



# Community Martial Arts

## Shotokan Karate, Kick Boxing, Self Defense

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### Technique Combinations

The following is a list of combinations of basic techniques our students need to obtain the belt level listed. You may choose to add to your own list.

#### Yellow

Oi zuki, gyaku zuki, jun zuki  
Gyaku zuki, jun zuki, gyaku zuki

#### Orange

Oi zuki, gyaku zuki  
Kizami zuki, gyaku zuki  
Mae geri (both), gyaku zuki (forwards)  
Mae geri (both), jun zuki (backwards)  
Five-way block

#### Green

Jodan uke, gyaku zuki  
Soto uke, gyaku zuki  
Uchi uke, gyaku zuki  
Gedan barai, gyaku zuki  
Shuto uke, gyaku zuki, shuto uke  
Shuto uke, nukite  
Shuto uke, osae uke, nukite  
Kizami geri, mae geri  
Kizami geri, mawashi geri  
Yoko geri (standing), empi uchi

#### Blue

Jodan uke, gedan barai, gyaku zuki  
Soto uke, empi uchi  
Uchi uke, kizami zuki, gyaku zuki  
Shuto uke, teisho, gyaku zuki  
Shuto uke, teisho, nukite  
Shuto uke, kizami geri, nukite  
Yoko geri keage, yoko geri kekomi  
Mawashi geri, ushiro geri  
Mikazuke geri, empi uchi  
Yoko geri (spinning), empi uchi  
Six-way kick

#### Brown

Soto uke, empi uchi, uraken, gyaku zuki  
Shuto uke, teisho, kizami geri, gyaku zuki