

SHOREI RYU GERI WAZA

8/20/95- JOHN S. SOLTIS - 4TH DAN
4/2005- MINERVA TAMAYO- 3RD DAN

1. MAE GERI- FRONT KICK, FRONT SNAP KICK
- 2.SOKUTO GERI- SIDE KNIFE KICK, SWORD FOOT KICK
- 3.YOKO GERI- SIDE UP KICK
4. LONG MAWASHI GERI- LONG ROUNDHOUSE KICK
- 5.SHORT MAWASHI GERI- SHORT ROUNDHOUSE KICK
- 6.KIN GERI- ARCH FOOT KICK, TOP OF FOOT
- 7.KEKOMI GERI-THRUST KICK, DOWNWARD KICK
- 8.KEAGE GERI- SIDE KNIFE KICK (SNAP)
- 9.MIKAZUKI GERI- HEEL THRUST KICK, CRESCENT KICK, POWER KICK
10. KAKATO GERI-HEEL KICK
- 11.USHIRO GERI- BACKWARD, REAR KICK, SPIN KICK
- 12.USHIRO GERI KEAGE-BACK SNAP KICK, TURNABOUT KNIFE KICK
- 13.USHIRO GERI KEKOMI- BACK THRUST KICK
- 14.USHIRO MAWASHI GERI- BACK ROUNDHOUSE KICK
- 15.GYAKU MAWASHI GERI- REVERSE ROUNDHOUSE KICK
- 16.HANGETSU GERI- JOINT KICKS (KANSETSU)
- 17.HAKU GERI- CRANE KICK, INSIDE CRESCENT KICK, SWEEP AWAY KICK
- 18.FUMI KOMI GERI- FOOT STOMP, STOMP KICK
19. KAGI GERI-HOOK KICK
20. YOKO KEKOMI GERI- SIDE HEEL KICK
21. MAE TOBI GERI- FORWARD FLYING KICK
22. YOKO TOBI GERI- SIDE FLYING KICK
23. MOROTE TOBI GERI- DOUBLE FLYING KICK
24. MAWASHI TOBI GERI- ROUND HOUSE FLYING KICK
25. MAE CHOYAKU- FORWARD LEAPING- 1 FOOT
26. YOKO CHOYAKU URA- FORWARD LEAPING -2 FEET
27. HIZA GERI- KNEE KICK