

UPPER-BODY BASICS



For all the following basics, step forward with the right foot, execute the technique, and then repeat the process using the left side.
Remember to focus on form first, and as your technique improves, your speed will naturally increase.

Starting Position: Ready Stance:

Feet: Shoulder-width apart, toes pointing straight forward.

Hands: Closed fists, positioned at obi (belt) level, on both sides.

Basic Stepping: "Touch and Step":

From the ready position, your right foot touches the left foot as it moves forward. When the step is completed, the right foot should be one foot-length ahead, directly in front of its original position.

Upper Body Basics (1-9)

1. Seiken Oi Tsuki (say' ken) (oh-ee) (tsoo-key)

- Catch: None
- Step: Step forward with the right foot.
- Technique: (R) straight punch to the solar plexus (Target: Solar Plexus).

2. Jodan Oi Tsuki (jo-don) (oh-ee) (tsoo-key)

- Catch: None
- Step: Step forward with the right foot.
- Technique: (R) uppercut to the chin (Target: Chin).

3. Seiken Gyaku Tsuki (say' ken) (gyaw' koo) (tsoo-key)

- Catch: None
- Step: Step forward with the right foot.
- Technique: (L) straight punch to the solar plexus (Target: Solar Plexus).

4. Jodan Gyaku Tsuki (jo' don) (gyaw-koo) (tsoo-key)

- Catch: None
- Step: Step forward with the right foot.
- Technique: (L) uppercut to the chin (Target: Chin).

5. Gedan Barai Seiken Tsuki (gay' don) (ba-reye) (say' ken) (tsoo-key)

- Catch: (R) closed hand at (L) shoulder.
- Step: Step forward with the right foot.
- Technique: (R) downward block, followed by (L) straight punch (Defense against a kick to the pelvis).

6. Chudan Uke Seiken Tsuki (chew' don) (oo' kay) (say' ken) (tsoo-key)

- Catch: (R) closed hand stacked on top of (L) closed hand at (L) side.
- Step: Step forward with the right foot.
- Technique: (R) middle block, followed by (L) straight punch (Defense against a middle punch).

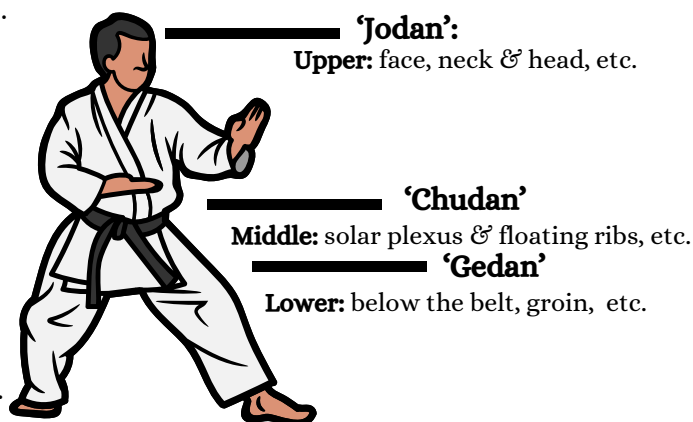
7. Tegata Barai Nukite (tay-gaw-ta) (ba-reye) (new' key-tay)

- Catch: (R) open hand in front of pelvis, thumb toward you.
- Step: Step forward with the right foot.
- Technique: (R) open hand clockwise circle block, followed by (L) spear hand to solar plexus (Defense against a hook punch).

8. Jodan Tegata Uke Jodan Tsuki (jo' don) (tay-gaw-ta) (u' kay) (jo' don) (tsoo-key)

- Catch: (R) open hand, palm up, on top of (L) closed hand at (L) side.
- Step: Step forward with the right foot.
- Technique: (R) open hand overhead block, followed by (L) uppercut to chin (Defense against a club attack to the head).

Areas of the Body



UPPER-BODY BASICS



Upper Body Basics Continued (9-14):

9. Jodan Uke Seiken Tsuki (jo- don) (u' kay) (say' ken) (tsoo-key)

- Catch: (R) closed hand stacked on top of (L) closed hand at (L) side.
- Step: Step forward with the right foot.
- Technique: (R) closed hand overhead block, followed by (L) punch to solar plexus (Defense against a straight punch to the head).

10. Ura Uchi Seiken Tsuki (oo' ra) (u' chee) (say' ken) (tsoo-key)

- Catch: (R) closed hand in front of pelvis.
- Step: Step forward with the right foot.
- Technique: (R) upper block covering half the face, (R) back fist to the bridge of the nose, followed by (L) punch to the solar plexus (Defense against a sucker punch).

11. Gedan Barai Go Den Choku Tsuki (gay' don) (ba-reye) (go) (den) (cho-koo) (tsoo-key)

- Catch: (R) closed hand at (L) shoulder.
- Step: Step forward with the right foot.
- Technique: (R) downward block, followed by five rapid punches (Defense against a kick to the pelvis).

12. Chudan Uke Go Den Choku Tsuki (chew' don) (oo' kay) (go) (den) (cho-koo) (tsoo-key)

- Catch: (R) closed hand stacked on top of (L) closed hand at (L) side.
- Step: Step forward with the right foot.
- Technique: (R) middle block, followed by five rapid punches (Defense against a middle punch).

13. Shuto Uchi Shuto Uchi (shoo-tow) (oo-chee) (shoo-tow) (oo-chee)

- Catch: (R) open hand, palm down, at (L) shoulder.
- Step: Step forward with the right foot.
- Technique: (R) open hand low block, followed by (L) chop to the side of the neck (Defense against a low punch to the pelvis).

14. O-Uchi O-Uchi (oh-oo-chee) (oh-oo-chee)

- Catch: (R) open hand, palm forward, fingers pointing down at the (R) side.
- Step: Step forward with the right foot.
- Technique: (R) open hand push block, followed by (L) and (R) hook punches (Defense against a sucker punch to the body).

14. Hiji No Ato Tsuki (he' jee) (no) (aw-tow) (tsoo-key)

- Catch: Cross arms in front of solar plexus.
- Step: Step back with (R) foot into a "T" stance, then slide into "Cat Stance."
- Technique: (R) elbow thrust to an attacker behind you, (L) closed hand overhead block, followed by setting (L) arm in front of the solar plexus (Defense against a bear hug from behind and a punch from the front).

Common Mistakes to Avoid:

Foot Placement: Ensure your stepping foot moves one foot-length forward, not farther, and stays aligned with its original position.

Hand Position: Keep your hands at belt level during the ready stance and execute the catch before stepping.

Timing: Don't rush through the motions—focus on form and accuracy first, then increase speed as your technique improves.

UPPER-BODY BASICS STUDY GUIDE



Requirements to earn:



Skills Required:

1. Answer Basic History and Terminology Questions
2. Be prepared to respond to fundamental questions about the origins of karate, key figures in its history, and essential terms such as "kata," "kumite," and "kihon."
3. Perform Upper Body Basics (1-15) with Focus and Power.
4. Demonstrate proficiency in executing all 15 upper body basics with strong focus, correct form, and controlled power.
5. Demonstrate Self-Defense Techniques Against:
 - Choke Hold
 - Wrist Grab
 - Hair Grab
 - **Ensure each technique is applied with proper form and effectiveness against the specific attack.**
6. Ippon Kumite Against:
 - Front Kick
 - Head Punch
 - Club Attack
 - **Focus on control, precision, and safety during kumite demonstrations.**
7. Know the Contact Points and Target Areas for:
 - Front Kick
 - Side Kick
 - Reverse Punch
 - Back Fist
 - **Understand the correct contact points and target areas for each strike.**

Key Terminology:

Catch: Preparing the hand before delivering a block or strike.

Step: The movement forward, done in coordination with a block or strike.

Block: A defensive maneuver to stop or deflect an attack.

Kihon (基本)

- Meaning: Kihon means "basics" or "fundamentals."
- Description: It refers to the practice of basic techniques such as punches, kicks, blocks, and stances. Kihon is the foundation of karate, helping students build proper form, strength, and precision.

Kumite (組手)

- Meaning: Kumite means "sparring" or "fighting."
- Description: It is the practical application of karate techniques in a controlled sparring environment. Kumite allows students to test their skills against an opponent and develop timing, distance, and reaction speed.

Kata (型)

- Meaning: Kata means "form" or "pattern."
- Description: Kata is a sequence of pre-arranged movements that simulate combat situations. It is practiced alone and focuses on perfecting technique, balance, and rhythm while representing defensive and offensive actions against imaginary opponents.

These three elements—Kihon (basics), Kumite (sparring), and Kata (forms)—are the core components of karate training.

Practice Tips:

- Visualize an opponent when practicing these drills. Imagine how each block or strike would work in a real-life scenario.
- Always prioritize proper form over speed. The effectiveness of your techniques comes from accuracy and control.

Disclaimer: This sheet is provided to help reinforce what you've learned in class and is not a substitute for instruction. Please consult your instructor to ensure you're executing each technique correctly.



Heiko Dachi
"Parallel Stance"

HEIKO DACHI

Feet shoulder-width apart.
Toes aligned on the same
horizontal line.



Seisan Dachi
"Seisan Stance"

SEISAN DACHI

Feet shoulder-width apart.
Heel and toe aligned on the
same line. Weight should be
evenly distributed 50/50.