

LOWER BODY BASICS

When kicking we prepare by lifting the knee in a position prior to executing the kick, this is termed "chamber". Basic kicks always return to the "chamber" position before setting down.

In all basic kicks the leg extends ninety percent before snapping back. A snap kick returns twice as fast as it goes out.

The stance we take prior to kicking is termed "ready position for basic kicks". Assume a "heel/toe" relationship with the feet shoulder wide, the right foot in back. Hands are open and holding sides with thumbs pointing to the back. This stance applies to all basic kicks, except the otoshi geri (#6) and mae geri-ushiro geri (#9).

The following kicks are explained using the right foot only. Practice the kicks using both legs.

1. mae geri (ma-eh) (gay' ree)
front snap kick start from the "ready position for basic kicks", chamber-point knee pelvic level with toes curled up. snap the kick out and back to the chamber position (contact is made to attackers pelvic with the ball of your foot), and then return your foot to the "ready position".
2. soba konate (sob' ba) (koh-na' tay)
crossover kick start from the "ready position for basic kicks", chamber-point knee outward at a 45-degree angle, obi level. Foot is two inches above and in front of the (L) knee with toes curled up. snap the kick down in an angle and back to the chamber position (contact is made to the hinge of attackers knee with the blade edge of your heel), and then return your foot to the "ready position".
3. hiza geri (hee' za) (gay' ree)
knee kick (strike) start from the "ready position for basic kicks", right hand is open (palm down) at obi level. (R) foot scrapes ground and lifts to the back with toes curled down, from this position you drive the knee up and to the front, the knee strikes the open hand (contact is to the attackers pelvic with your knee), and then return your foot to the "ready position".
4. yoko geri (yoh' koh) (gay' ree)
side kick start from the "ready position for basic kicks", chamber-lift knee obi level, pointing outward at a 45-degree angle. bottom of (R) foot is facing the inside of (L) knee with toes curled up. snap kick out to your (R) side and back to chamber position (contact is made to attackers floating rib with the blade edge of your heel), and then return your foot to the "ready position".
5. soba geri (soh' ba) (gay' ree)
beside kick start from the "ready position for basic kicks", look (R), slide (R) foot into a "cat stance" (the (R) foot is on the ball of the foot facing (R) and has ten percent of the weight on it, the (L) foot, which is still pointing forward, has the other ninety percent of the weight). chamber-point knee pelvic level with toes curled up. snap the kick out and back to the chamber position (contact is made to attackers pelvic with the ball of your foot), and then return your foot to the "ready position" with feet again facing straight ahead.

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6. otoshi geri (oh-toh-shee) (gay' ree)
drop kick start from the "ready position for upper body basics" with feet parallel and shoulder wide, hands are closed and at the sides. catch (L) hand to (R) hip; slide out with (R) foot at a 45-degree angle, chamber-lift (L) knee and foot parallel to floor (foot will actually be slightly lower than knee level) with toes curled up. snap the kick out and back to the chamber position (contact is made to attackers solar plexus with the ball of your foot). after kick and before setting foot down change hands to the left side, and then set foot down forward as if in front of it's original starting point. pivot toes to left 45-degrees then kick with other side.
7. mae konate (ma-eh) (koh-na' tay)
front thrust kick start from the "ready position for basic kicks", chamber-point knee pelvic level with toes curled up and the bottom of the foot parallel with the floor. thrust the kick out to 90% extension and then snap back to the chamber position (contact is made to attackers pelvic with the heel of your foot), and then return your foot to the "ready position".
8. sokuto geri (soh-koo' toh) (gay' ree)
forward angle kick start from the "ready position for basic kicks", chamber-lift knee obi level, pointing inward at a 45-degree angle in front of and protecting your pelvic. bottom of (R) foot is in front of (L) knee toes curled back. snap kick (in front and to the (R)) in a 45-degree angle and back to the chamber position (contact is two inches above the attackers knee with the blade edge of your heel), and then return your foot to the "ready position".
9. mae geri-ushiro geri (mae-eh) (gay' ree) (oo-shee-roh) (gay' ree)
front kick - back kick start from the "ready position for upper body basics" with feet parallel and shoulder wide, the difference is hands are closed with arms hanging down. cross your open hands (palms facing down) at solar plexus level, slide the (R) foot behind the (L) foot into a "T-Stance shoulder width, the hands move into a guard. chamber-point knee pelvic level with toes curled up. snap the kick out and back to the chamber position, (do not put the foot down) now look behind you and throw a kick to the attacker in back of you with the blade edge of your heel. (contact is made to the attacker in the fronts pelvic with the ball of the foot. kick the attacker from behind in the solar plexus with the blade edge of your heel). now return foot to the ground in the "T-stance" ready to kick again.

This sheet is supplied to assist in the reinforcement of information learned at the school. It is not intended to replace learning them correctly from your instructor. Please use this curriculum sheet for that purpose only.

Word Knowledge

* Shuto=Knife Hand (karate chop) * Shotei=Palm Heel Strike * Hiza=Knee * Geri=Kick

Self-Defense

* Rear Shoulder Grab