

KENSHO-KAI GOJU-RYU KARATE-DO

FORMAL PROGRAM

JUNBI UNDO

Warm Ups

KIHON

Basic stationary techniques

Kihon No Ichi
Kihon No Ni

Kihon No San
Kihon No Shi

KIHON IDO

Basic moving techniques

Kihon Ido Ichi

Kihon Ido Ni

Kihon Ido San

JUJI IDO

Basic cross moving techniques

Juji Ido Ichi

Juji Ido Ni

KATA

Forms

Taikyoku Jodan
Taikyoku Chudan
Taikyoku Gedan
Sanchin
Gekkisai Shodan
Gekkisai Nidan

Unsu
Niseishi
Saifa
Tensho
Seinchin
Kensho

Sanseiru
Shisochin
Seisan
Seipai
Kururunfa
Suparenpei

KUMITE

Fighting

Ippon Kumite
Nihon Kumite
Sanbon Kumite
Jyu Kumite

