

Barber Martial Arts / Chito-Ryu

Grading Sheet: White to Black

DACHI		DA-CHEE	STANCES	POSITIONS
1	Heisoku Dachi	hay-sow-koo	Attention	Attention
2	Hachiji Dachi	hah-chee-gee	Open leg stance	Jambes ouvertes
3	Zenkutsu Dachi	zen-koo-tsue	Forward stance	Portion avant
4	Kiba Dachi	key-bah	Forward riding stance	Position cavaliere
5	Kokutsu Dachi	koe-koo-tsue	Back stance	Position arriere
6	Neko-Achi Dachi	nek-koh-ah-she	Cat stance	Position du chat
7	Tsuruashi Dachi	tsu-rhu-ah-she	Crane stance	Position de la grue
8	Musubi Dachi	moo-sue-be	Open toe, heel closed	Pieds ouverts, talons ensemble
9	Sanchin Dachi	sari-chin	Invert open leg	Pieds ouverts inverses
10	Hanmi Dachi	hahn-me	45 degree	Position 45 deg
11	Shiko Dachi	she-ko	Sumo stance	Position sumo
12	Kake Dachi	kah-kay	Hook stance	Position crochet
13	Heiko Pachi	hay-koh	Parallel open stance	Position ouvert parallele
14	Hangetsu Dachi	hahn-geh-tsue	Half moon stance	Position demi-lune
15	Fudo Dachi	foo-dough	Rooted stance	Position d'assaut
ZUKI		ZOO-KEY	PUNCHES	COUP DE POING
1	Oi Zuki	oh-ee	Lunge Punch	Coup avec pas
2	Gyaku Zuki	gya-koo	Reverse punch	Coup de revers
3	Seiken-Ago Zuki	say-ken ah-go	Snap punch	Coup du poing percutant
4	Mawashi Zuki	mah-wha-she	Roundhouse punch	Coup en crochet
5	Ura Zuki	oo-rah	Upper hook (cut) punch	Coup montant interieur
6	Kagi Zuki	kah-gee	90 deg hook punch	Coup 90 deg
7	Tate Zuki	tah-teh	Vertical arm punch	Coup vertical
8	Morote Zuki	moe-row-teh	U punch	Coup en U
9	Teisho Zuki	tay-sho	Palm, heel punch	Coup paume de la main
10	Hiraken Zuki	he-rah-ken	4/2/1 punch	Coup 4/2/1 jointures)
11	Ni Zuki	nee	Double arm punch	Coup a 2 bras
12	Age Zuki	ah-geh	Rising punch	Coup montant
13	Dan Zuki	dahn	Consecutive punching	Coup consecutif
14	Hasami Zuki	hah-sah-me	Scissors punch	Coup siceaux
15	Kizami Zuki	key-sah-me	Jab punch	Coup de profile
16	Nagashi Zuki	nah-gah-she	Flowing punch 45 degree	Coup avec esquive
17	Ren Zuki	wren	Alternate punching	Coup en succession

GERI	GEH-RHEE	KICKS	COUPS DE PIED
1 Mae Geri keage	mah-eh kay-ah-geh	Front snap kick	Coup avant percutant
2 Yoko Geri	yoh-koh kay-ah-geh	Side snap kick	Coup de côte percutant
3 Ushiro Geri	oo-she-row	Back kick	Coup arrière
4 Mawashi Geri	mah-wha-she	Roundhouse kick	Coup fouette
5 Ura-Ushiro- Mawashi Geri	oo-rah oo-she-row mah-wha-she	Back roundhouse kick	Coup fouette arrière
6 Nagashi-Ushiro	nah-gah-she oo-she-row	Spinning back kick	Coup arrière tournoyant
7 Mae Mawashi	mah mah-wha-she	Front roundhouse kick	Coup fouette avant
8 Mikazuki Geri	me-kah-zoo-key	Crescent kick	Coup demi-cercle
9 Fumikomi Geri	foo-me-ko-me	Stamping, front, Side, back	Coupe frappe au soi cote, avant, arrière
10 Mae-Tobi Geri	mah-eh toe-be	Flying front kick	Coup avant, sautant
11 Yoko-Tobi Geri	yoh-koh toe-be	Flying side kick	Coup de côte, volant
12 Ushiro-Tobi Geri	oo-she-row toe-be	Flying back kick	Coup arrière, volant
13 Mawashi-Tobi	mah-wha-she toe-be	Flying roundhouse kick	Coup fouette, volant
14 Nagashi-Tobi	nah-gah-she toe-be	Flying spinning back kick	Coup arrière, volant, tournoyant
15 Hittsui Geri	hit-sue	Knee kick	Coup de genou
16 Mae Geri Kekomi	mah-eh kay-koh-me	Front thrust kick	Coup avant penetrant
17 Yoko Geri Kekomi	yoh-koh kay-koh-me	Side thrust kick	Coup du cote penetrant
18 Mae Ashi Geri	mah-eh ah-she	Front leg kick	Coup de la jambe avant

UKE	OO-KAY	BLOCKS	BLOCAGES
1 Jodan Uke	joe-dahn	Face block	Visage
2 Soto Uke	so-toh	Outside block	Poitrine (exterieur)
3 Uchi Uke	oo-chee	Inside block	Poitrine (interieur)
4 Gedan Barai Uke	geh-dahn baa-rah-ee	Low block	Bas
5 Shuto Uke	shoe-toe	Knife hand block	Sabre de la main
6 Nagashi Uke	rah-gah-she	Sweeping block	En balayant
7 Morote Uke	moe-row-teh	Double arm block	À deux bras
8 Haishu Uke	hi-shoo	Back hand block	Revers de is main
9 Kakiwake Uke	kah-key-wah-kay	Wedge block	En coin
10 Juji Uke	jew-gee	X block	En X
11 Osae Uke	oh-sah-eh	Pressing block	En pressant
12 Sukui Uke	sue-koo-ee	Scooping block	En ramassant
13 Morote Tsukami	moe-row-teh tsue-kah-me	Two handed grasping	A deux mains avec prise
14 Otoshi Uke	oh-toe-she	Dropping block	Pouse vers le bas
15 Ashibo Kake Uke	ah-she-boh kah-keh	Leg hooking block	Crochet de la jambe

UCHI	OO-CHEE	STRIKES	COUPS
1 Shuto Uchi	Shoe-toe	Knife hand	Sabre de is main
2 Tetsui Uchi	tet-sue	Bottom fist	Bas du poing
3 Riken Uchi (Uraken)	reh-ken (oo-rah-ken)	Back fist	Revers du point
4 Empi Uchi	en-pee	Elbow	Coup de coude
- Otoshi	oh-toe-she	- downward	- en bas
- Tate	tah-teh	- on top	- en haut
- Ushiro	oo-she-row	- back	- arriere
- Yoko	yoh-koh	- side	- du cote
- Yoko Mawashi	yoh-koh mah-wha-she	- side roundhouse	- en crochet
- Mae	mah-eh	- front	- en avant
5 Teisho Uchi	tay-show	Palm heel	Paume de la main
6 Haito Uchi	hi-toe	Ridge of hand (inside)	Sabre (interieur)
7 Yohon Nukite Uchi	yoh-hohn noo-key-teh	Spear hand thrust	Main-epée
8 Nukite Uchi	noo-key- teh	Fingers open	Doigts ouverts
9 Ippon Nukite Uchi	eep-pono noo-key-teh	One finger strike	Un doigt
10 Nihon Nukite Uchi	nee-hone noo-key-teh	Two finger strike	Deux doigts
11 Washide Uchi	wah-she-deh	Eagle hand strike	Main d'aigle
12 Yubi Uchi	you-be	Trachea Grab (thumb & index)	A la trachee (pouce & index)
13 Keito Uchi	kay-toe	Chicken head wrist strike	Avec le tranchant interne du poignet
14 Kumade Uchi	koo-mah-deh	Bear hand strike	A main d'ours
15 Kakuto Uchi	kah-koo-toe	Bent wrist strike	Avec le dessus du poignet

TEWASA

(See page 4)

First 10 movements


























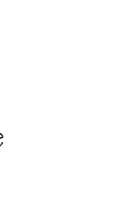

Complete 27 movements

UCHI	OO-CHEE
1 Taiyoku Shodan	7 Rohai Dai
2 Heian Shodan	8 Heian Yodan
3 Shi Ho Hai	9 Niseishi Sho
4 Heian Nidan	10 Heian Godan
5 Rohai Sho	11 Bassai Dai
6 Heian Sandan	12 SeSan
	13 Chinto



Te-Waza

STANCE: Assume and maintain a strong KIBA-DACHI

1. Left hand face block 
2. Right hand face block 
3. Left hand outside chest block 
4. Right hand outside chest block 
5. Left hand inside chest block 
6. Right hand inside chest block 
7. Left hand low block 
8. Right hand low block 
9. Left arm, punch straight in front 
10. Right arm, punch straight in front 
11. Left arm, punch to opposite side 
12. Right arm, punch to opposite side 
13. Left arm, elbow & punch over right shoulder 
14. Right arm, elbow & punch over left shoulder 
15. Left arm, elbow & punch over left shoulder 
16. Right arm, elbow & punch over right shoulder 
17. Left side inside shuto 
18. Right side inside shuto 
19. Left side claw 
20. Right side claw 
21. Left elbow to left side 
22. Grab the head with right hand & strike with left elbow 
23. Right elbow to right side 
24. Grab the head with left hand & strike with right elbow 
25. Left elbow up to back left side 
26. Right elbow up to back right side 
27. Double elbow 

NB For White to Yellow belt the first 10 movements

are

required. For remaining belts all 27 movements are required.

