

# ASHIGARU-RYU BELT-MANUAL

足輕流



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3RD KYU

**Rank:**

\*3rd Kyu Green I Ashigaru-Ryu Karate

**Words:**

\*Left / Hidari  
\*Right / Migi  
\*Low / Gedan  
\*Middle / Chudan  
\*High / Jodan  
\*Begin / Hajime  
\*Stop / Yame  
\*Bow / Rei  
\*Mae / Front  
\*Ushiro / Back  
\*1-10 Japanese Counting

**Stances:**

\*Fudo Dachi / Line-up Stance  
\*Kumite Dachi / Short Fighting Stance  
\*Zenkutsu Dachi / Long Forward Stance  
\*Kiba Dachi / Horse Stance  
\*Yoi Dachi / Ready Stance  
\*Sanchin Dachi / Triangle Stance  
\*Musubi Dachi / Military Stance  
\*Kokutsu Dachi / Lean Stance  
\*Heiko Dachi / Equal Stance  
\*Neko Ashi Dachi / Cat Stance  
\*Shiko Dachi / Sumo Stance  
\*Uchi Hachi Dachi / 8 Stance  
\*Tsuru Ashi Dachi / Crane Stance  
\*Moro Ashi Dachi / Walk Stance  
\*Heisoku Dachi / Closed Stance  
\*Kake Dachi / Cross Stance

**Kata:**

\*Taikyoku Sono Ichi / Tsuki Punch Middle Level  
\*Taikyoku Sono Ni / Tsuki Punch High Level  
\*Taikyoku Sono San / Tsuki Punch Middle Level (Change of Stance And Block)  
\*Geri Kata / From Stance And Moving Position  
\*Kihon Kata Ichi / All Kihon Techniques From Uchi Hachi Dachi Stance  
\*Kihon Kata Ni / All Kihon Techniques From Uchi Hachi Dachi Stance  
\*Combination Kata  
\*Sokugi Taikyoku Sono Ichi / Mae Keage  
\*Dachi Kata  
\*Sokugi Taikyoku Sono Ni / Mae Keage Mae Geri  
\*Pinan Sono Ichi  
\*Pinan Sono Ni  
\*Kihon Kata San / All Kihon Techniques From Uchi Hachi Dachi Stance  
\*Pinan Sono San

**Kumite:**

24 Rounds Full Contact / Kyokushin Kumite

**Other:**

\*Karate Bow  
\*Seiza Ceremony  
\*Osu Meaning  
\*What Is Karate?  
\*Sensei / Sempai Meaning?  
\*Shihan Meaning?  
\*Fit Test Abs, Chest, Legs, Jump 20 Times  
\*Pads Combinations 1 + 2 (Both Sides)



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