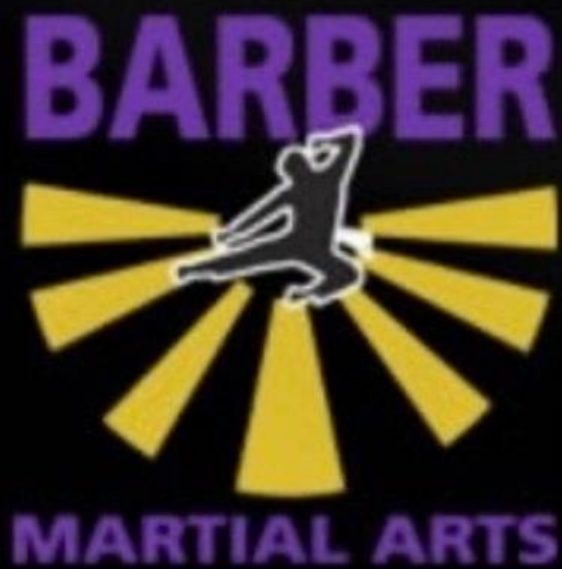


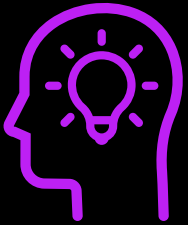
CHITŌ RYŪ

TECHNIQUES

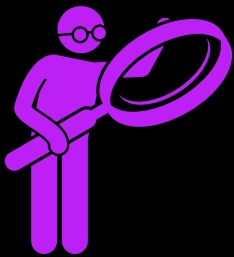


STANCE

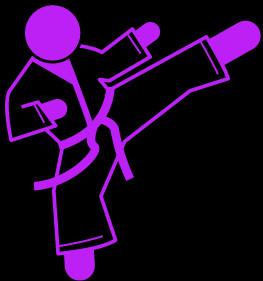
HEISOKU DACHI



Attention –
“Hey!”soku Dachi



Army-like stance



- Feet together
- Fists on hips

STANCE

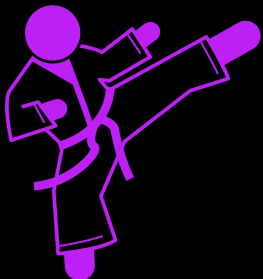
HATCHIJI DACHI



Open leg stance



Rest stance, with
arms down

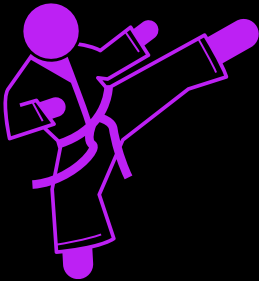


- Stand with open legs and slightly open feet
- Starting position for all techniques unless otherwise specified

ZENKUTSU DACHI



Forward / front
stance



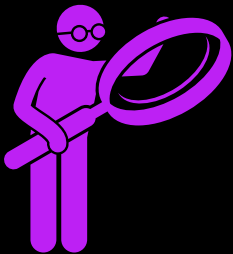
- Step forward / lunge stance
- Step forward with Bedan Barai Uke

STANCE

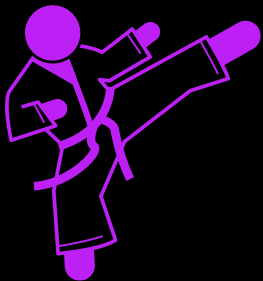
KIBA DACHI



Forward riding stance



Pretend you are riding a horse



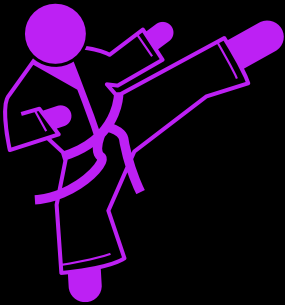
- Large open stance, parallel feet, knees bent to just cover your toes
- Step sideways, bring fists to waist

STANCE

KOKUTSU DACHI



Back stance

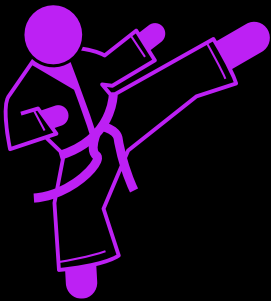


- Feet aligned in an “L”shape, back leg is bent
- Weight is on your back leg
- Step backward with Shuto Uke

OI ZUKI



Lunge punch

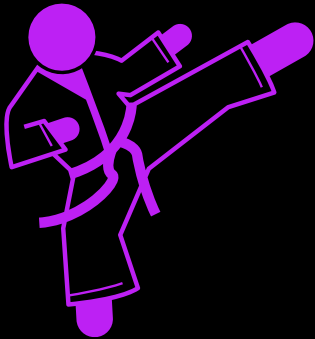


- Forward stance, punch stepping forward

GYAKU ZUKI



Reverse punch



- From back stance, punch while twisting back foot

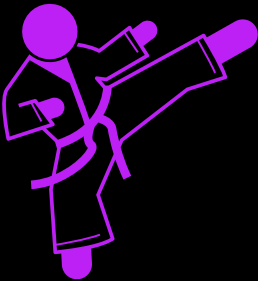
PUNCH

SEIKEN-AGO

ZUKI



Snap punch



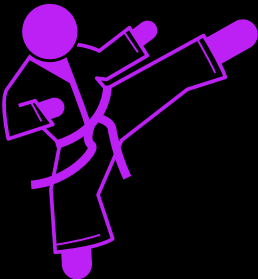
- From kiba dachi stance, one fast punch

KICK

MAE GERI KEAGI



Front snap kick



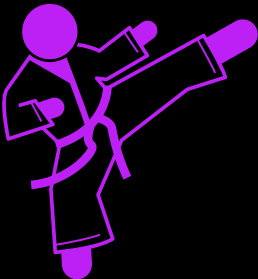
- Kick to the front with back leg

KICK

YOKO GERI

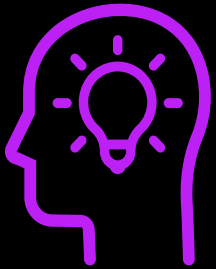


Side snap kick

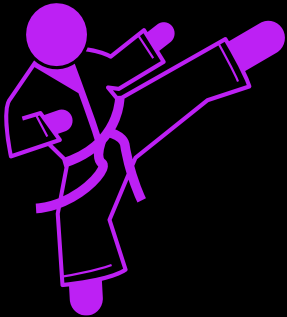


- Kick to the side with back leg

USHIRO GERI



Back kick



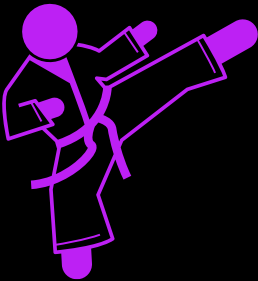
- Turning sideways, kick to the back

KICK

MAWASHI GERI



Roundhouse kick

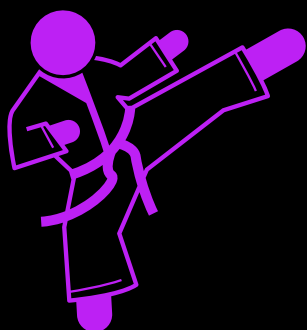


- Kick to the front with the back leg in a “round” movement
- Lift your leg over a fire hydrant and kick

URA-USHIRO- MAWASHI GERI

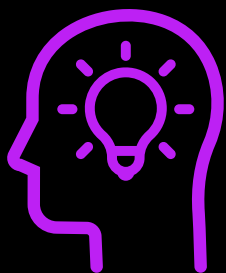


Back roundhouse kick

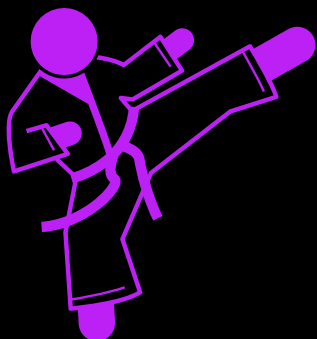


- Reverse roundhouse kick
- Kick to the front sideways with the back leg, then bring the leg back in a round/hook movement

JODAN UKE



Face block

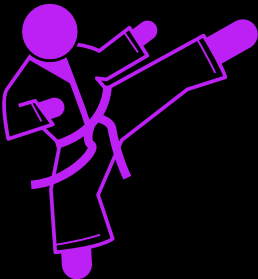


- Block above head
- Stepping forward in forward stance

SOTO UKE



Outside block

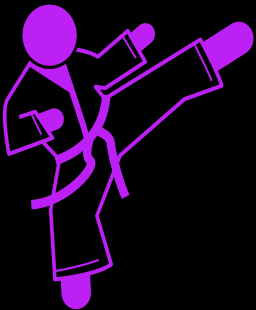


- High chest block from the outside
- Stepping forward in forward stance

UCHI UKE



Inside block



- Chest block from the inside, under arm, at the waist
- Stepping forward in forward stance

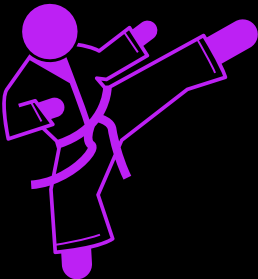
BLOCK

GEDAN BARAI

UKE



Low block

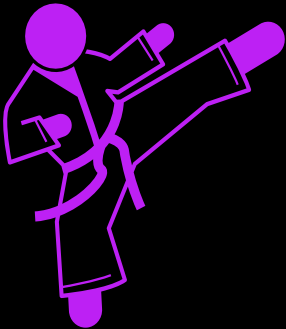


- Block down above the legs
- Stepping forward in forward stance

SHUTO UKE



Knife hand block



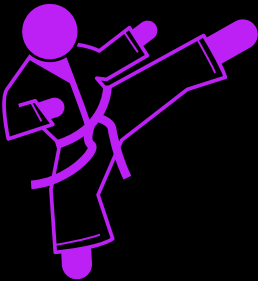
- Side block with open hand
- Chest level
- Stepping into back stance

STRIKE

SHUTO UCHI



Knife hand strike

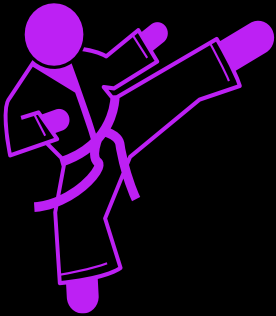


- Side strike with open hand, chest level
- Both sides, inside and outside; 4 strikes total
- Usually in kiba dachi

TETTSUI UCHI



Bottom fist strike

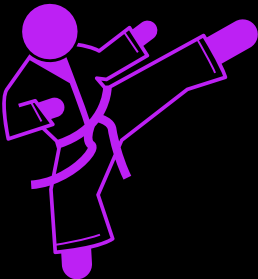


- Strike down, at waist level with the bottom of fist

TEWASA



First 10 movements



- Jodan Uke (each hand)
- Soto Uke (each hand)
- Uchi Uke (each hand)
- Gedan Barai Uke (each hand)
- Seiken-ago Zuki (each hand)

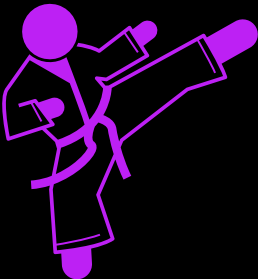
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KATAS

TAIKYOKU SHODAN



Kata



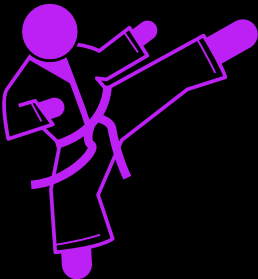
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KATAS

HEIAN SHODAN



Kata

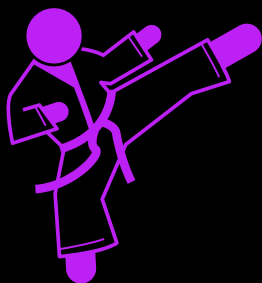


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NEKO-ACHI DACHI



Cat stance



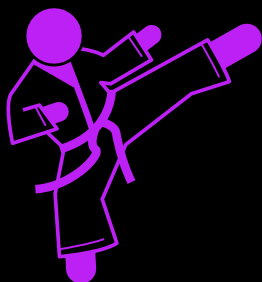
- Facing Forward
- Step back, sit front foot on toes with slightly bent knee
- Make “claws” with hands

STANCE

TSURUACHI DACHI



Crane stance

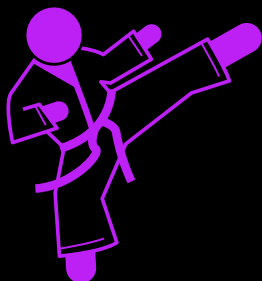


- Knee block and low block to the side
- Bring your knee high

MUSUBI DACHI



Open toe, heels
closed stance

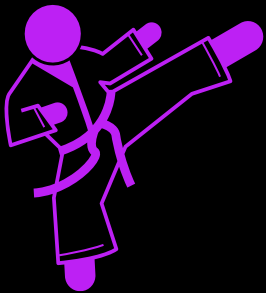


- Close feet in a “V” shape to make the inside of an “M” for Musubi Dachi
- Fists to wait

MAWASHI ZUKI

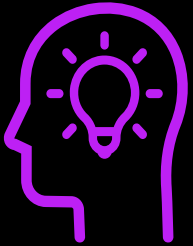


Roundhouse punch

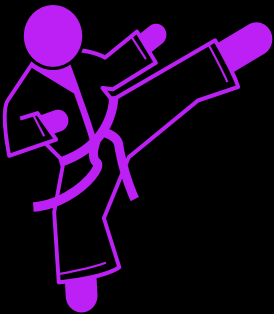


- In forward/front stance, roundhouse (hook) punch, while stepping forward
- Hold position for 2 seconds

URA ZUKI

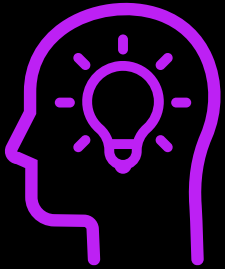


Upper cut (hook) punch

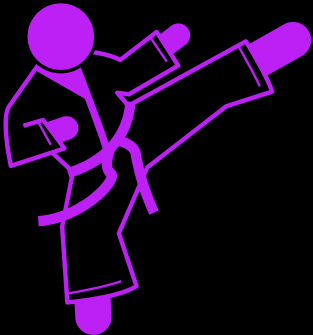


- In forward / front stance, upper cut stepping forward
- Hold position for 2 seconds

KAGI ZUKI



90 Degree hook punch



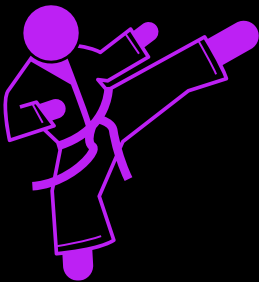
- In Hachiji Dachi, bring feet together and punch to the side

KICK

NAGASHI USHIRO GERI



Spinning back kick



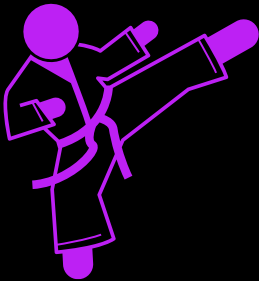
- Spin on front leg backward, after 180°, turn kick back, then finish another 180°, then turn to come back facing forward

KICK

MAE-MAWASHI GERI



Front roundhouse
kick



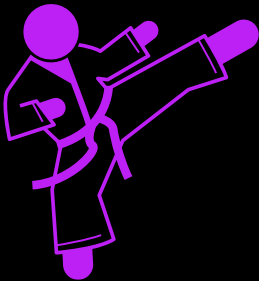
- Kick to the front in a round movement with the front leg
- Roundhouse kick with the front leg

KICK

MIKAZUKI GERI



Crescent kick

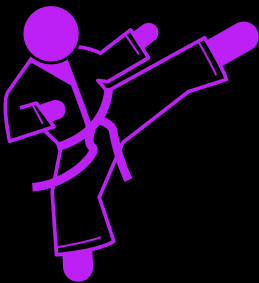


- Front kick with a round, up and down movement with the back leg
- Outside kick, then inside kick, then land in front

FUMIKO GERI



Stomping front, side,
and back kick



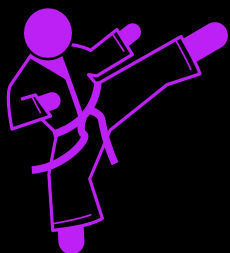
- Fumi “fourmis” (on écrase les fourmis— French for we squash the ants)
- Low kick to ground 3 times; front, side, and back

KICK

MAE-TOBI GERI



Flying Front kick



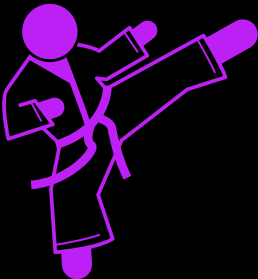
- Front kick while jumping
- Switch legs mid jump

BLOCK

NAGASHI UKE



Sweeping block

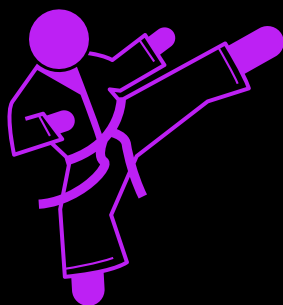


- Chest block doing a half-circle with the arm
- Like a scooping Uchi Uke
- Stepping forward in forward stance

MOROTE UKE



Double arm block



- Chest block using both hands together
- Stepping forward in forward stance

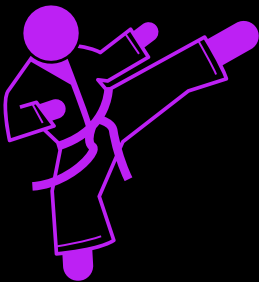
STRIKE

RIKEN (URAKEN)

UCHI



Back fist strike



Strike with back of fist:

- From the ears going down to mouth level
- From waist, underneath arm to the side at chest level

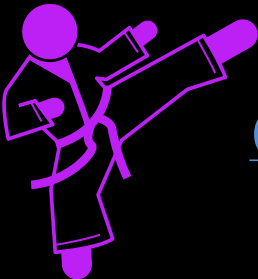
Sideways, closing feet together

KATAS

TEWASA



All 27 movements



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KATAS

SHI HO HAI



Kata

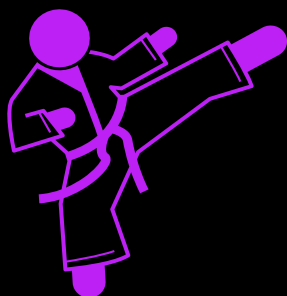


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HEIAN NIDAN



Kata

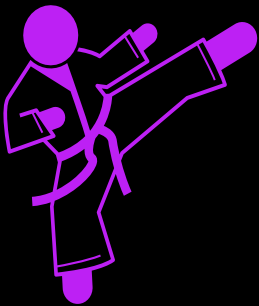


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SANCHIN DACHI



Inverted open leg
stance

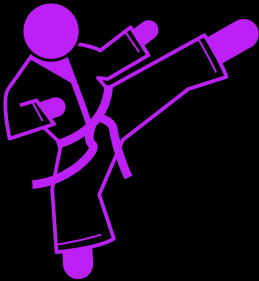


- Facing Forward
- Step back, sit front foot on toes with slightly bent knee
- Make “claws” with hands

HANMI DACHI



45 Degree stance



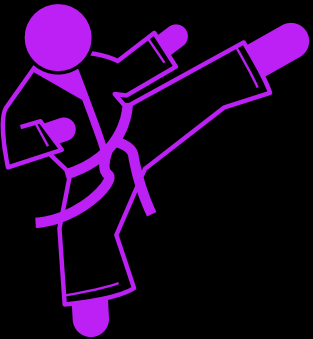
- Forward stance at 45°
- Facing forward with guard up
- Zenkutsu Dachi at 45°, guard up facing forward

PUNCH

TATE ZUKI



Vertical arm punch



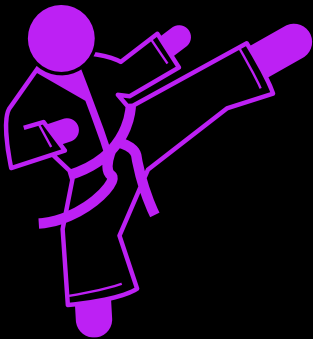
- Step sideways to Kake Dachi, bend knees slightly and punch up with both arms

PUNCH

MOROTE ZUKI



“U” punch



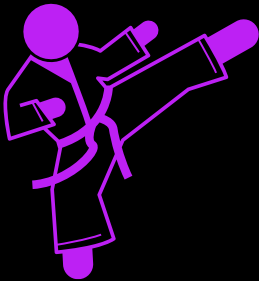
- Stepping forward, punch with both arms in a “U” shape
- Keep body straight
- Do both sides

KICK

USHIRO-TOBI GERI



Flying back kick



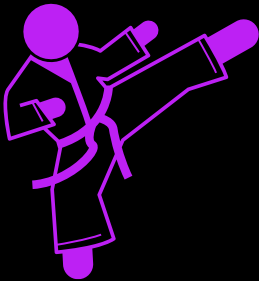
- Back kick while jumping
- Kick with back leg toward the front (or the side)

KICK

MAWASHI-TOBI GERI



Flying roundhouse
kick

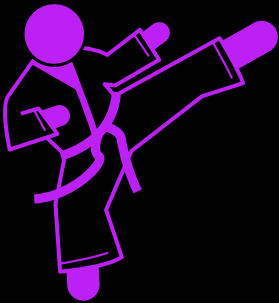


- Roundhouse kick while jumping
- Kick with back leg toward the front

HAISHU UKE



Back hand block

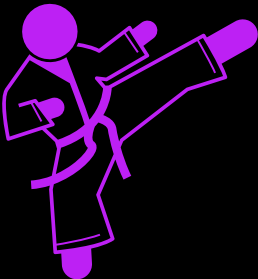


- High block to the side with back of open hand

KAKIWAKE UKE



Wedge block



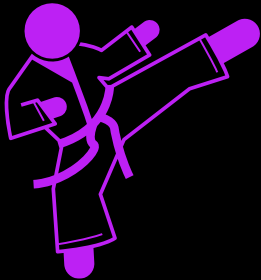
- Close to chest, cross arms and open arms

STRIKE

EMPI UCHI



Elbow strike



Strike with elbow stepping at same time

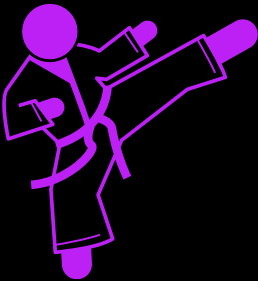
- 1. Tate: Up
- 2. Otoshi: Dow
- 3. Mae: Front
- 4. Yoko: Side
- 5. Ushiro: Back
- 6. Yoko Mawashi: Side round house

STRIKE

TEISHO UCHI

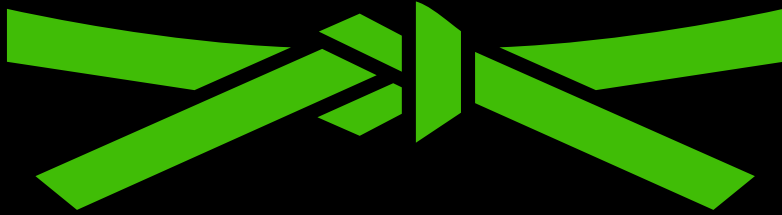


Palm heel strike

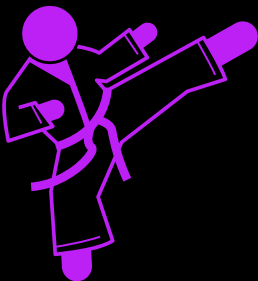


- Stepping forward from forward stance
- Punch (strike) with palm heel (tiger hand)
- Fast hit with rebound

HAITO UCHI



Ridge of hand
(inside) strike



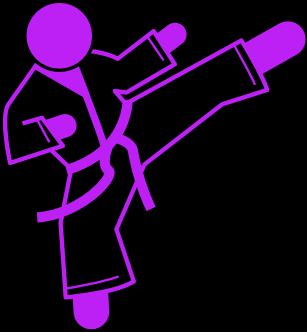
- Strike with open hand, with ridge of hand on the index side
- Both from inside and outside; 4 strikes total
- Usually from Kiba Dachi

KATAS

ROHAI SHO



Kata



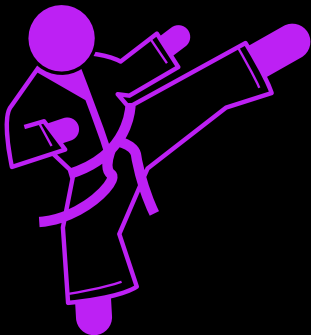
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KATAS

HEIAN SANDAN



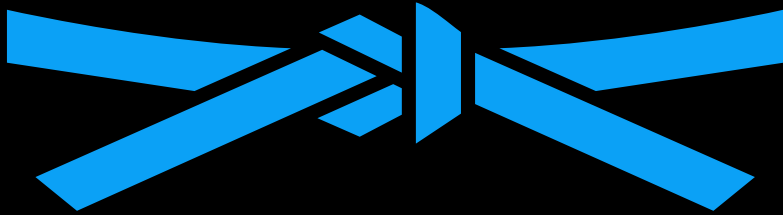
Kata



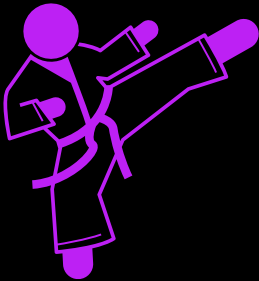
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STANCE

SHIKO DACHI



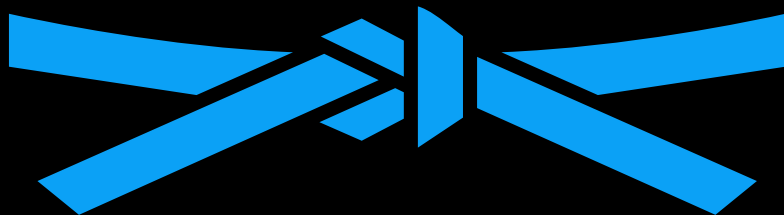
Sumo stance



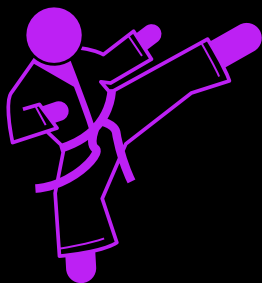
- Large open stance, open feet, knees bent
- Step sideways, fists to waist
- Kiba Dachi with feet pointed outwards in a “V”

STANCE

KAKE DACHI



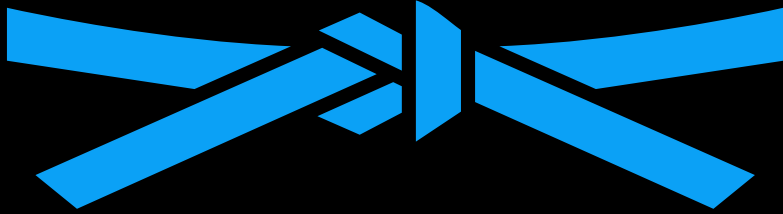
Hook stance



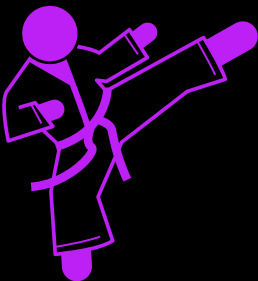
- Stepping to the side, cross “hook” legs
- Arms do a riken or wraken uchi

PUNCH

TEISHO ZUKI



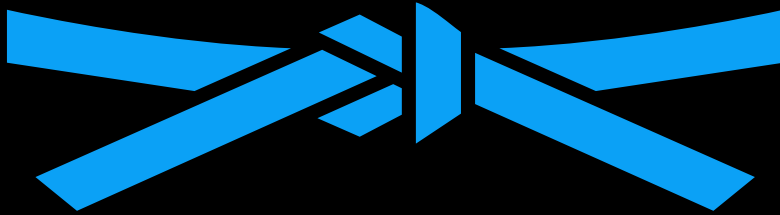
Palm heel punch



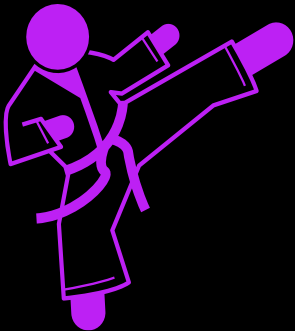
- In forward/front stance, punch with palm heel (tiger hand) while stepping forward
- Hold position for 2 seconds

PUNCH

HIRAKEN ZUKI

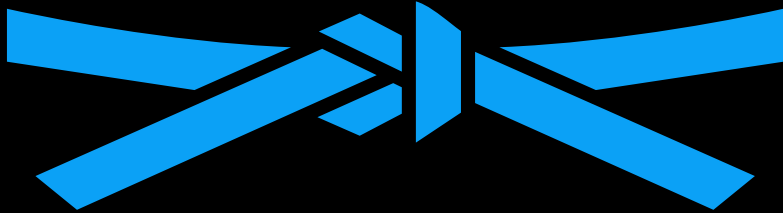


4 / 2 / 1 punch

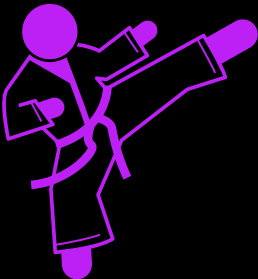


- Punch stepping forward with knuckles
- 4, then 2, then 1 knuckle
- Do all three, one after the other

NI ZUKI



Double arm punch

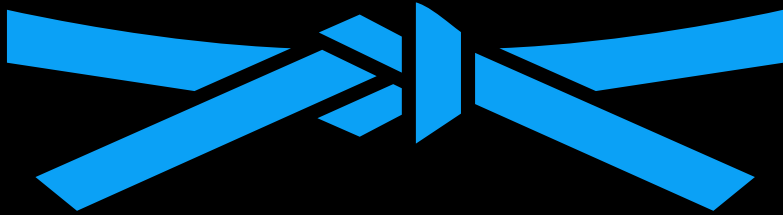


- Punch stepping forward with both arms at the same time
- “double punch”

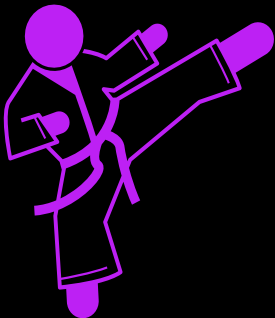
KICK

NAGASHI-TOBI

GERI



Flying spinning back
kick



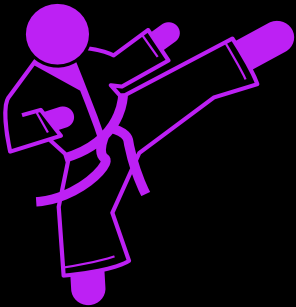
- Spinning back kick with a jump
- Switch legs mid-jump when turning, then kick

KICK

HITTSUI GERI

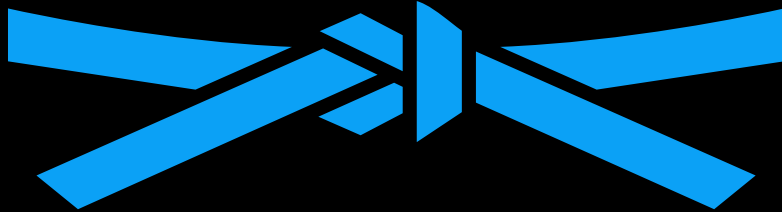


“U” punch

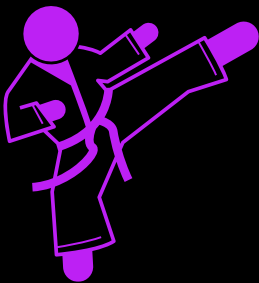


- Kick with knee upward to the front, and slap both hands on each side of knee
- Land forward

JUJI UKE



“X” Block



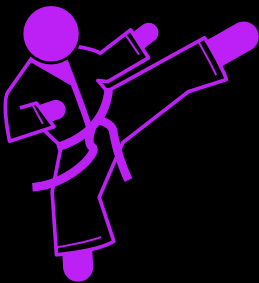
- Cross arms and block
- Block down with closed fists, then block up with open hands
- Stepping forward in forward stance

BLOCK

OSAE UKE



Pressing block



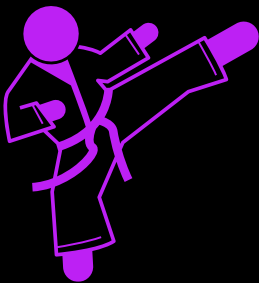
- Press down slowly with both hands
- Either stepping forward or staying in place
- In forward stance

BLOCK

SUKUI UKE



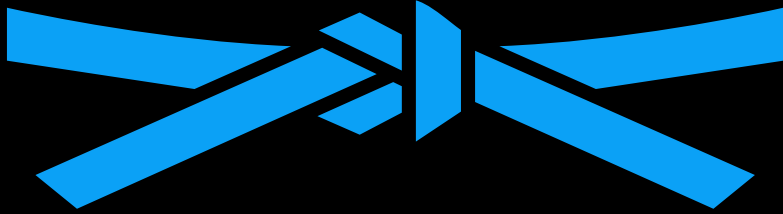
Scooping block



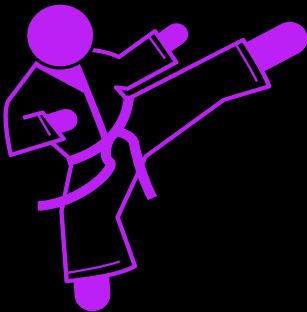
- Grab punch from underneath at eye level, then toss aside
- Do both hands, stepping forward in forward stance

STRIKE

NUKITE UCHI



Fingers open strike

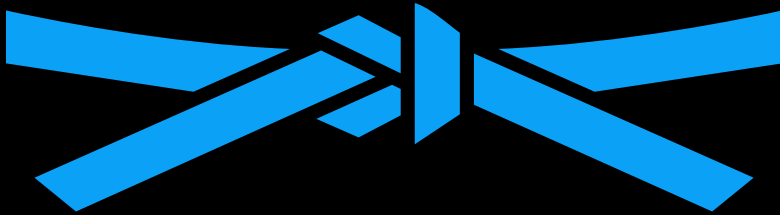


- Open hand and open fingers
- Strike with tips of fingers toward face
- Stepping forward from forward stance

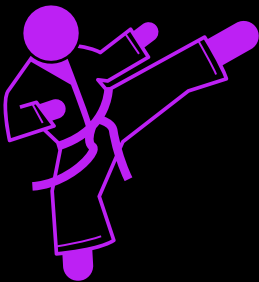
STRIKE

YOHON NUKITE

UCHI



Spear hand thrust
strike

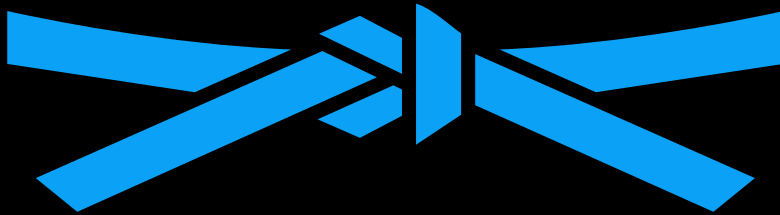


- Strike with open hand, straight forward
- Stepping forward from forward stance

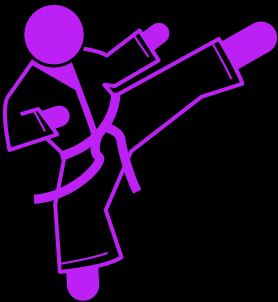
STRIKE

IPPON NUKITE

UCHI



One finger strike

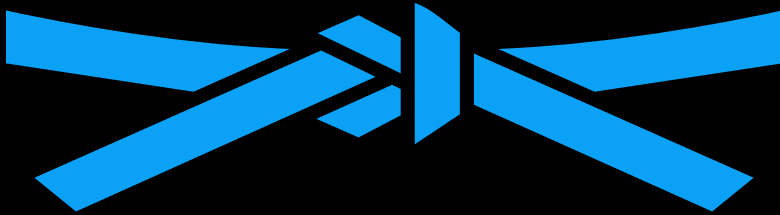


- Strike with index finger like you want to scoop out your opponent's eye
- Bring arm back in a rebound movement

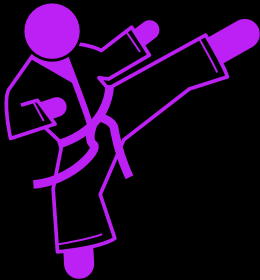
STRIKE

NIHON NUKITE

UCHI



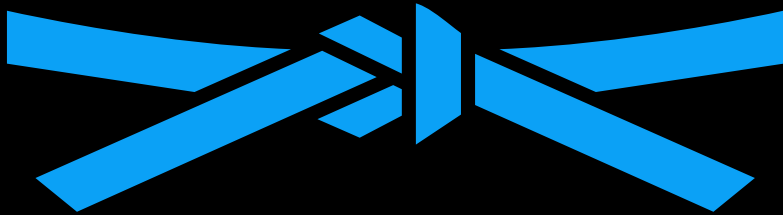
Two finger strike



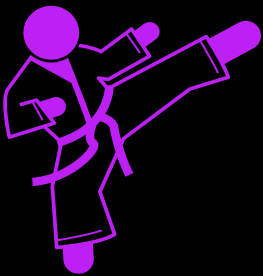
- Strike with index and middle fingers into your opponent's eyes
- With a slight rebound movement

KATAS

ROHAI DAI

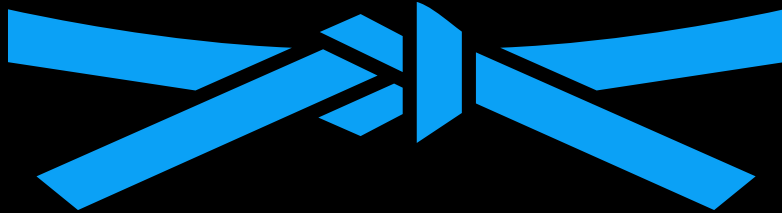


Kata

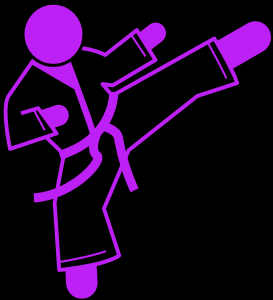


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HEIAN YODAN



Kata

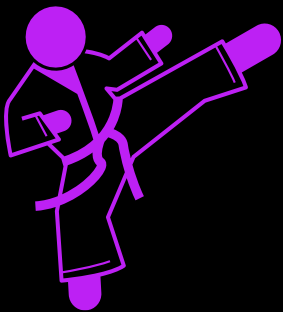


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HEIKO DACHI



Parallel open stance

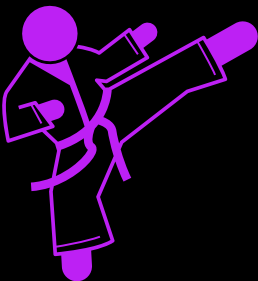


- Standing with parallel feet and open legs
- Knees slightly bent
- Fists to waist

AGE ZUKI



Rising punch

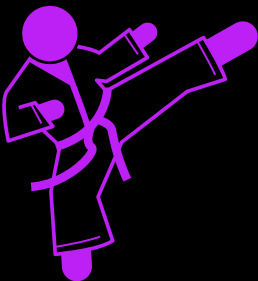


- Punch moving up to the face while stepping forward

DAN ZUKI



Consecutive punching

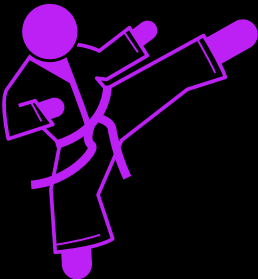


- In kiba dachi, do around 6 consecutive punches
- Performed fast and strong

HASAMI ZUKI



Scissors punch



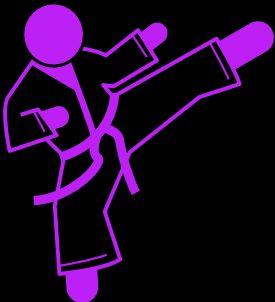
- Stepping forward, punch with arms crossed and vertical fists

MAE GERI

KEKOMI



Front thrust kick

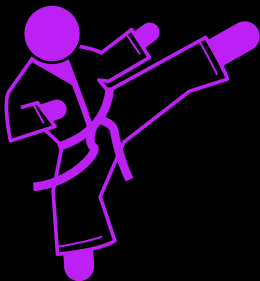


- Front kick, long and powerful → push
- Push with the leg
- Land forward

MOROTE TSUKAMI UKE



Two handed grasping

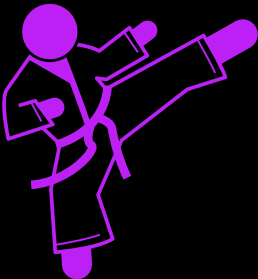


- Grab with both hands behind on one side and throw to the front.
- “Grab, throw, Grab, Throw” Both sides

WASHIDE UCHI



Eagle Hand strike

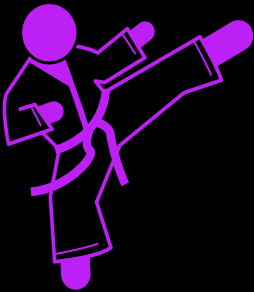


- With fingers forming a triangle, hit with tip of fingers in trachea
- Like a bird hitting with his beak

YUBI UCHI



Trachea grab strike

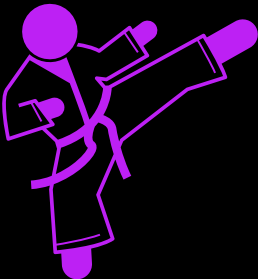


- With thumb and index, grab trachea
- Usually stepping forward from forward stance

KEITO UCHI



Chicken head wrist
strike



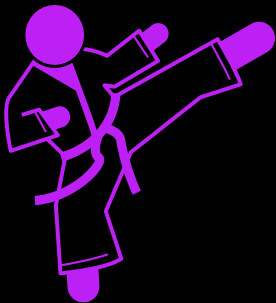
- With fingers forming a triangle, hit with side of hand where thumb and index join
- Strike sideways

KATAS

NISEISHI SHO



Kata



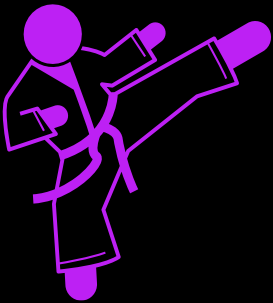
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KATAS

HEIAN GODAN

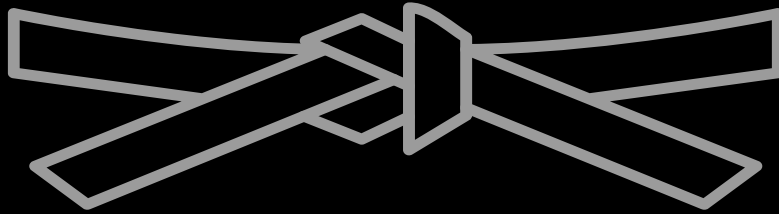


Kata

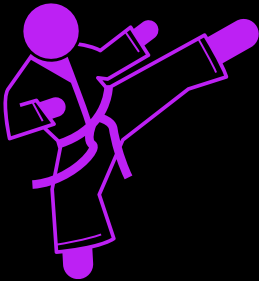


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HANGETSU DACHI

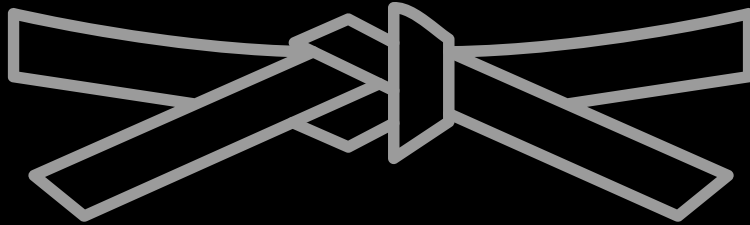


Half-moon stance

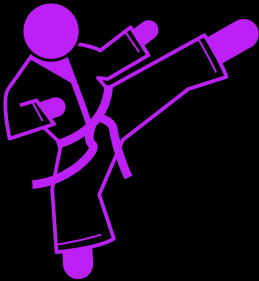


- Step forward, feet in a “T” shape
- Knees bent, guard up

FUDO DACHI



Rooted stance

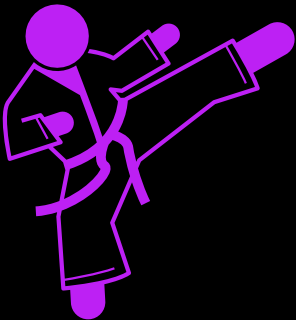


- Long forward stance (at 45°)
- Guard up

KIZAMI ZUKI



Jab Punch

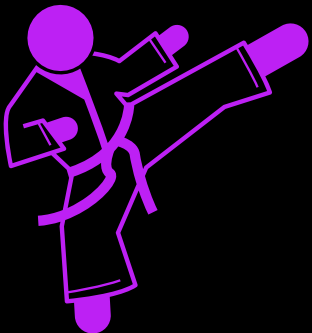


- From forward/front stance or fighting stance
- Straight punch with front arm

NAGASHI ZUKI



Flowing Punch 45°

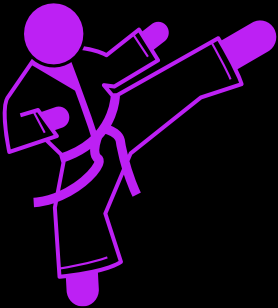


- In kiba dachi, do around 6 consecutive punches at 45°
- Across body, like an “X” shape

REN ZUKI

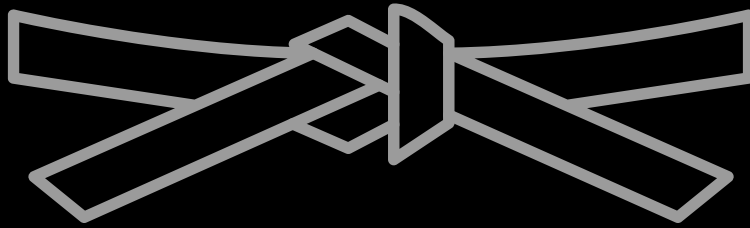


Alternate Punching

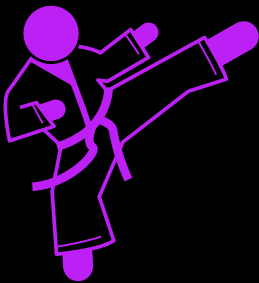


- In kiba dachi, do about 6 consecutive side
- punches

YOKO GERI KEKOMEI



Side thrust kick

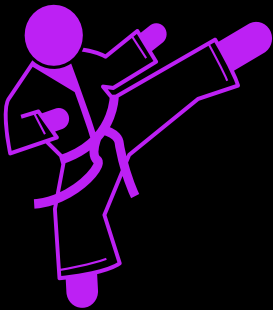


- Side kick, long and powerful
→ push
- Push with the leg
- Land forward

MAE ASHI GERI



Front leg kick

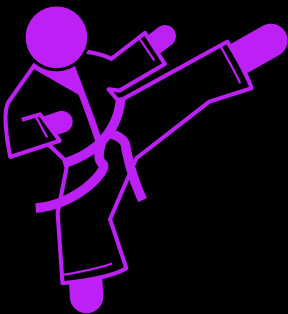


- Front kick with front leg

ASHIBO KAKE UKE

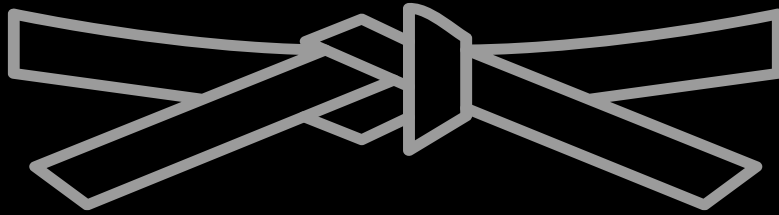


Leg hooking block

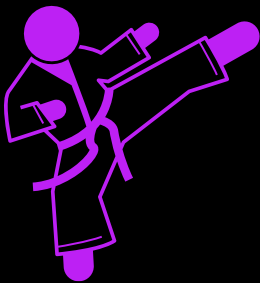


- Roundhouse block with calf, leg bent
- Hold position for 2 seconds with leg up and knee bent

OTOSHI UKE



Dropping block

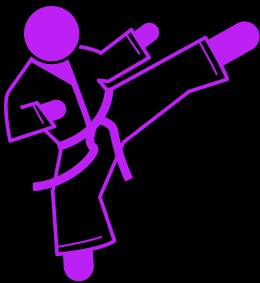


- Block down with forearm
- Stepping forward in forward stance
- Arm at 90°

KUMADI UCHI

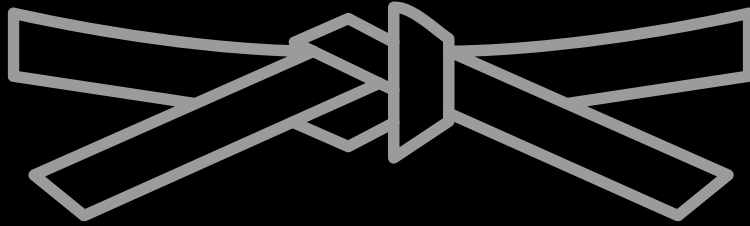


Bear hand strike

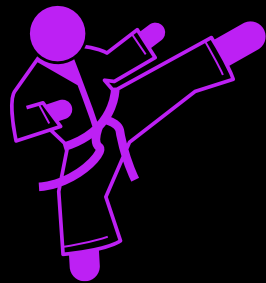


- Hand open with top of fingers closed, like the “tiger hand” in teisho uchi
- Strike with knuckles on each side of opponent’s head

KAKUTO UCHI



Bent wrist strike

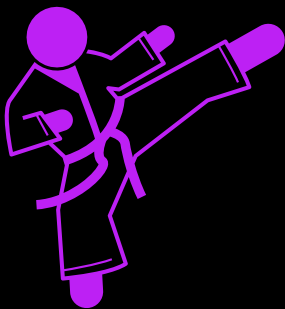


- Bend wrist and strike (punch) forward with top of wrist
- Stepping forward from forward stance

BASSAI DAI



Kata

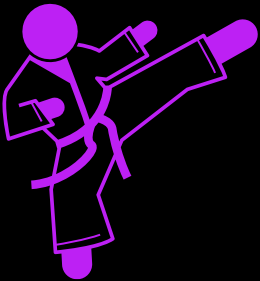


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SESAN



Kata



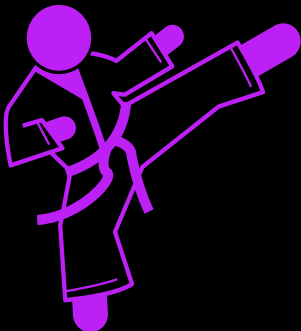
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KATAS

CHINTO



Kata



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