

UPPER BODY BASICS

In the following basics, step forward with the right foot, execute the technique, and then repeat using the left side.

- All fifteen upper body basics start off in a "ready position".
Feet shoulder wide toes pointing straight forward. Hands closed and on the sides at obi (belt) level.
 - Basic stepping is termed "touch and step".
From a ready position the right foot touches the left foot as it moves forward and to the right. When step is completed the right foot has moved ahead one foot-length and is directly in front of its original position.
 - Preparing the hand before delivering a block is termed a "catch".
There is a catch from number five basic through number fifteen. The catch precedes the step.
1. seiken oi tsuki (say' kehn) (oh-ee) (tsoo-kee)
(R) straight punch to solar plexus
 2. jodan oi tsuki (joh' dawn) (oh-ee) (tsoo-kee)
(R) uppercut to chin
 3. seiken gyaku tsuki ((say' kehn) (gyaw' koo) (tsoo-kee)
(L) straight punch to solar plexus
 4. jodan gyaku tsuki (joh' dawn) (gyaw' koo) (tsoo-kee)
(L) upper cut to chin
 5. gedan barai seiken tsuki (gay' dawn) (ba-reye) (say' kehn) (tsoo-kee)
catch-(R) closed hand at (L) shoulder, then step. (R) down block followed by (L) straight punch (defense against kick to pelvic bone)
 6. chudan uke seiken tsuki (choo' dawn) (oo' kay) (say' kehn) (tsoo-kee)
catch-(R) closed hand stacked on top of (L) closed hand at (L) side, then step. (R) middle block followed by (L) straight punch (defense against middle punch)
 7. tegata barai nukite (tay-gaw-ta) (ba-reye) (noo' kee-tay)
catch-(R) open hand in front of pelvic, thumb toward you, then step. (R) open hand clockwise circle block followed by (L) spear hand to solar plexus (defense against hook punch)
 8. jodan tegata uke jodan tsuki (joh' dawn) (tay-gaw-ta) (oo' kay) (joh' dawn) (tsoo-kee)
catch-(R) open hand, palm facing up, on top of (L) closed hand at (L) side, then step. (R) open hand over head block followed by (L) uppercut to chin (defense against a club attack to head)

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9. jodan uke seiken tsuki (joh' dawn) (oo' kay) (say' kehn) (tsoo-kee)
catch-(R) closed hand stacked on top of (L) closed hand at (L) side, then step. (R) closed hand over head block followed by (L) punch to solar plexus (defense against straight punch to head)
10. ura uchi seiken tsuki (oo' ra) (oo' chee) (say' kehn) (tsoo-kee)
catch-(R) closed hand in front of pelvic, then step. (R) upper block covering face, (R) back fist to bridge of nose followed by (L) punch to solar plexus (defense against sucker punch)
11. gedan barai go den choku tsuki (gay' dawn) (ba-reye) (go) (den) (choh-koo) (tsoo-kee)
catch-(R) closed hand at (L) shoulder, then step. (R) down block followed by five rapid punches (defense against kick to pelvic bone)
12. chudan uke go den choku tsuki (choo' dawn) (oo' kay) (go) (den) (choh-koo) (tsoo-kee)
catch-(R) closed hand stacked on top of (L) closed hand at (L) side, then step. (R) middle block followed by five rapid punches (defense against middle punch)
13. shuto uchi shuto uchi (shoo-toh) (oo-chee) (shoo-toh) (oo-chee)
catch-(R) open hand, palm facing down at (L) shoulder, then step (R) open hand low block followed by (L) chop to side of neck (defense against low punch to pelvic bone)
14. o-uchi o-uchi (oh-oo-chee) (oh-oo-chee)
catch-(R) open hand, palm facing forward with fingers pointing down at (R) side, then step. (R) open hand push block followed by (L) and (R) hook punches (defense against sucker punch to body)
15. hiji no ato tsuki (hee' jee) (noh) (aw-toh) (tsoo-kee)
catch-cross arms in front of solar plexus, step back with (R) foot into a "T" stance, then slide into "cat stance", deliver a (R) elbow thrust at attacker behind you, then (L) closed hand over head block, followed by setting (L) arm in front of solar plexus (defense against bear hug from back and punch in front). The words we use when teaching number fifteen are: cross, T, cat, elbow, block, set.

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

* Karate=Empty Hand * Gi=Uniform * Obi=Belt * Nukite=Spear Hand * Osh=Stop

Self-Defense

* Hair Grab