



CEINTURE MAUVE 4^{ème} KYU

6 Mois pour le 3^{ème} Kyu

Formes

Kata: Tekki Shodan (Cavalier de fer)
Rouler les pieds

Le kata favorite de Maître Funakoshi. Il est représentatif de l'ancien Karate.

Techniques de blocage – Uke (ou-kay)

Haishu uke	back hand block
Nami ashi	sweeping block with leg

Attaques des mains

Mawashi empi uchi	elbow strike
Ura zuki	close punch
Choku zuki	straight punch
Kagi zuki	Hook punch

Terminologie

Seiza	Sit
Shomen	The designated front wall of a Dojo. Often the place where the picture of our founder, Gichin Funakoshi and flags are displayed.
Shihan (shee-han)	A formal title meaning master instructor or teacher of teachers
Rei (ray)	Bow. A sign of respect, trust, and appreciation. May be done while standing, or while kneeling such as at the beginning and end of each class. Shomen-ni-Rei: bow to the front of the dojo Sensei-ni-Rei: bow to the teacher Otagai-ni-Rei: bow to each other
Mokuso	Close the eyes and meditate.
Jui kumite	Spree sparing
Seiretsu (say-retsus)	Line up in an orderly fashion
Yame (ya-may)	Stop
Hajime	Begin

Yoi (yoh-ee)

Ready (both mentally and physically)