

Zen Budo Karate Water Section

	Phase 1	Phase 2	Phase 3
The belt you are now	Red, Yellow, Orange	Green, Green stripe, Blue	Blue stripe, Purple, Brown
Basics	Side block (f. stance) Inside block (f. stance)	Downward block (b. stance) Upper block (b. stance)	Downward block/back fist (h. stance) Combination block, Downward block front, high side block rear (b. stance)
Punches, strikes	Outside chop	Ridge hand (back) Backward elbow strike (mid section)	Turn hammer fist Groin strike (koryo)
Kicks	Downward kick (back leg) Knee strike (straight)	Step through turn heel kick Heel kick (step up)	Inside crescent kick Double round kick
Street awareness (defend & counter or restrain)	Defend against any; circular, upward or downward attack from the front.		
Combinations	Downward block, step side kick, reverse punch	Downward block, reverse punch, round kick	Inside block, spinning back fist, step heel kick, reverse punch
Kata	Yi jang	O jang	Pal jang
Sparring	Black Belts performing chosho grades must also be prepared to perform any 'freestyle' combination of techniques included in this syllabus rotation.		