

KIHON DOSA DAI SAN

Tachi waza

Zenkutsu dachi

Uke waza

Yoko uke

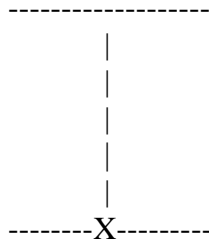
Zuki waza

Chudan oi zuki

Keri waza

Chudan mae geri

1. Left foot, left hand, step left to a zenkutsu dachi with yoko uke.
 2. Step to a zenkutsu dachi with a chudan mae geri and oi zuki.
 3. Step behind you, turn the other way into zenkutsu dachi with yoko uke.
 4. Step to a zenkutsu dachi with a chudan mae geri and oi zuki.
 5. Step left to a zenkutsu dachi with yoko uke.
 6. Step forward to zenkutsu dachi with a chudan mae geri and oi zuki.
 7. Step forward to zenkutsu dachi with a chudan oi zuki.
 8. Step forward to zenkutsu dachi with a chudan oi zuki. **KIAI!**
 9. Left hand comes to the shoulder, big turn to zenkutsu dachi with yoko uke.
 10. Step to a zenkutsu dachi with a chudan mae geri and oi zuki.
 11. Step behind you, turn the other way into zenkutsu dachi with yoko uke.
 12. Step to a zenkutsu dachi with a chudan mae geri and oi zuki.
 13. Step left to a zenkutsu dachi with yoko uke.
 14. Step forward to zenkutsu dachi with a chudan mae geri and oi zuki.
 15. Step forward to zenkutsu dachi with a chudan oi zuki.
 16. Step forward to zenkutsu dachi with a chudan oi zuki. **KIAI!**
 17. Left hand comes to the shoulder, big turn to zenkutsu dachi with yoko uke.
 18. Step to a zenkutsu dachi with a chudan mae geri and oi zuki.
- Step behind you, turn the other way into zenkutsu dachi with yoko uke.
19. Step to a zenkutsu dachi with a chudan mae geri and oi zuki.
 20. 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.

YELLOW BELT / BLACK STRIPE TESTING REQUIREMENTS

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

→ *chudan oi zuki (zenkutsu dachi) - mawatte*

→ *gedan barai (zenkutsu dachi) - mawatte*

→ *age uke (zenkutsu dachi) - mawatte*

→ *yoko uke (zenkutsu dachi) - mawatte*

→ *uchi uke (zenkutsu dachi) - mawatte*

→ *chudan mae geri (zenkutsu dachi) - mawatte*

Properly execute Kihon Dosa Dai San

Answer the following questions:

1. What is the meaning of the dojo kun?

One! To seek to attain perfection of character!

One! To live with politeness and discipline!

One! To honor a code of ethical behavior!

One! To strive for excellence through effort!

One! To refrain from impetuous conduct!

JAPAN KARATE-DO ORGANIZATION

Promotion Application

All fields are required

Name:	Age:	Start date (top right corner of card):
Present rank: Yellow belt – white stripe	Date of last promotion:	Classes from last test to next (8 min):
Rank testing for / testing fee: Yellow belt – black stripe \$12	Date of upcoming test:	Belt Size:
Would you like a certificate for this test? 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 is the meaning of the dojo kun?

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One! To live with politeness and discipline!

One! To honor a code of ethical behavior!

One! To strive for excellence through effort!

One! To refrain from impetuous conduct!