

## KIHON DOSA DAI GO

### Tachi waza

Neko ashi dachi

Hanzenkutsu dachi

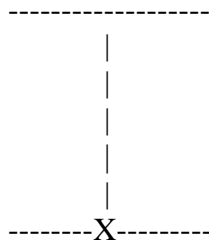
### Uke waza

Age uke

### Zuki waza

Chudan oi zuki

1. Left foot, left hand, turn left to a neko ashi dachi with age uke.
2. Step to a hanzenkutsu dachi with a chudan oi zuki.
3. Step behind you, turn the other way into neko ashi dachi with age uke.
4. Step to a hanzenkutsu dachi with a chudan oi zuki.
5. Step left to a neko ashi dachi with age uke.
6. Step forward to hanzenkutsu dachi with a chudan oi zuki.
7. Step forward to hanzenkutsu dachi with a chudan oi zuki.
8. Step forward to hanzenkutsu dachi with a chudan oi zuki. **KIAI!**
9. Left hand comes to the shoulder, big turn to neko ashi dachi with age uke.
10. Step to a hanzenkutsu dachi with a chudan oi zuki.
11. Step behind you, turn the other way into neko ashi dachi with age uke.
12. Step to a hanzenkutsu dachi with a chudan oi zuki.
13. Step left to a neko ashi dachi with age uke.
14. Step forward to hanzenkutsu dachi with a chudan oi zuki.
15. Step forward to hanzenkutsu dachi with a chudan oi zuki.
16. Step forward to hanzenkutsu dachi with a chudan oi zuki. **KIAI!**
17. Left hand comes to the shoulder, big turn to neko ashi dachi with age uke.
18. Step to a hanzenkutsu dachi with a chudan oi zuki.
19. Step behind you, turn the other way into neko ashi dachi with age uke.
20. Step to a hanzenkutsu dachi with a chudan oi zuki.
21. Pull back - yame.



This is the *embu sen* or performance line for the *Kihon Dosa Dai kata*. Start at the “X” and follow the steps above.

Minimum one month since last test

Properly execute standing and walking basics

Standing Basics

(From *hachiji dachi*)

*Choko zuki, age uke, uchi uke, yoko uke, gedan barai, mae geri, yoko geri, ushiro geri, mawashi geri*

Walking Basics

(From *zenkutsu dachi*)

→ *chudan oi zuki*

← *gedan barai*

→ *gyaku zuki*

← *age uke*

→ *chudan mae geri, gyaku zuki*

← *yoko uke*

→ *chudan mawashi geri*

← *uchi uke*

Properly execute Tachi Kata Dai Ichi

Step forward to *zenkutsu dachi* with *jodan oi zuki* and *chudan gyaku zuki*

Shift to *shiko dachi* with *gedan barai*

Properly execute Kihon Dosa Dai Go

Answer the following questions:

1. What did Hanshi Miki name our style of Shito-Ryu? Why?

# JAPAN KARATE-DO ORGANIZATION

## Promotion Application

*All fields required*

<b>Name:</b>	<b>Age:</b>	<b>Start date (top right corner of card):</b>
<b>Present rank:</b> Orange belt	<b>Date of last promotion:</b>	<b>Classes from last test to next (8 min):</b>
<b>Rank testing for / testing fee:</b> Orange belt – white stripe                      \$12	<b>Date of upcoming test:</b>	<b>Belt Size:</b>
<b>Would you like a certificate for this test?</b> No / Yes    add \$20		

*On the above date, I would like to take the promotion test, fulfilling all the requirements, according to the Japan Karate-Do Organization, Hokushin Shito-Ryu. As I understand, if my performance and dedication are not sufficient on the day of the test, I will attempt to improve my level of achievement in the future. I have attached my testing fees and I understand that they are not refundable.*

Date: \_\_\_\_\_ Student: \_\_\_\_\_

Instructor's Approval: \_\_\_\_\_ Parent's Approval: \_\_\_\_\_

Answer the following questions:

1. What did Hanshi Miki name our style of Shito-Ryu? Why?