



Congratulations on earning your Blue Belt, and welcome to the Intermediate Class!

Kihonido: Basics with Linear Motion

Sanchin Dachi

1. Seiken Tsuki, Sanchin Dachi (*Front Punch*)
2. Seiken Tsuki, Mae Geri, Sanchin Dachi (*Front Punch, Front Thrust Kick*)

Zenkutsu Dachi

1. Zenkutsu Dachi, Oi Tsuki (*Lunge Punch*)
2. Mae Geri, Zenkutsu Dachi (*Front Thrust Kick*)
3. Zenkutsu Dachi, Hiji Ate (*Elbow Strike*)
4. Mawashi Geri, Zenkutsu Dachi (*Roundhouse Kick*)
5. Zenkutsu Dachi, Shuto Uchi (*Knife-Hand Strike*)

Techniques in
Kihonido are
said in the order
in which they
are performed!

Shiko Dachi

1. 45° Shiko Dachi, Haraiotoshi Uke (*Downward Sweeping Block*)
2. 45° Shiko Dachi, Oi Tsuki (*Lunge Punch*)
3. 45° Shiko Dachi, Fura Uchi (*Whipping Strike*)
4. 45° Shiko Dachi, Te Uke, Shita Tsuki (*Palm Block, Short Punch*)
5. 45° Shiko Dachi, Haraiotoshi Uke, transition to Zenkutsu Dachi, Gyaku Tsuki (*Downward Sweeping Block, Reverse Punch*)
6. 45° Shiko Dachi, Mawashi Hiji Ate, Ura Ken, Tetsui, Gyaku Tsuki (*Roundhouse Elbow Strike, Backfist, Hammer-Fist Strike, Reverse Punch*)

Belt Color Sequence

White
Purple
Yellow
Orange
Blue
1st Green
2nd Green
3rd Green
1st Brown
2nd Brown
3rd Brown
Black

Kumite

- Kumite (sparring) must be supervised by a Dan-rank (adult Black Belt) instructor.
- Appropriate safety gear must be worn. All sparring gear should be purchased through the dojo.
- **Light contact only.** No contact to head, throat, spine or groin.
- Take downs and throws are prohibited.
- Blind, swinging techniques will not be tolerated.
- Students are not permitted to spar with students of other schools (except at approved tournaments and seminars).

Referee Signals & Terminology

- **Point** (*Ippon*): Hand extended directly to side.
- **Out of Bounds** (*Jogai*): Hand extended downward and to side.
- **Illegal Contact – Verbal Warning** (*Atenayone*): Hand raised.
- **Illegal Contact – Point Awarded** (*Hansoku Chui*): Hand raised.
- **Illegal Contact – Disqualification** (*Shikaku*): Hand raised, circling.
- **Unsure/Did not see**: Hands crossed in front of face.
- **No Point/Penalty**: Hands crossed in front, low.
- **Conflicting Points**: Fists facing in towards each other.



Hanshi Chuck Merriman

January 8, 1933 – present
Coach of the 1st US Karate Team.
Teacher of Hanshi Martin.

"It is very important to understand that you retain what you practice frequently, not what you practice intensely." Hanshi Merriman

Blue Belt = Shichikyu (7th Kyu)

Kyu = Ranks below Black Belt.