



Benntai's Martial Arts

Little Dragon

Curriculum

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KIHON SHO

Yasame

Kiotsuke

Rei (bow)

Hands up solar plexus level

LH open, RH closed

Hands down, bow

Move RF to R,

Kamae (ready stance)

Catch LH on R hip, RH up

Step L

Block LH #6, put RH away

Punch RH

Step R, **punch L**

Step L, **Kiai** (yell loud)

punch R

Hands down Cross RH on top, obi level

Shuffle forward

Double blocks overhead #9

Slide back feet together (Musubi Dachi)

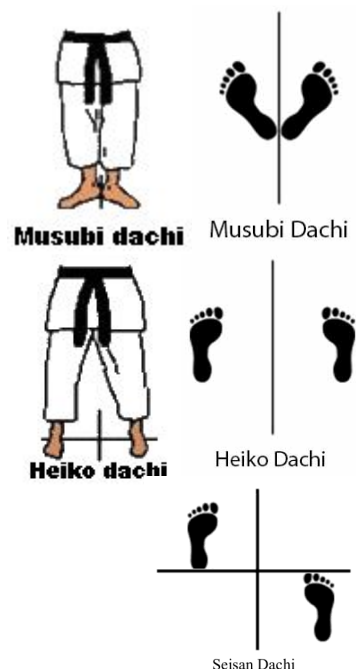
Hands up solar plexus level

LH open, RH closed

Hands down

Bow out only once hands get to the side.

Stances used in
Seisan Kata



1. What does Karate mean?
2. What does IsshinRyu mean?