



## Stronger You Self Defense Curriculum

# San Ten No Kata Techniques

### First Level: Sho Technique

### Description

1	Gedan Barai	Low Block
2	Oi Zuki	Front Punch
3	Gyaku Zuki	Reverse Punch
4	Age Uke	Face Block
5	Uchi Ude Uke	Inside Chest Block
6	Morote Uke	Double Arm Block
7	Shuto Uke	Knife Hand
8	Mae geri Keage	Front snap kick
9	Yoko geri Keage	Side snap Kick
10	Soto Ude Uke	Outside chest Block

### Second Level: Ni Technique

### Description

1	Teisho Uke	Palm Heel Block
2	Age Zuki	Rising Punch
3	Kisami Zuki	Jabbing Punch
4	Nagashi Uke	Sweeping Block
5	Haishu Uke	Back Hand Block
6	Osae Uke	Pressing Block
7	Tettsui Uchi	Bottom Fist (Hammer Fist) Strike
8	Mawashi Geri	Roundhouse Kick
9	Ushiro Geri	Back Kick
10	Yoko Geri Kekomi	Side Thrust Kick





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### Third Level: *San* Technique

### Description

1	Shuto Uchi	Knife Hand Strike
2	Tate Zuki	Vertical Fist Punch
3	Mawashi Zuki	Roundhouse Punch
4	Kakiwake Uke	Wedge Block
5	Sukui Uke	Scooping Block
6	Juji Uke	X- Block
7	Uraken Uchi	Backfist Strike
8	Mikazuki Geri Uke	Crescent Kick Block
9	Nami Gaeshi	Returning Wave Kick / Inside Snapping Block
10	Haito Uchi	Ridge hand Strike

### Fourth Level: *Yon* Technique

### Description

1	Empi Uchi	Elbow Strike
2	Yama Zuki	Mountain Punch
3	Awase Zuki	U Punch
4	Morote Zuki (Heiko Zuki)	Double Hand Punch
5	Hasame Zuki	Scissor Punch
6	Bassai Uke	Bassai Block
7	Keito Uke	Chicken Head Wrist Block
8	Kakuto Uke	Bent Wrist Block
9	Sokumen Awase Uke	Two Handed Side Block
10	Ura Zuki	Close Upper Cut Punch





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### Fifth Level: Go Technique

### Description

1	Kaga Zuki	Hook Punch
2	Uchi Kentsui Uchi	Inward Hammer fist Strike
3	Kentsui Hasami Uchi	Double Inward Hammer fist Strike
4	Otoshi Shuto Uchi	Downward Sword hand Strike
5	Soto Haito Uchi	Outward Ridge hand Strike
6	Naiwan Nagashi Uke	Sweeping Inside Forearm Block
7	Seiryuto Uke	Ox Jaw Block
8	Maeude Deai Osae Uke	Pressing Forearm Block
9	Oi Otoshi Ude Uke	Downward Snapping Forearm Block
10	Tekubi Kake Uke	Hooking Wrist Block

