



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

Basics - Beginner

Yellow - 9th Kyu	Orange - 8th Kyu	Green -7th Kyu
Stances Shiko Dachi Neko Ashi Dachi Zenkutsu Dachi	Stances Shiko Dachi Neko Ashi Dachi Zenkutsu Dachi	Stances Shiko Dachi Neko Ashi Dachi Zenkutsu Dachi
Blocks Age Uke Chudan Uke Gedan Barai	Blocks Age Uke Chudan Uke Gedan Barai	Blocks Age Uke Chudan Uke Gedan Barai
Punches Seiken Gyaku Zuki Uraken	Punches Seiken Gyaku Zuki Uraken	Punches Seiken Gyaku Zuki Uraken
Kicks Mae Geri	Kicks Mae Geri Mawashi Geri Yoko Geri	Kicks Mae Geri Mawashi Geri Yoko Geri
One Step Sparring	One Step Sparring	One Step Sparring
Sparring	Sparring	Sparring
Bunkai	Bunkai	Bunkai
Kata	Kata	Kata