

# **Zen Budo Karate**

## **Basic Program**

Going for :-	White stripe	Black stripe (white stripe+)	Red (black stripe +)
<b>Basics</b>	Downward block in horse riding stance	Upper block in horse riding stance	Side block in Horse riding stance
<b>Punches</b>	Snap punch	Reverse punch	Back fist
<b>Kicks</b>	Front kick (back leg) Front kick (step)	Round kick (back leg) Round kick (step)	Back kick Back kick (step)
<b>Street awareness</b>	Wrist grab (one hand)	Wrist grab (two hands)	Double wrist grab
<b>Short Kata</b>	N/A	Shoto 1	Shoto 2