

Shito Ryu Genbu Kai
PSU Beginning Instructor's Schedule

Week #1

Block - Harai Uke, down block
Stance - Zenkutsu Dachi, forward stance
Kick - Mae Geri Keage, front snap kick
Hand Tech - Oi Zuki, lunge punch
Additional - self defense, coordination drills

Week #2

Block - Age Uke, up block
Stance - Zenkutsu Dachi, forward stance
Kick - Mae Geri Keage, front snap kick
Hand Tech - Gyaku Zuki, reverse punch
Kata - Kihon Kata Ichi
Additional - self defense, coordination drills

Week #3

Block - Yoko Uke, Inside block
Stance - Shiko Dachi, side stance
Kick - Yoko Geri Kekomi, side thrust kick
Hand Tech - Ken Tsui, hammerfist
Kata - Kihon Kata Ichi
Sparring - 3 point
Additional - self defense, coordination drills

Week #4

Block - Yoko Uchi Uke, outside strike block
Stance - Shiko Dachi, side stance
Kick - Mawashi Geri, round house
Hand Tech - Teisho, palm heel and Uraken, backfist
Kata - Kihon Kata Ichi
Sparring - 3 point
Additional - self defense, coordination drills

Week #5

Block - Shuto Uke, knifehand block
Stance - Nekoashi Dachi, cat stance
Kick - Ushiro Geri Kekomi, back thrust kick
Hand Tech - Shuto Uchi, chop and Yon Hon Nukite, spearhand
Kata - Kihon Kata Ichi, Pinan Nidan
Sparring - Basic 1 point & 3 point
Additional - self defense, coordination drills

Week #6

Block - Teisho Uke, Palm Block
Stance - Kokutsu Dachi, back stance
Kick - Hiza Geri, knee strike
Hand Tech - Hija Ate, elbow strikes
Yoko (side), Mawashi (circular), Tate (upward), Otshi (downward), Ushiro (rear)
Kata - Pinan Nidan, Kihon Kata Ichi
Sparring - Basic 1 point & 3 point