

Pittsburg State University Karate Class
Shito Ryu Genbu Kai
Beginning Weekly 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
Kata - Kihon Kata Ichi
Additional - self defense, falls, coordination drills

Week #2

Block - Age Uke, up block
Stance - Zenkutsu Dachi, forward stance
Kick - Mae Geri Kekomi, front thrust kick
Hand Tech - Oi Zuki, lunge punch
Kata - Kihon Kata Ichi
Additional - self defense, falls, coordination drills

Week #3

Block - Gedan Ude Uke, lower forearm 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, falls, coordination drills

Week #4

Block - Shuto Uke, knifehand block
Stance - Nekoashi Dachi, cat stance
Kick - Hiza Geri, knee strike
Hand Tech - Teisho, palm heel
Kata - Kihon Kata Ichi
Pinan Nidan
Sparring - 3 point
Additional - self defense, falls, coordination drills

Week #5

Block - Yoko Uke, inside block
Stance - Shiko Dachi, squat stance
Kick - Ushiro Geri Kekomi, back thrust kick
Hand Tech - Shuto Uchi, chop
Kata - Kihon Kata Ichi
Pinan Nidan
Sparring - basic 1 point & 3 point
Additional - self defense, falls, coordination drills

Week #6

Block - Yoko Uchi Uke, outside strike block
Kick - Ushiro Geri Kekomi, back thrust kick
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
Additional - self defense, falls, coordination drills

Week #7

Block - Shuto Uke, knifehand block
Stance - Kokutsu Dachi, back stance
Kick - Mawashi Geri, round house kick
Hand Tech - Uraken, backfist &
Yon Hon Nukite, spearhand
Kata - Pinan Shodan
Pinan Nidan
Kihon Kata Ichi
Sparring - free, basic 1 point, 3 point
Additional - self defense, falls, coordination drills