Geri Yoko Geri Ushiro Geri One Step Sparring Sparring Weapons Kata Bunkai Kata	Stances Shiko Dachì Neko Ashi Dachì Zenkutsu Dachì Kokutsu Dachì Blocks Age Uke Chudan Uke Gedan Barai Shuto Uke Punches Seiken Gyaku Zuki Uraken Nukite Haito Kicks Mae Geri Mawashi Geri Yoko Geri Ushiro Geri One Step Sparring Sparring Weapons Kata Bunkai Kata	Stances Shiko Dachì Neko Ashi Dachì Zenkutsu Dachì Kokutsu Dachì Blocks Age Uke Chudan Uke Gedan Barai Shuto Uke Punches Seiken Gyaku Zuki Uraken Nukite Haito Kicks Mae Geri Mawashi Geri Yoko Geri Ushiro Geri One Step Sparring Sparring Weapons Kata Bunkai Kata