

KIADO-RYU™
Level 1 - Orange Belt

Kicks

1. Knee
2. Stomp
3. Rear kick
4. Crossover Rear
5. Spinning Rear
6. Snap kick (B&I)
7. Thrust kick
8. Knifedge Snap
9. Knifedge Thrust
10. Roundhouse (L&R)

Striking Hand Set

1. Armbar
2. Backnuckle (BK)
3. Karate Chop
4. Ridgehand
5. Palm
6. Hair grab
7. Hammerfist
8. Eye whip

Blocking Set 1

1. Inward
2. Outward
3. Upward
4. Downward
5. Ext. Outward
6. Inside Down
7. Jamming Elbow
8. Double Inward
9. Rolling Forearm

Punches

1. Reverse Punch: 1-2-3
2. Uppercut

Foot Motions & Movements

1. Simul beat
2. Double draw
3. Quick change
4. Draw
5. Withdraw
6. Push F & B
7. Shuffle F & B
8. Stepthrus
9. Crossovers
10. Stretch

Foot Set 1

1. L-R: 12:00

2. L-R: Front 45s
3. L-R: Side 90s
4. L-R: Rear 45s
5. L-R: 6:00

Self Defense Techniques (optional)

1. Smothering Whip
2. Ducking Knee
3. Windmill Palm
4. Roundhouse Thunder
5. Front Bear hugs
6. Side Headlock
7. Cross Wrist Grab
8. Rear Bear hugs
9. Rear Strangle Hold
10. Full Nelson

Kata

Short One

Drills

1. Ground kicks
2. Move/Attack
3. Dummy work