

Zen Budo Karate Fire Section

	Phase 1	Phase 2	Phase 3
The belt you are now	Red, Yellow, Orange	Green, Green stripe, Blue	Blue stripe, Purple, Brown
Basics	Knife hand block (b. stance) Double db, double sb (f. stance)	Inside block (b. stance) Spearhand (f. stance)	Downward block (f. stance) bottom fist (w. stance) Side block (b. stance) Rev punch (f. stance) c/s fold and knee lift and land to elbow (h. stance).
Punches, strikes	Inside chop	Backward elbow strike (head) Turn back fist	Spinning elbow Double mid section punch
Kicks	Outside Crescent kick (back leg) Downward kick (step up)	Turn Heel kick Step through turn back kick	Heel kick round rick (step up) Double side kick (step up)
Street awareness (defend & counter or restrain)	Defend against grab from the front or back (eg. Headlock, bearhug, strangle, guillotine, full nelson, etc)		
Kata	Il jang	Sa jang	Chil jang
Combinations	Back fist, reverse punch, round kick.	Upper block, reverse punch, step front kick	Snap punch, downward block, reverse punch, front kick.
Sparring	Black Belts performing chosho grades must also be prepared to perform any 'freestyle' combination of techniques included in this syllabus rotation.		