

Basic Technique Listing

for testing readiness for 9th Kyu to 1st Kyu gradings

Technique Name	DVD Track and Time Reference		
	Track ID	Mins	Secs
Striking Techniques (Tsuki waza)			
Jodan tsuki	<input type="checkbox"/>	1	00 42
Chudan tsuki	<input type="checkbox"/>	1	01 32
Gedan tsuki	<input type="checkbox"/>	1	01 59
Shita tzuki	<input type="checkbox"/>	1	02 24
Ura uchi	<input type="checkbox"/>	1	03 05
Ura ken	<input type="checkbox"/>	1	03 32
Tetsui	<input type="checkbox"/>	1	04 12
Shuto	<input type="checkbox"/>	1	04 58
Blocks (Uke waza)			
Jodan uke	<input type="checkbox"/>	1	05 58
Chudan uke	<input type="checkbox"/>	1	06 30
Hara uke	<input type="checkbox"/>	1	07 06
Soto uke	<input type="checkbox"/>	1	07 38
Gedan uke	<input type="checkbox"/>	1	08 18
Kake uke	<input type="checkbox"/>	1	09 03
Mawashi uke	<input type="checkbox"/>	1	09 52
Stances (Tachi waza)			
Heiko dachi	<input type="checkbox"/>	2	00 07
Musubi dachi	<input type="checkbox"/>	2	00 36
Kendo dachi	<input type="checkbox"/>	2	00 56
Sanchin dachi	<input type="checkbox"/>	2	01 36
Han zen (or Han zen kutsu dachi)	<input type="checkbox"/>	2	02 09
Zenkutsu dachi	<input type="checkbox"/>	2	03 06
Shiko dachi	<input type="checkbox"/>	2	03 52
Neko ashi dachi	<input type="checkbox"/>	2	04 43
Kicks (Keri waza)			
Kin teki geri	<input type="checkbox"/>	3	00 07
Mae geri	<input type="checkbox"/>	3	00 28
Mawashi geri	<input type="checkbox"/>	3	00 55
Yoko geri / Sokuto geri	<input type="checkbox"/>	3	01 34
Kansetsu geri	<input type="checkbox"/>	3	02 05
Uchi mikka tzuki geri	<input type="checkbox"/>	3	02 40
Soto mikka tzuki geri	<input type="checkbox"/>	3	02 40
Ushiro geri	<input type="checkbox"/>	3	03 13