



Kihon

Basic Techniques

- In this exercise, there are 13 techniques to learn from *Heiko Dachi* (natural stance). On the last technique, you must *Kiai* (yell “Ai!”)
- The first 4 sequences are blocking, next 5 are hand strikes or punches, and the last 4 are kicking
- The purpose of this exercise is to instill karate basic techniques without physical opposition. Be careful to maintain balance during kicking

Formal opening: *Kiotsuke, Rei, Yoi*

Uke Waza BLOCKING TECHNIQUES

Heiko Dachi, Uke no Kamae. Make a natural stance with feet pointed straight, shoulders width apart, make left middle block with vigor and *kiai* (yell “Ai!”)

1. *Jodan Uke* Perform high block
2. *Chudan Uke* Perform middle block
3. *Gedan Barai* Perform a front low block just beyond your hip
4. *Yoko Uke Shita Barai (or Morote Uke)* Perform double block (middle and low simultaneous) - no chambers

Uchi Waza STRIKING TECHNIQUES

Heiko Dachi, Tsuki no Kamae. Make a natural stance with feet pointed straight and shoulders width apart, make left middle punch with vigor and *kiai* (yell “Ai!”)

5. *Jodan Seiken Zuki* Perform a centered high punch to chin/nose height
6. *Chudan Seiken Zuki* Perform a centered middle punch to solar plexus area
7. *Gedan Tsuki* Perform a centered low punch at belt height
8. *Hikiate* Perform a centered, elbow strike toward the chin
9. *Chokkaku Seiken Zuki* Perform a side-centered punch - shoulder height

Keri Waza KICKING TECHNIQUES

Heiko Dachi, Keri no Kamae. Make a natural stance with feet pointed straight and shoulders width apart, leave your fists along your sides (like in *Yoi*) with vigor and *kiai* (yell “Ai!”)

10. *Kingeri (or Kogengeri)* Perform front snap kick with instep of the foot
11. *Maegeri* Perform front kick with the ball of the foot

12. *Mawashigeri*

Perform roundhouse kick

13. *Kansetsugeru*

Perform 45° angle (off center)knee joint-breaker kick

Formal closing: *Naotte, Rei*

Key Points:

- When kicking, be sure to complete all four phases of the kick: (1) chamber (2) kick (3) return to chamber, and (4) leg placement on ground
- Names can appear different at other sources. IE: *Maegeri* can be written as *Maegeri*. Above, it is written to build Japanese, *karatedo* vocabulary
- *Kihon*, or basics (blocks, punches/strikes, kicks, stances, transitions, etc.) are the most important key to your success. They must be practiced often with great attention to detail and on both left/right sides



Kihon Ido Ichi

Basic Movement #1

- In this exercise, there are 13 individual practice sequences to learn. Each will be done 3+ times while advancing forward and in reverse. On the last forward and backward, you must *Kiai* (yell “Ai!”)
- The first 4 sequences are blocking while transitioning into stances. The next 5 are hand strikes with associated stances. Lastly, 4 kicking drills from stances
- The purpose of these exercises is to build basic coordination skills while enforcing good karate techniques. Furthermore, although these are non-contact exercises, the *karateka* (practitioner) can visualize opponents to further their development

Formal opening: *Kiotsuke, Rei, Yoi* (Attention position. Bow. Prepare)

Uke Waza BLOCKING TECHNIQUES

Sanchin Dachi, Uke no Kamae. Make left *Sanchin*, left middle block with vigor and *kiai* (yell “Ai!”)

1. ***Sanchin Dachi, Jodan Uke*** Step forward into *Sanchin* stance and perform high block with lead hand and read hand in chamber
2. ***Zenkutsu Dachi, Chudan Uke*** Step forward into front stance and perform middle block with lead hand and read hand in chamber
3. ***Shiko Dachi Shakkaku, Gedan Barai*** Step forward into 45° horse stance and perform low block with lead hand and read hand in chamber
4. ***Sanchin Dachi, Yoko Uke Shita Barai*** Step forward into *Sanchin* stance and perform double block (middle and low simultaneous). The lead foot’s side will be performing the middle block. The rear side performs the low block

Uchi Waza STRIKING TECHNIQUES

Sanchin Dachi, Tsuki no Kamae. Make left *Sanchin*, left middle punch with vigor and *kiai* (yell “Ai!”)

5. ***Sanchin Dachi, Jodan Seiken Zuki*** Step forward into *Sanchin* stance and perform high punch with lead hand and read hand in chamber
6. ***Zenkutsu Dachi, Chudan Seiken Zuki*** Step forward into front stance and perform middle punch with lead hand and read hand in chamber
7. ***Shiko Dachi Shakkaku, Seiken Zuki*** Step forward into 45° horse stance and perform lead middle punch with lead hand and read hand in chamber. Key point: Because you are low in stance your middle punch will hit a low area on your opponent
8. ***Zenkutsu Dachi, Hikiate*** Step forward into front stance and perform elbow strike to the chin with lead hand and read hand in chamber

9. *Shiko Dachi Chokkaku, Seiken Zuki* Step forward into 90° horse stance and perform lead middle punch with lead hand and read hand in chamber

Keri Waza
KICKING TECHNIQUES

Sanchin Dachi, Keri no Kamae. Assume left *Sanchin* stance with fists at your sides with vigor and *kiai* (yell “Ai!”). Keep your fists at your sides throughout the remainder of the drills to establish good balance while kicking

10. *Sanchin Dachi, Maegeri* Perform front kick with ball of the rear foot while stepping forward into *Sanchin* stance
11. *Zenkutsu Dachi, Maegeri* Perform front kick with ball of the rear foot while stepping forward into front stance
12. *Han Zenkutsu Dachi, Yokogeri (Mawashigeri)* Perform roundhouse kick with the rear foot while stepping forward into half front stance
13. *Shiko Dachi Shakkaku, Kansetsugeri* Perform lead leg knee joint-breaker kick while stepping forward into 45° horse stance

Formal closing: *Naotte, Rei* (Close feet and hands formally. Bow)

Key points:

- This exercise may be practiced from *Neko Ashi Dachi* (cat stance) as start position for each. From stance the first technique/stance will slide out from lead foot and step forward into cat stance after. Exceptions are: 6, 11 and 12, which come from rear leg, kick then slide into cat stance after. While practicing this variation, cat stances are the first and last items; however, the core of each sequence is still the stance with technique. Extra credit if you can transition in/out of cat stance and always execute solid techniques
- When you move backward: (1) shift weight backward and begin techniques because established stability gives strength to techniques (2) Snap blocks and re-chamber hand simultaneously
- When kicking, complete all phases of kicks: (1) chamber (2) kick (3) return to chamber, and (4) leg placement (grounding)
- Names can appear different at other sources. IE: *Maegeri* can be written as *Maegeri*. Above, it is written to build Japanese, *karatedo* vocabulary
- *Kihon*, or basics (blocks, punches/strikes, kicks, stances, transitions, etc.) are the most important key to your success. They must be practiced often with great attention to detail and on both left/right sides



Kihon Ido Ni

Basic Movement #2

- In this exercise there are 13 sets of combination practice sequences to perform. Each one will be done 3 times while advancing forward and 3 times in reverse. On the last forward technique and the last backward technique the *karateka* must *Kiai* (yell “Ai!”)
- The first 4 sequences are block/strike and stance drills. The next 5 are hand block/strike/kick drills with stances. Lastly are 4 kicking combination drills with stance
- The purpose of this exercise is to execute *kumite* (fighting) combination techniques while advancing or retreating from an opponent. Be careful with your center of balance while moving backward. As with *Kihon* and *Kihon Ido Ichi*, these are non-contact exercises, the *karateka* (practitioner) can visualize opponents to further their development

Formal opening: *Kiotsuke, Rei, Yoi* (Attention position. Bow. Prepare)

Uke Waza BLOCKING TECHNIQUES

Sanchin Dachi, Tsuki no Kamae. Assume left *Sanchin* stance, left middle punch with vigor and *kiai* (yell “Ai!”)

1. *Sanchin Dachi, Jodan Uke, Chudan Seiken Zuki* Step forward into *Sanchin* stance and perform lead hand high block then rear hand middle punch
2. *Zenkutsu Dachi, Chudan Uke, Jodan Seiken Zuki* Step forward into front stance and perform lead hand middle block then high punch with rear hand
3. *Shiko Dachi Shakaku, Gedan Barai, Chudan Seiken Zuki* Step forward into 45° horse stance and perform lead hand low block then rear hand middle punch
4. *Sanchin Dachi, Morote Uke, Morote Tsuki* Step forward into *Sanchin* stance and perform double block (middle and low simultaneous). The lead foot’s side will be performing the middle block. The rear side performs the low block. Pull hands into chambers then strike with double punch. The double punch will utilize the opposite hands as the block (rear hand will strike high & lead hand will strike lower)

Uchi Waza STRIKING TECHNIQUES

Sanchin Dachi, Tsuki no Kamae. Assume left *Sanchin* stance, left middle punch with vigor and *kiai* (yell “Ai!”)

5. *Sanchin Dachi, Chudan (Gyaku) Tsuki, Maegeri* Perform rear hand middle punch, kick rear leg front kick with ball of foot then place the leg forward into *Sanchin* stance
6. *Zenkutsu Dachi, Kerikomi (Maegeri), Chudan Seiken Zuki* Perform rear leg front kick with ball of the foot stepping into front stance and perform lead hand middle punch

7. **Shiko Dachi Shakaku, Hikiate, Yon-hon Dosa** Step forward into 45° horse stance and perform lead roundhouse elbow strike into your rear open hand then immediately strike with high lead hand back fist (while rear open hand guards your solar plexus). Next perform lead low block (rear hand in chamber) then strike with rear reverse middle punch (lead hand goes into chamber)
8. **Zenkutsu Dachi, Hikiate, Seiken Zuki** Step forward into front stance and perform lead elbow strike to the chin (rear hand in chamber). Pull lead hand into chamber and simultaneously strike with a rear hand reverse middle punch
9. **Shiko Dachi Chokkaku, Tettsui, Urauchi** Step forward into 90° horse stance and perform lead groin strike (rear hand in chamber). Immediately strike face with lead back fist and block solar plexus with rear hand

Keri Waza
KICKING TECHNIQUES

Sanchin Dachi, Keri no Kamae. Assume left *Sanchin* stance with fists in fighting position with vigor and *kiai* (yell “Ai!”)

10. **Sanchin Dachi, Maegeri, Mawashigeri** Perform lead leg front kick with ball of the foot then place it down. Next, perform rear leg roundhouse kick stepping into *Sanchin* stance
11. **Zenkutsu Dachi, Maegeri, Hikiate, Yon-hon Dosa** Perform rear leg front kick with ball of the foot stepping into front stance then lead hand front elbow strike (rear hand in chamber) and immediately strike with high lead hand back fist. Next perform lead low block then strike with rear reverse middle punch (lead hand goes into chamber)
12. **Han Zenkutsu Dachi, Sokutogeri, Gyaku Zuki** Perform side kick while stepping into half front stance and strike with rear hand reverse punch (lead hand in chamber)
13. **Shiko Dachi Shakaku, Kansetsugeri, Agezuki, Yon-hon Dosa** Perform knee joint-breaker kick while stepping into 45° horse stance and strike upward with a lead hand rising punch and high lead hand back fist to the face (rear hand over solar plexus). Next perform lead low block (rear hand goes to chamber) then strike with rear reverse middle punch (lead hand goes into chamber)

Formal closing: *Naotte, Rei* (Close feet and hands formally. Bow)

Key points:

- This exercise may be practiced from *Neko Ashi Dachi* (cat stance) as start position for each. From stance the first technique/stance will slide out from lead foot and step forward into cat stance after. Exceptions are: 6, 11 and 12, which come from rear leg, kick then slide into cat stance after. While practicing this variation, cat stances are the first and last items; however, the core of each sequence is still the stance with technique. Extra credit if you can transition in/out of cat stance and always execute solid techniques
- When you move backward: (1) shift weight backward and begin techniques because established stability gives strength to techniques (2) Snap blocks and re-chamber hand simultaneously
- When kicking, complete all phases of kicks: (1) chamber (2) kick (3) return to chamber, and (4) leg placement (grounding)
- Names can appear different at other sources. IE: *Maegeri* can be written as *Maegeri*. Above, it is written to build Japanese, *karatedo* vocabulary
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Oyo Ido

Applied Foot Movement

- In this exercise, there are 11 individual practice sequences to perform
- Each sequence will be done 3+ times while advancing forward, followed by a cross-over turn, and the same amount of times back. On the last forward technique and the last return technique the *karateka* must *Kiai* [yell “Ai!”]
- The first 5 sequences use *Sanchin* stance and *Suriashi* movement. The next 6 begin from *Motodachi* (fighting stance) stances and use transition movement of: *Tsugiashi*, *Ayumiashi*, *Hiki-Ayumiashi*, *Yoriashi*, and *Oiashi*
- The purpose of these exercises is to build understanding of, and application of, fighting foot movements coordinated with *kumite* combination techniques
- Although these are non-contact exercises, the *karateka* (practitioner) can visualize opponents to further their development. These are excellent exercise for practicing *shiai kumite* (tournament fighting) attacks

Formal opening: *Kiotsuke, Rei, Yoi* (Attention position. Bow. Prepare)

Sanchin Dachi, Kumite no Kamae. Assume left *Sanchin* stance, both hands in *kumite* posture with vigor and *kiai* (yell “Ai!”)

1. ***Sanchin Dachi, Sanbon Renzoku Zuki*** Step forward (*Ayumiashi* transition) into *Sanchin* stance and perform a series of 3 punches (1 upper and 2 middle) with *kumite* chamber (not at side)
2. ***Sanchin Dachi (Ayumiashi transition), Jodan Uke, Chudan Seiken Zuki, Maegeri*** Step forward into front *Sanchin* stance and perform high block - middle punch combination followed by front kick. Note: all hand chambers are in fighting position and not at side
3. ***Suri (Ushiro) Ashi, (Chudan) Uchi Uke, Jodan Hiki Zuki*** Slip-step forward (rear leg) into *Sanchin*-like stance, block with right outside-to-inside middle block (lead hand), execute high punch (use rear hand) that retreats to fighting position (*hiki zuki*; not *tome zuki*)
4. ***Suriashi (Mae) Dachi, Urauchi, Chudan Hiki Zuki*** Slip-step forward (front leg) into *Suriashi* stance, block from high to middle with rear open hand central block simultaneously striking with lead hand backfist punch toward face, execute rear hand middle punch that retreats to fighting guard position (*hiki zuki*; not *tome zuki*)
5. ***Suriashi (Ushiro), Maegeri, Renzuki*** Kick with rear leg front kick then slip-step forward, follow with quick high then middle punch combination. (*Hiki zuki* punches; not *tome zuki*)

Motodachi, Kumite no Kamae. Assume left fighting stance, with both hands in fighting posture with vigor and *kiai* (yell “Ai!”)

6. ***Motodachi, Tsugiashi, Renzuki*** Connecting feet transition forward into fighting stance and perform lead hand high punch, rear hand middle punch combination with *kumite* chambers. Step forward after to prepare for next side to be practiced

7. **Motodachi, Hiki-Ayumiashi, Renzuki** Quickly pull your lead foot back a short distance (several inches to account for opponent being too close for very attack) and step forward into fighting stance performing a lead hand high punch, rear hand middle punch combination. Use shielding motion with lead hand while the reverse (middle) punch is executed. Return punches into kumite position afterward
8. **Motodachi, Tsugiashi, Maegeri, Renzuki** Connecting feet transition forward and execute a lead leg front kick followed by lead high jab punch, reverse (rear hand - middle) punch combination with fighting chambers. Step forward after to prepare for next side to be practiced.
9. **Motodachi, Hiki-Ayumiashi, Chokkaku Seiken Zuki, Sokutogeri** Quickly pull your lead foot back a short distance (several inches to account for opponent being too close for very attack) and step forward into right 90° horse stance and perform lead side punch, and lead leg side kick. Return to fighting stance after kick with hands in fighting posture
10. **Motodachi, Yoriashi, Urauchi, Seiken Zuki, Maegeri** Forward “leaping” transition stance (both feet leave the floor) and perform lead hand backfist punch, reverse (rear hand - middle) punch, followed by a rear leg front kick. Hands maintain fighting chambers throughout
11. **Motodachi, Mawashigeri (Mae), Maegeri (Ushiro), Oiashi Renzuki** Perform a lead leg, unchambered, roundhouse kick, rear leg front kick, step forward executing lead jab punch, slip-step and execute a reverse (rear hand - middle) punch. Hands maintain fighting chambers throughout

Formal closing: *Naotte, Rei* (Close feet and hands formally. Bow)

Key points:

- This exercise may be taught at simpler skill levels to Kyu grades and children to enhance tournament fighting skills and preparedness
- When kicking, complete all phases of kicks: (1) chamber (2) kick (3) return to chamber, and (4) leg placement (grounding)
- Names can appear different at other sources. IE: *Maegeri* can be written as *Maegeri*. Above, it is written to build Japanese, *karatedo* vocabulary
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STANCES AND TRANSITION MOVEMENTS

Tachi Waza and Ido Waza

10 Key Points to Executing Solid Stances

- | | |
|----------------------------|--|
| 1. Hips | Applying locks or pivots as required |
| 2. Balance | Setting your center of gravity/balance appropriately |
| 3. Weight Distribution | Front/rear leg (or left/right) emphasis by design |
| 4. Purpose | Different stances are used for different circumstances |
| 5. Selection | Knowing strengths/weaknesses |
| 6. Transitions | Quick transitions limit vulnerability |
| 7. Height | Most transitions remain at a constant height |
| 8. Stillness | Stances should not rise/fall, wiggle, lock/unlock, etc. |
| 9. Style (<i>Ryu-ha</i>) | Different karate systems perform stances according to their <i>kihon</i> |
| 10. Parity or Uniformity | Perform left and right variations similarly |

Names and Types of Established Karate Stances - *Tachi Waza*

<i>Heisoku Dachi</i>	Feet together and closed	[50:50]
<i>Musubi Dachi</i>	Heels touching and toes out 45° each side	[50:50]
<i>Heiko Dachi</i>	Parallel stance. Feet apart shoulder's width	[50:50]
<i>Soto Hachi (Monji) Dachi</i>	Outward shape of the number '8' stance	[50:50]
<i>Ura Hachi (Monji) Dachi</i>	Inward shape of the number '8' stance	[50:50]
<i>Shiko Dachi</i>	Horse stance with feet turned outward 45°	[50:50]
<i>Shiko Dachi Shakaku</i>	45° horse stance	[50:50]
<i>Shiko Dachi Chokkaku</i>	90° horse stance	[50:50]
<i>Sanchin Dachi</i>	Three battle stance. Rear foot straight; lead foot 45° turned inward	[50:50]
<i>Neko Ashi Dachi</i>	Cat stance	[10:90 front:back]
<i>Renoiji Dachi</i>	Short stance. Similar to cat stance but "flat" and weighted evenly	[50:50]
<i>T-Ji Dachi</i>	Feet form the letter "T". Similar to cat stance except rear foot angle	[50:50]
<i>Saga Ashi Dachi</i>	Heron (crane) leg stance. Stand on one leg	[0:100 up:down]
<i>Zenkutsu Dachi</i>	Front stance	[60:40 front:back]
<i>Hanzenkutsu Dachi</i> or <i>Hankutsu Dachi</i>	Half-front stance - hips are straight	[50:50]
<i>Moto Dachi</i>	Shorter, fight stance adjusting hips and knees to your comfort	[50:50]
<i>Kosa Dachi</i>	Turning stance. Rear leg crosses <u>behind</u> lead before 180° pivot	[50:50]
<i>Mawate Dachi</i>	Crossing stance. Front leg crosses over before 180° pivot	[50:50]

Names and Types of Applied Karate Movements - *Ido Waza*

<i>Ayumiashi</i>	A natural, walking motion where your back foot strides forward to the lead (front)
<i>Hiki-Ayumiashi</i>	Same as above BUT the lead foot withdraws (pulls back) a bit prior to the back foot quickly striding forward. Good for establishing medium length distance to your target
<i>Suriashi</i>	A slip-stepping motion performed with either lead or rear foot extending forward (or backward). When the extended foot is settling, the other foot snaps up closer to it
<i>Tsugiashi</i>	"Connecting foot" movement performed when a moving foot becomes very close to your stationary foot and stops - then the other foot moves out further
<i>Yoriashi</i>	A "leaping stance" performed when both feet simultaneously leave the ground while advancing/retreating or during their transition
<i>Oiashi</i>	Movement combining both <i>Ayumiashi</i> and <i>Tsugiashi</i> movements. It becomes a quick, 3-step motion of advancing/retreating in a "cha-cha-cha" beat



COUNTING IN JAPANESE

<i>Number</i>	<i>English</i>	<i>Japanese</i>
1	One	<i>Ichi</i>
2	Two	<i>Ni</i>
3	Three	<i>San</i>
4	Four	<i>Shi (Yon)</i>
5	Five	<i>Go</i>
6	Six	<i>Roku</i>
7	Seven	<i>Shichi (Nana)</i>
8	Eight	<i>Hachi</i>
9	Nine	<i>Kuu</i>
10	Ten	<i>Juu</i>
11	Eleven	<i>Juu-Ichi</i>
12	Twelve	<i>Juu-Ni</i>
13	Thirteen	<i>Juu-San</i>
14	Fourteen	<i>Juu-Shi (Juu-Yon)</i>
15	Fifteen	<i>Juu-Go</i>
16	Sixteen	<i>Juu-Roku</i>
17	Seventeen	<i>Juu-Shichi (Juu-Nana)</i>
18	Eighteen	<i>Juu-Hachi</i>
19	Nineteen	<i>Juu-Ku</i>
20	Twenty	<i>Ni-Juu</i>
30	Thirty	<i>San-Juu</i>
40	Forty	<i>Yon-Juu</i>
50	Fifty	<i>Go-Juu</i>
60	Sixty	<i>Roku-Juu</i>
70	Seventy	<i>Nana-Juu</i>
80	Eighty	<i>Hachi-Juu</i>
90	Ninety	<i>Ku-Juu</i>
100	One Hundred	<i>Hyaku</i>
1,000	One Thousand	<i>Sen</i>
10,000	Ten Thousand	<i>Ichi Man</i>