

# Zen Budo Karate Earth Section

|  | Phase 1   | Phase 2   | Phase 3   |
|--|---|---|---|
| The belt you are now                                       | <b>Red, Yellow, Orange</b>  | <b>Green, Green stripe, Blue</b>                          | <b>Blue stripe, Purple, Brown</b>   |
| <b>Basics</b>  | Downward block (f. stance)<br>Upper block (f. stance)   | Side block (b. stance).<br>Chop/reverse punch (f. stance) | Side block/lunge punch (f. stance)<br>X block (f. stance)                       |
| <b>Punches, strikes</b>                                    | Bottom fist (back hand)   | Hammer fist<br>Forward elbow strike                       | Palm heel (back)<br>Tiger's mouth strike  |
| <b>Kicks</b>   | Side kick (back leg)<br>Outside Crescent kick (step up)   | Heel kick (back leg)<br>Turn back kick                    | Step front leg sweep and side kick<br>stomp<br>Knee strike (circular) and stamp |
| <b>Street awareness (defend &amp; counter or restrain)</b> | Defend against any straight attack coming from the front  |   |   |
| <b>Combinations</b>  | Snap punch' reverse punch, front kick   | Inside block, reverse punch, ridge hand                   | Back fist, inside block, reverse punch, round kick                              |
| <b>Kata</b>  | <b>Pinan</b>  | <b>Sam jang</b>   | <b>Yuk jang</b>   |
|  |   |   |   |
| <b>Sparring</b>  | Black Belts performing chosho grades must also be prepared to perform any 'freestyle' combination of techniques included in this syllabus rotation. |   |   |
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