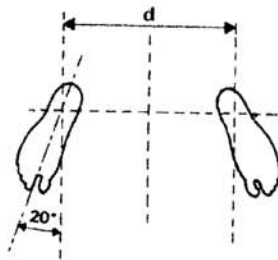
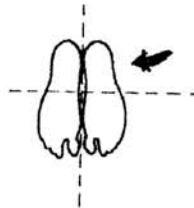


The following pages demonstrate all required stances, blocks, punches, and strikes.

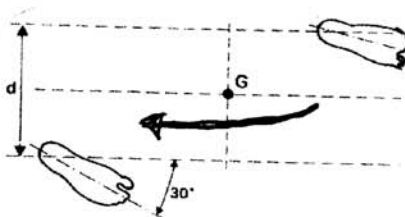
Hachiji Dachi:



Heisoku Dachi:



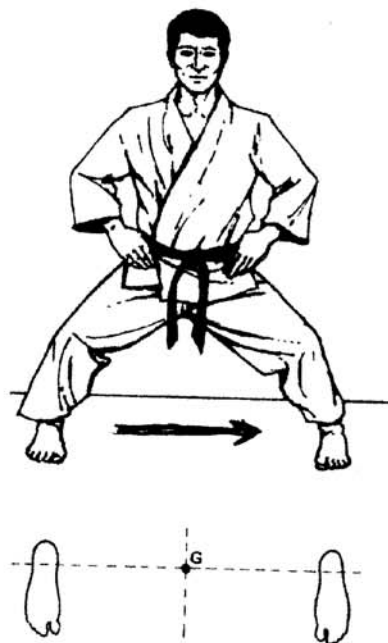
Fudo Dachi:



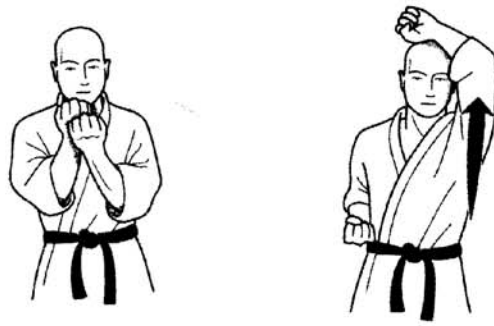
Zenkutsu Dachi:



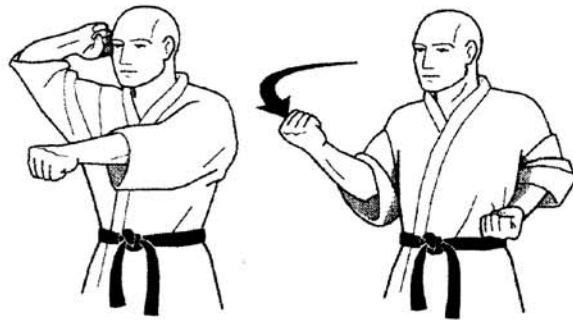
Kiba Dachi:



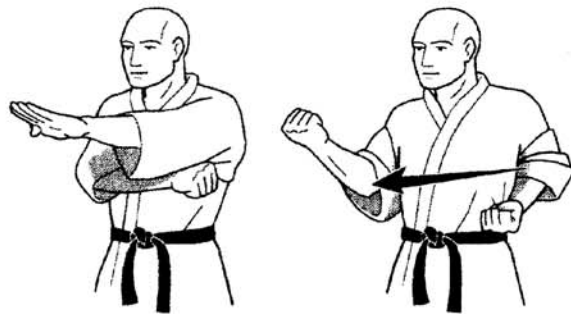
Jodan Uke



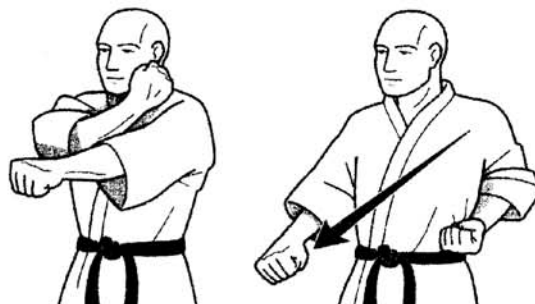
Soto Uke



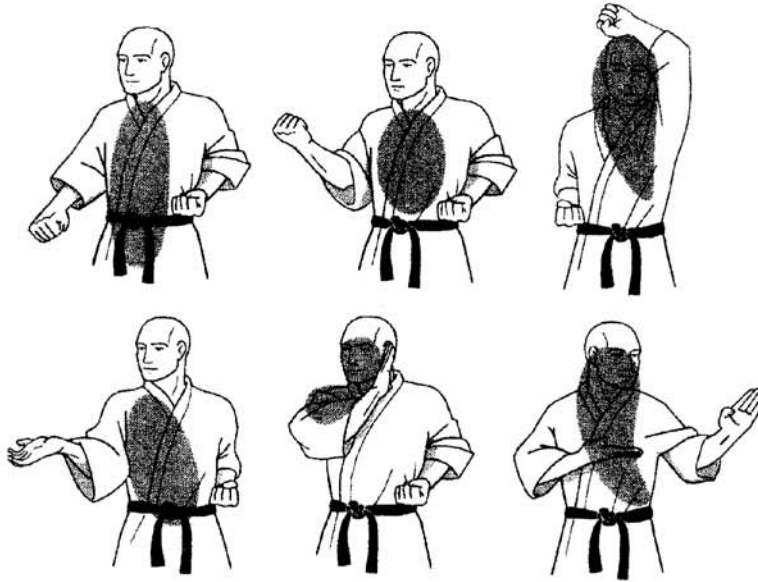
Uchi Uke



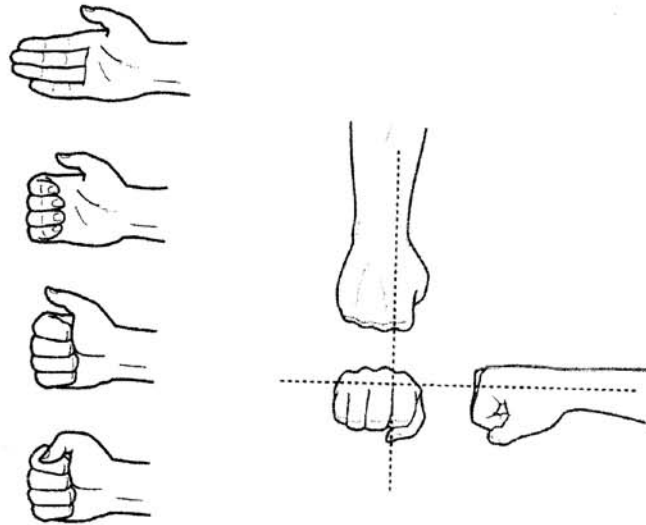
Gedan Barai Uke



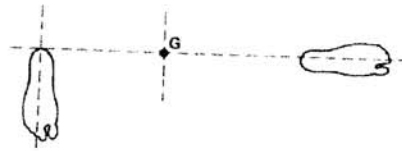
Target Zone for Blocks



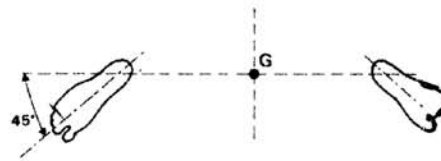
How to make a fist:



Kokutsu Dachi:

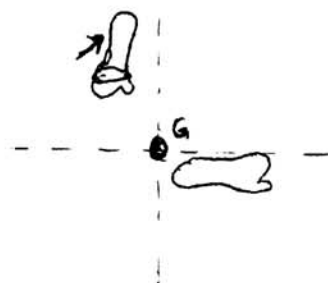


Shiko Dachi:



Shiko-dachi

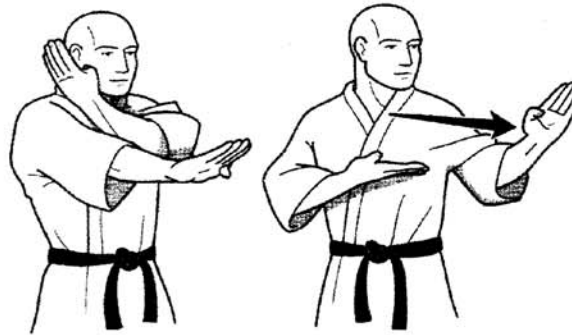
Kake Ashi Dachi:



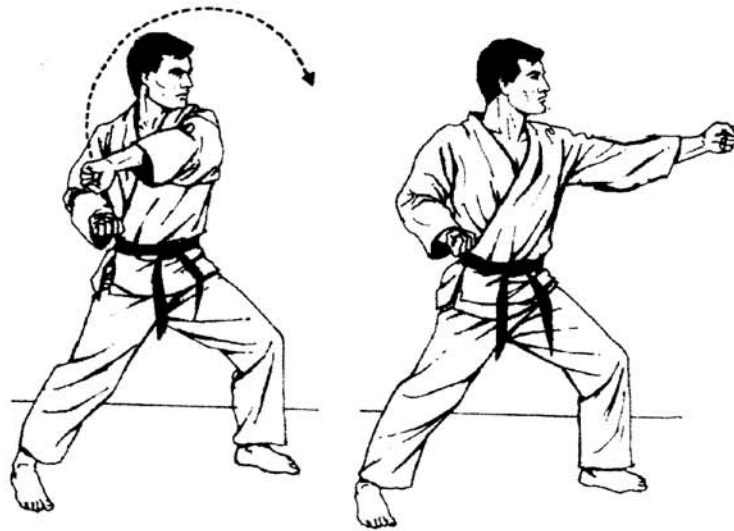
Tsuru Ashi Dachi:



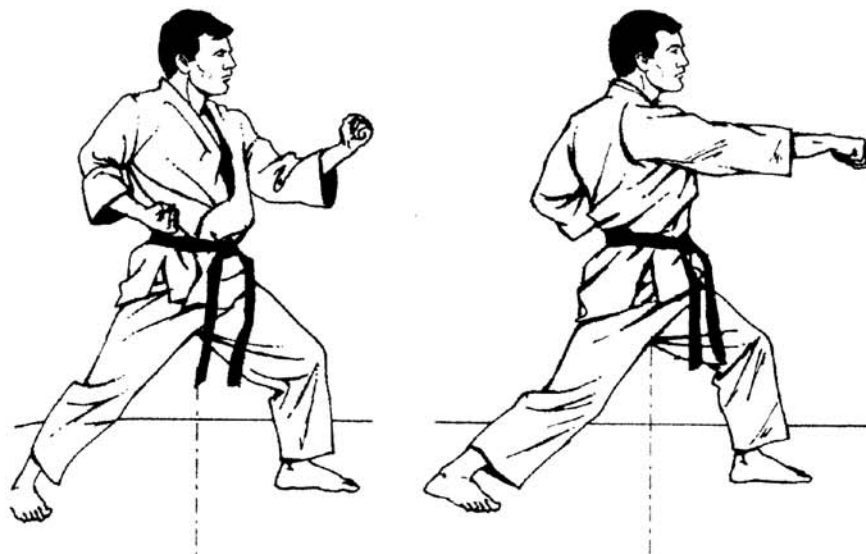
Shuto Uchi Uke:



Tettsui Uchi Uke:



Gyaku Zuki:



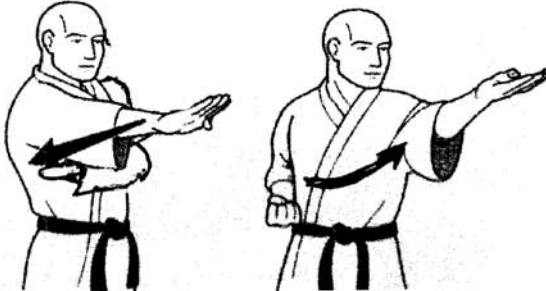
Neko Ashi Dachi:



Morote Uke:



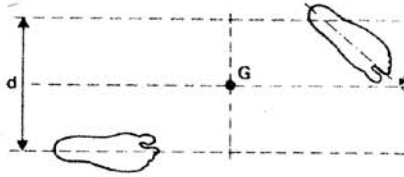
Haito Uchi



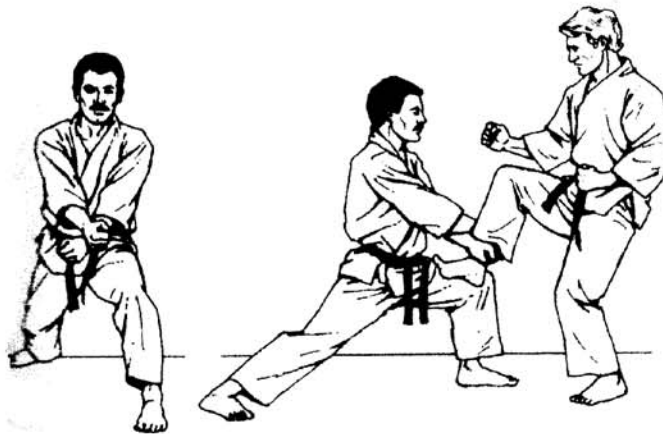
Uraken Uchi Uke:



Seisan Dachi:



Kosa Uke:



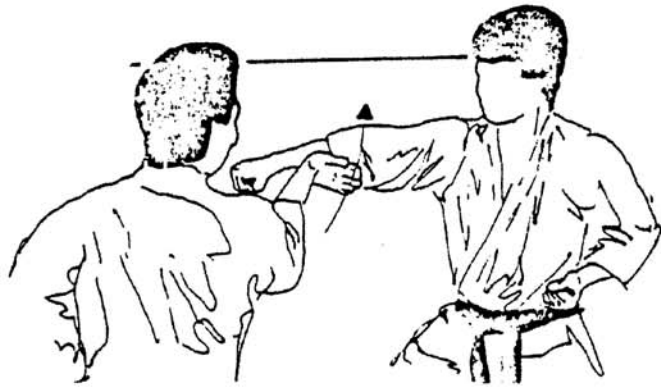
Juji Uke:



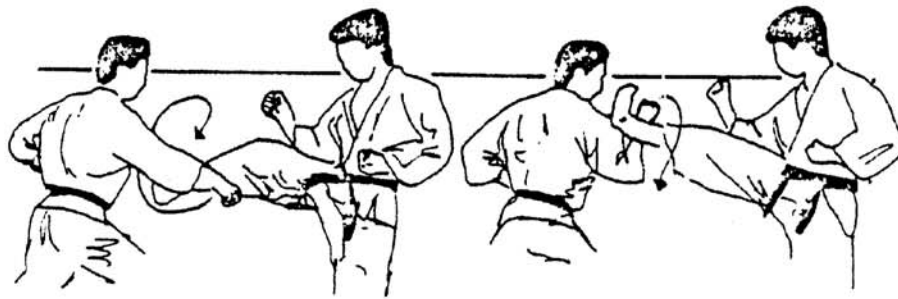
Tate Zuki:



Teisho Uke:



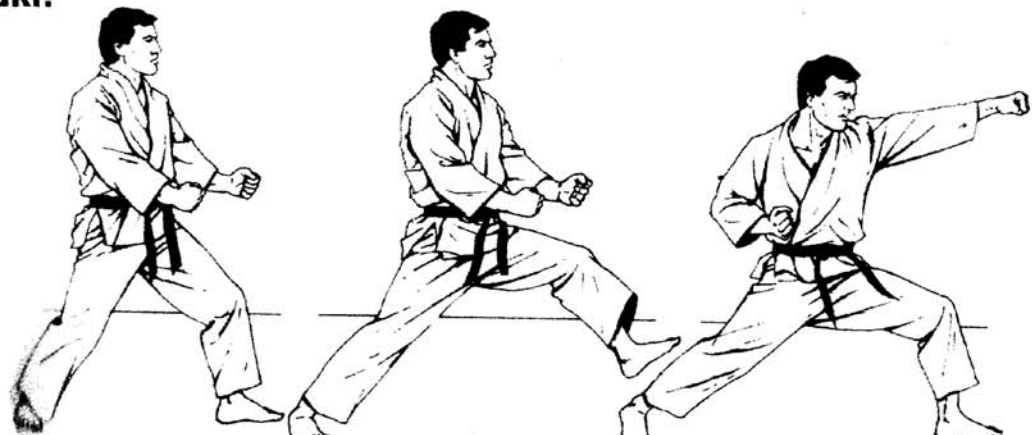
Sukui Uke:



Ura Zuki:



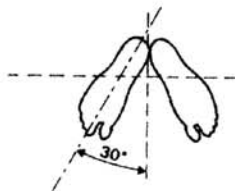
Kizami Zuki:



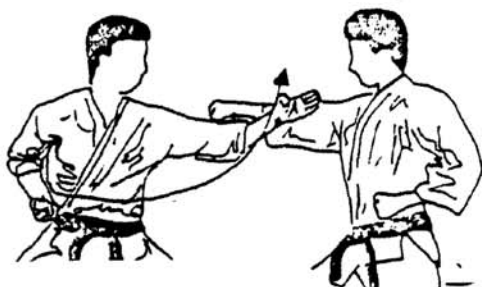
Sanchin Dachi:



Musubu Dachi:



Haishu Uke:



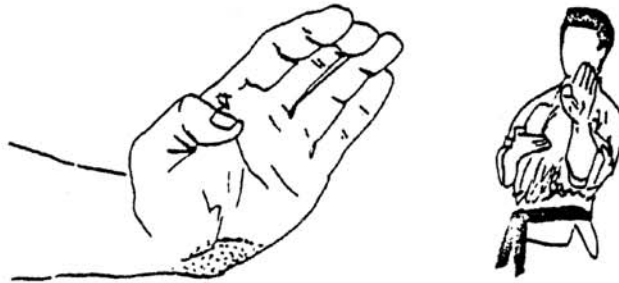
Koken



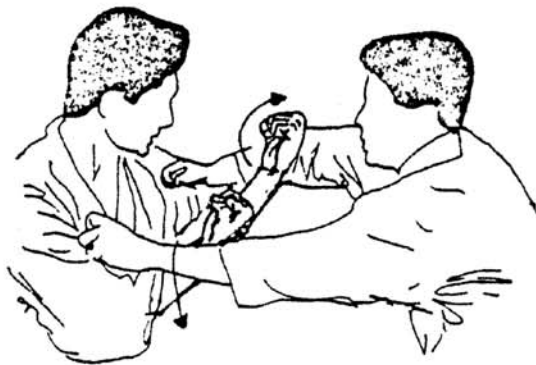
Osae Uke:



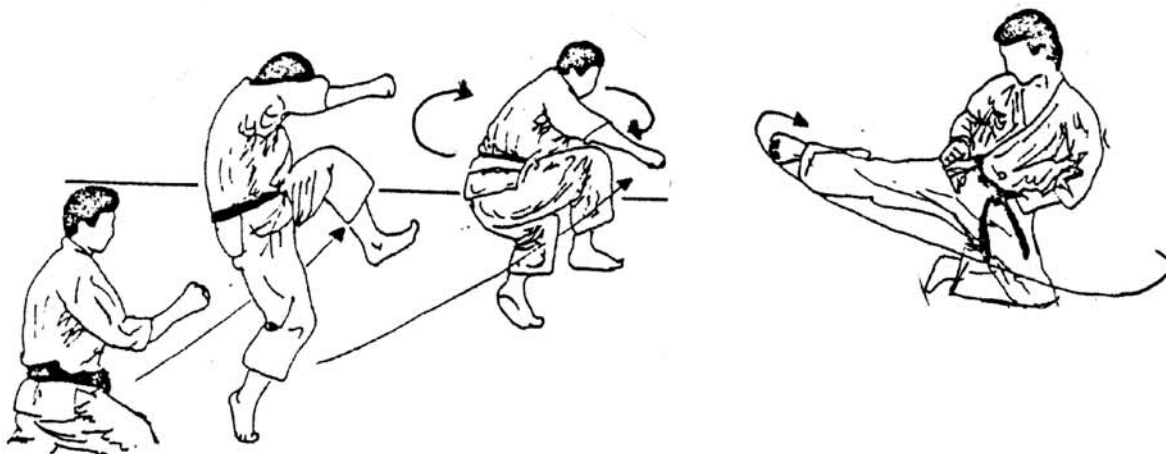
Seiryuto Uke:



Kakiwake:



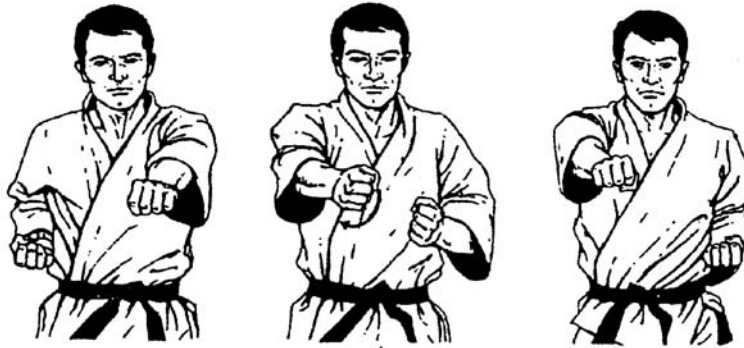
Ura Ushiro Mawashi Tobi Geri:



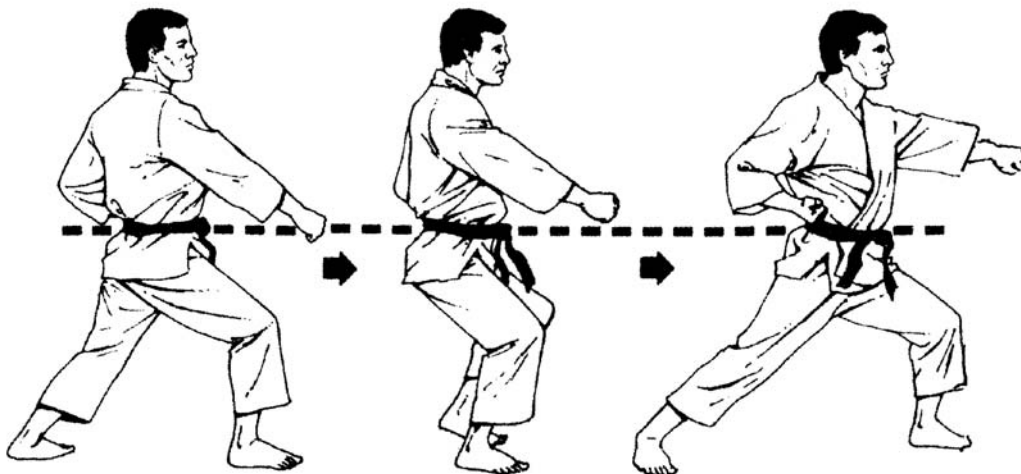
Chudan Zuki

(Jodan Zuki: Punch is directed above the shoulders)

(Gedan Zuki: Punch is directed below the belt)



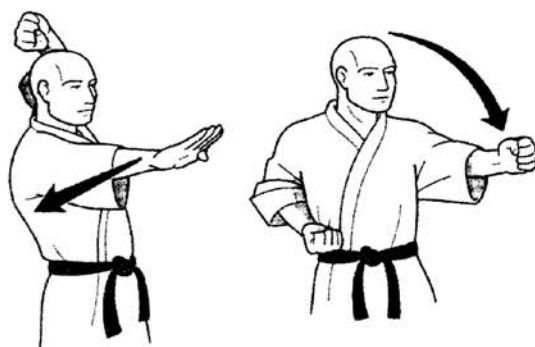
Oi Zuki



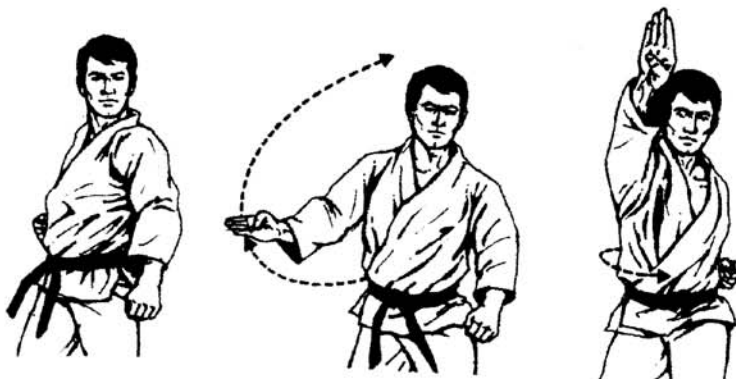
Soto Shuto Uchi:



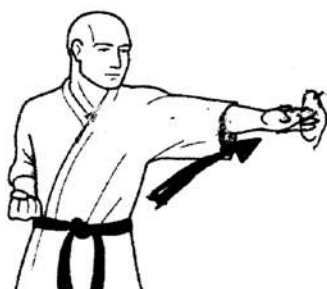
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Soto Haito Uchi:



Nukite Uchi:



Kage Zuki:



Mawashi Jodan Ushiro Zuki:

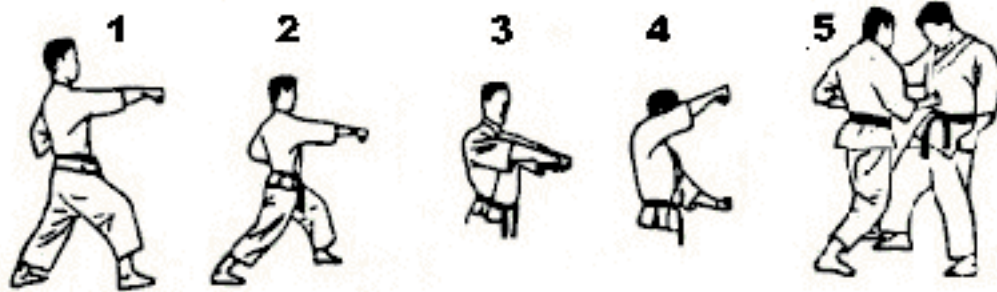


Empi Age Uchi:

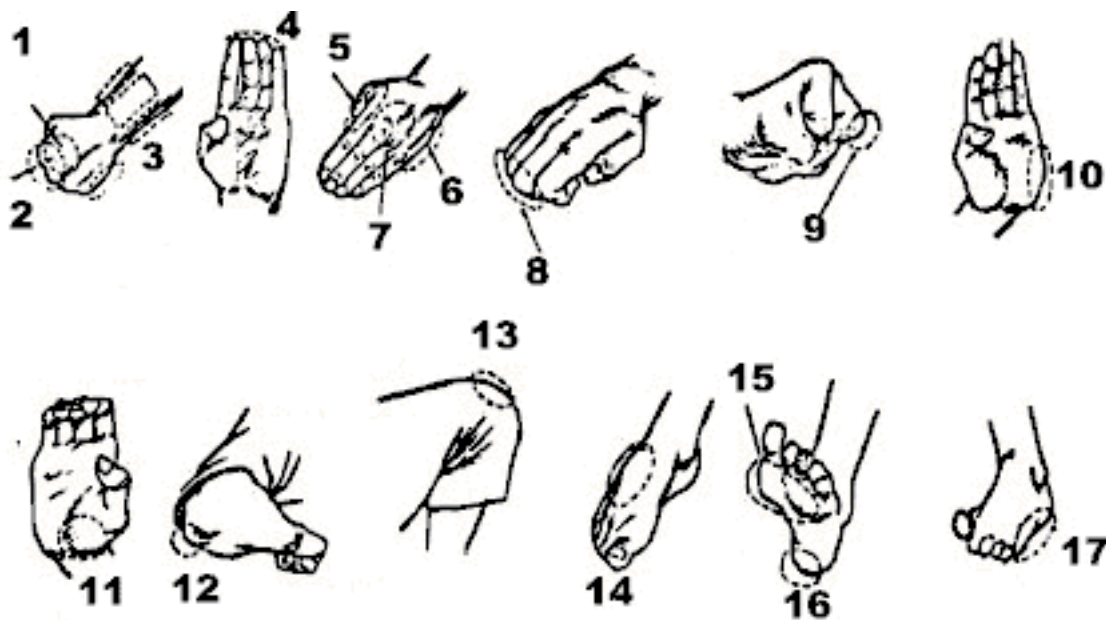


Empi Yoko Uchi:





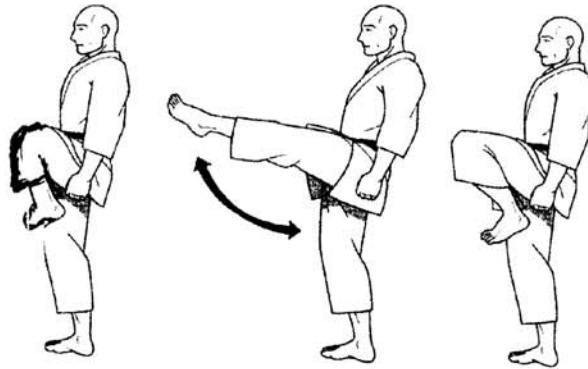
1. Oi-tsuki, 2. gyaku-tsuki, 3. morote-tsuki,
4. yama-tsuki, 5. ura-tsuki



1. Uraken, 2. seiken, 3. ude, 4. mukite, 5. haito, 6. shuto, 7. haishu,
8. hiraken, 9. ippon-ken, 10. seiryuto, 11. teisho, 12. empi, 13. hiza,
14. haisoku, 15. koshi, 16. kakato, 17. sokuto

Keri Waza: (Note: From fudo dachi, the kicks are from the front leg, except for Mae Geri)

Mae Geri



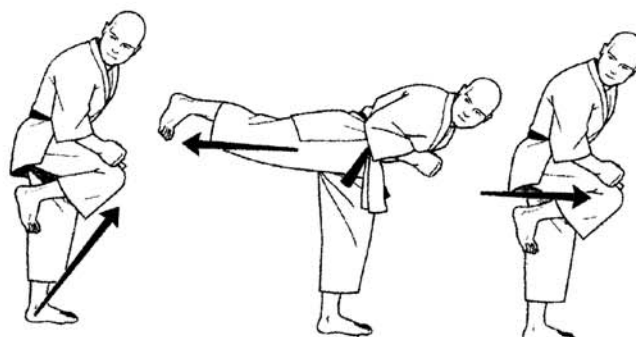
Yoko Geri



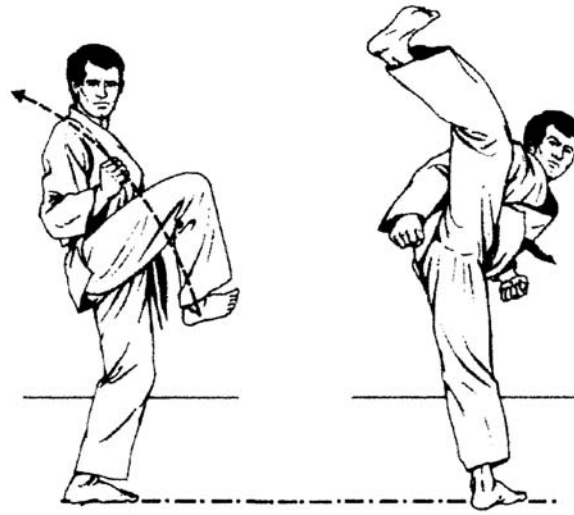
Mawashi Geri



Ushiro Geri



Ushiro Mawashi Geri:



Mawashi Geri:



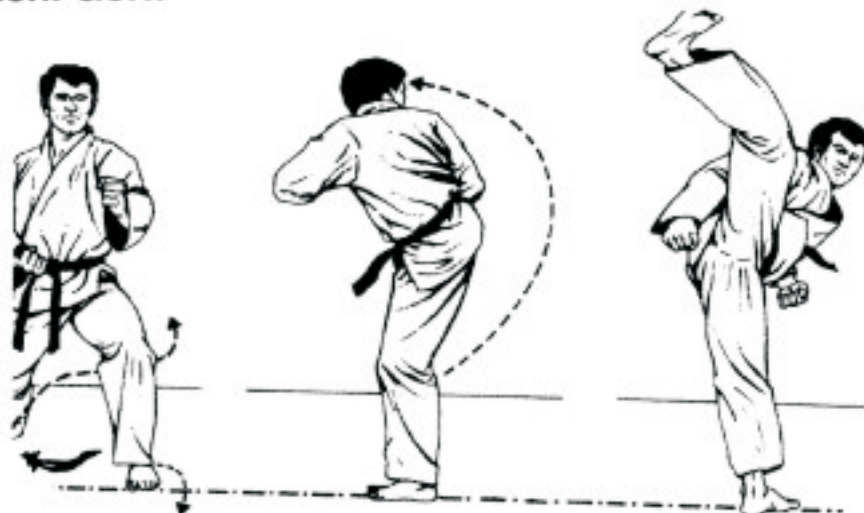
Mikazuki Geri:



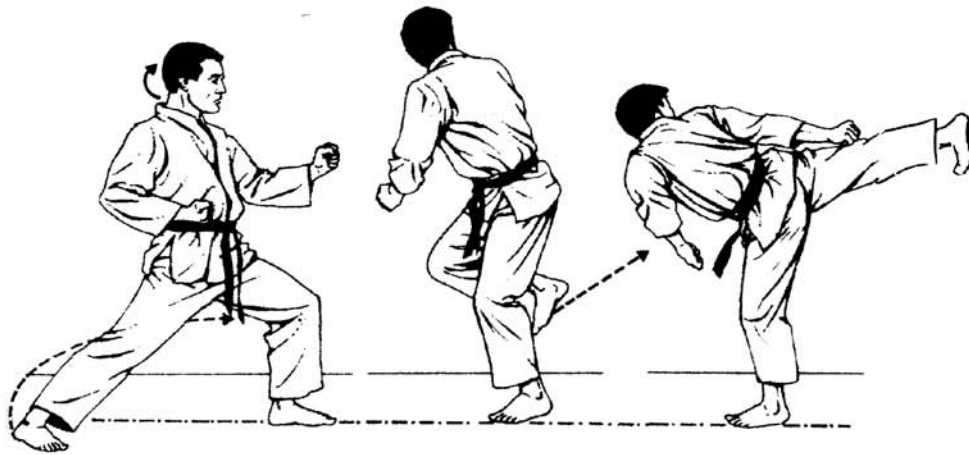
Uchi Mikazuki Geri:



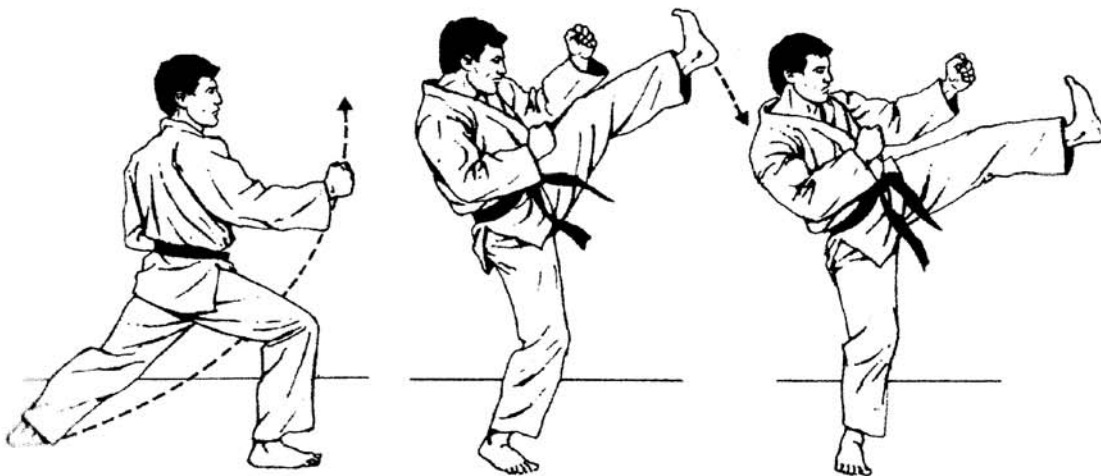
Ura Ushiro Mawashi Geri:



Ura Ushiro Geri:



Kagato Geri:



Mae Tobi Geri



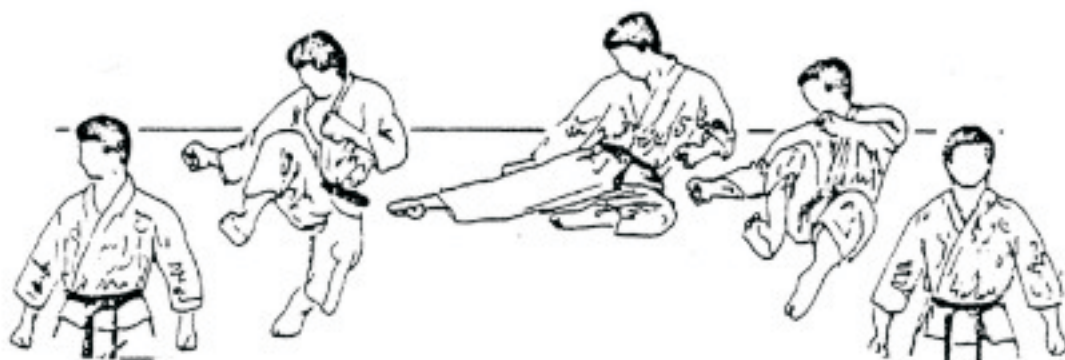
Hiza Geri:



Hittsui Geri:



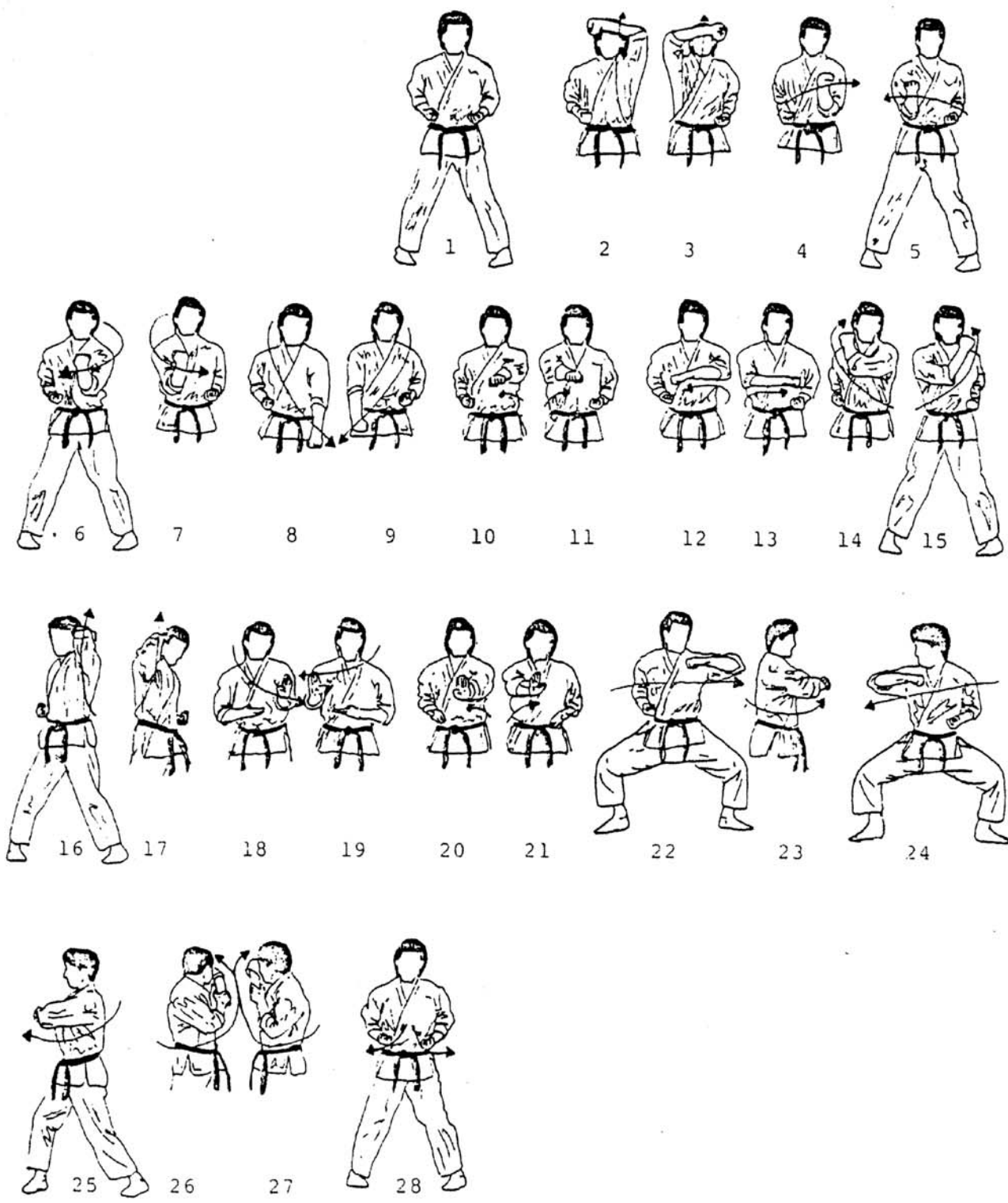
Yoko Tobi Geri:



Fumikomi Geri:

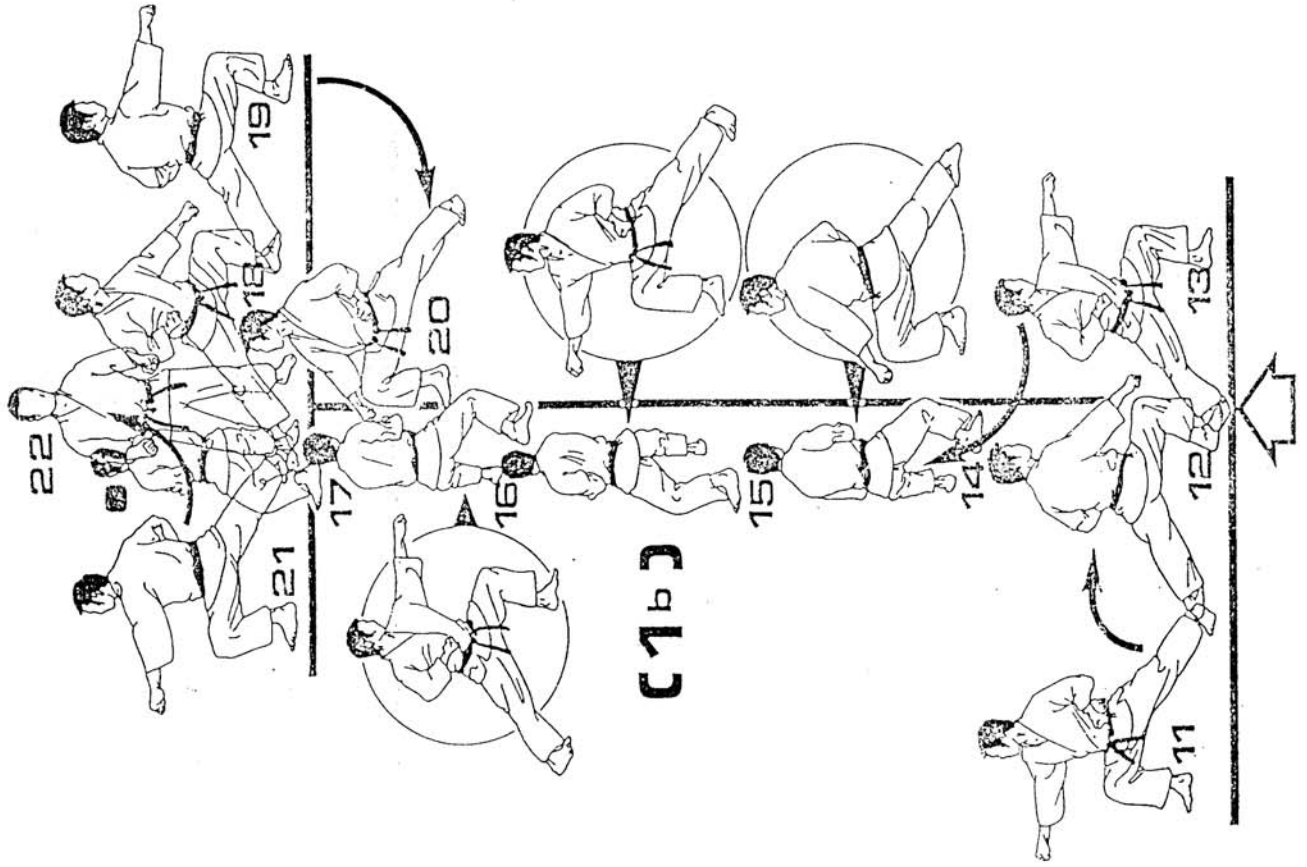
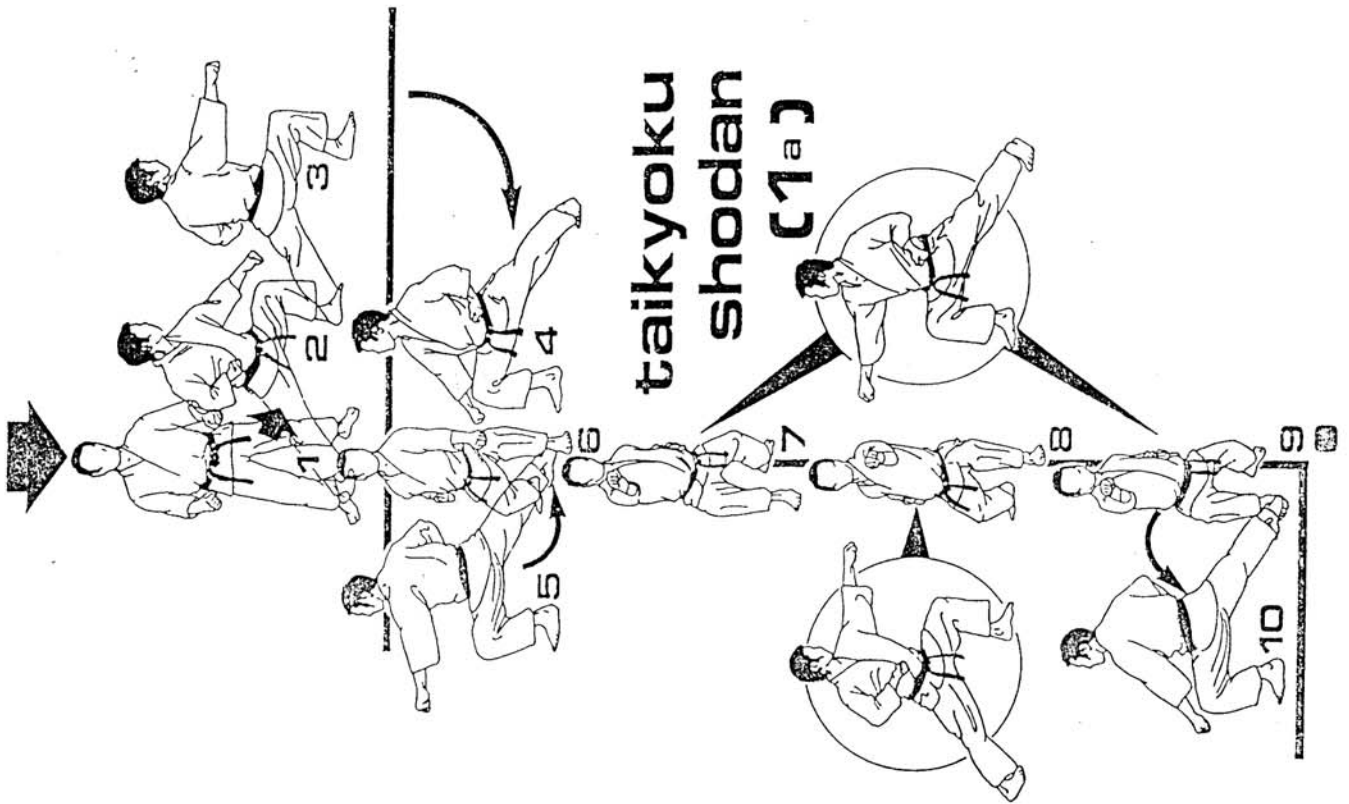


Te Waza: Ni ju shichi ko

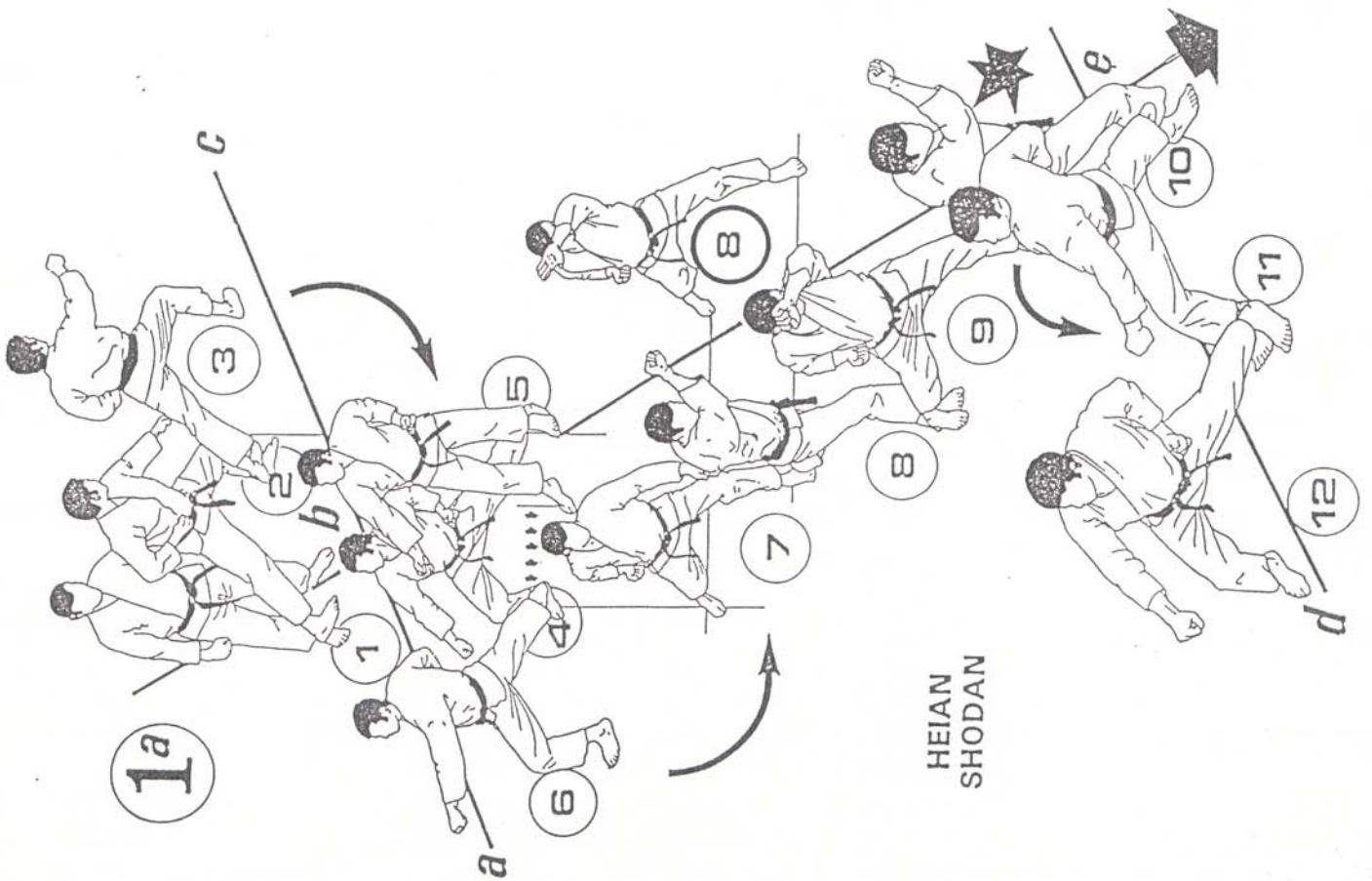
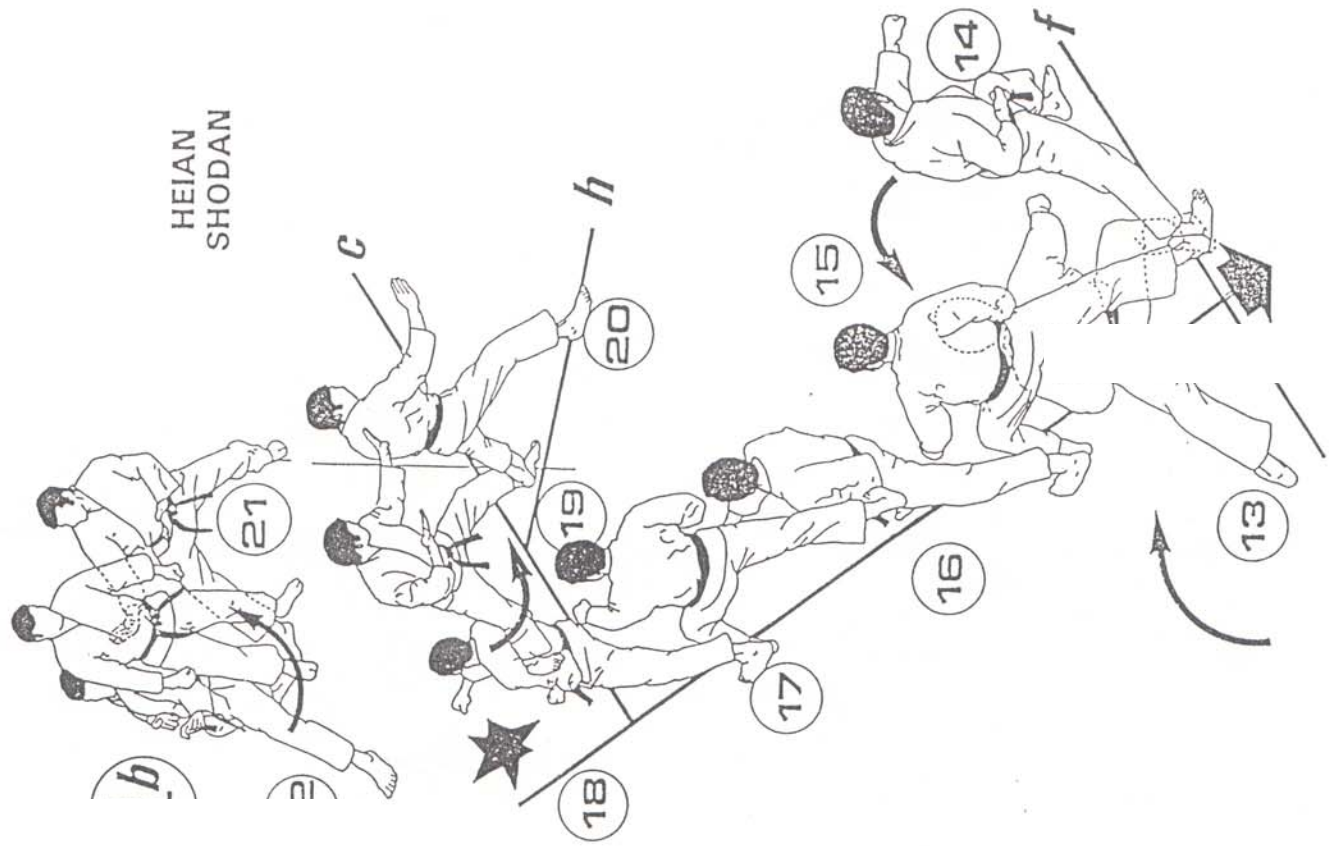


Kata:

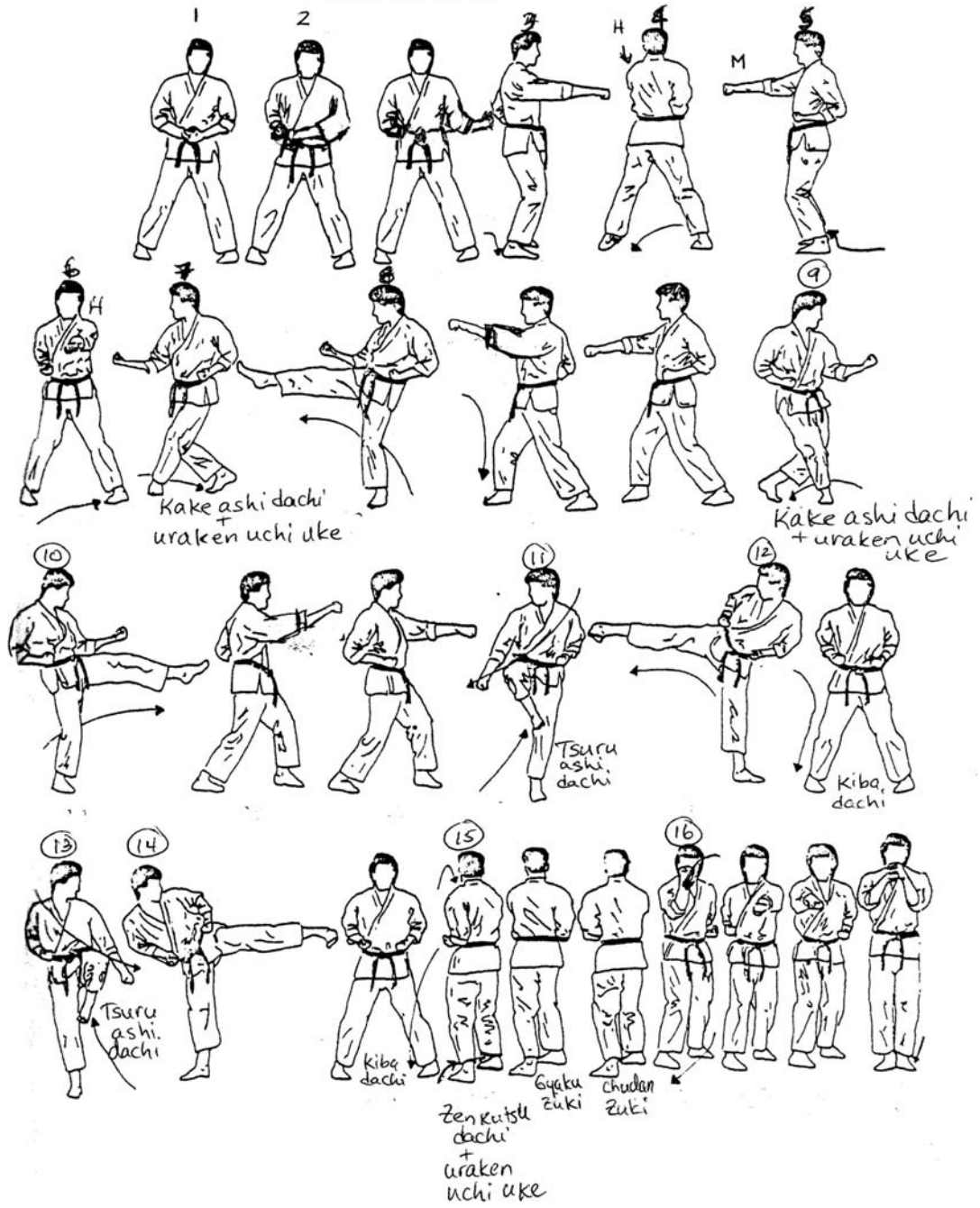
White belt to Black Belt



Heianshodannokata

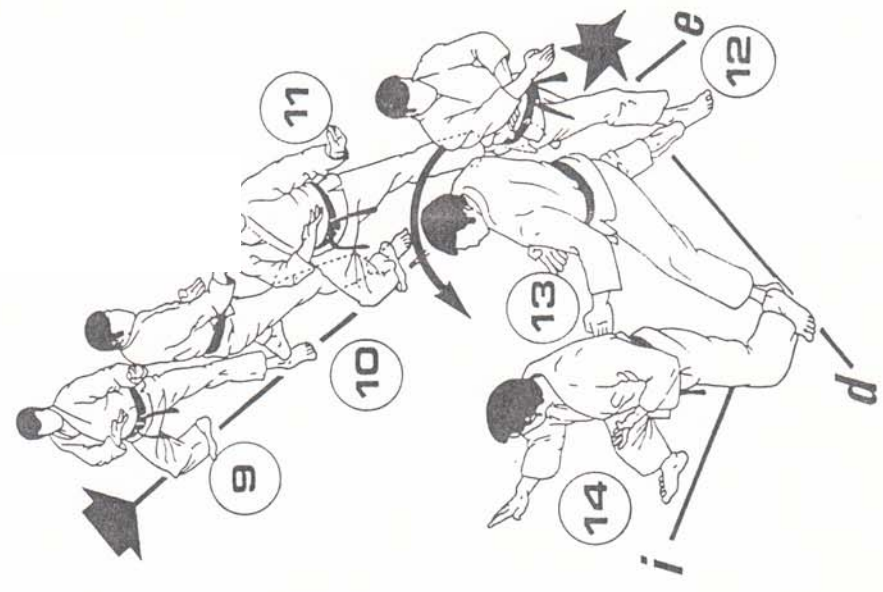
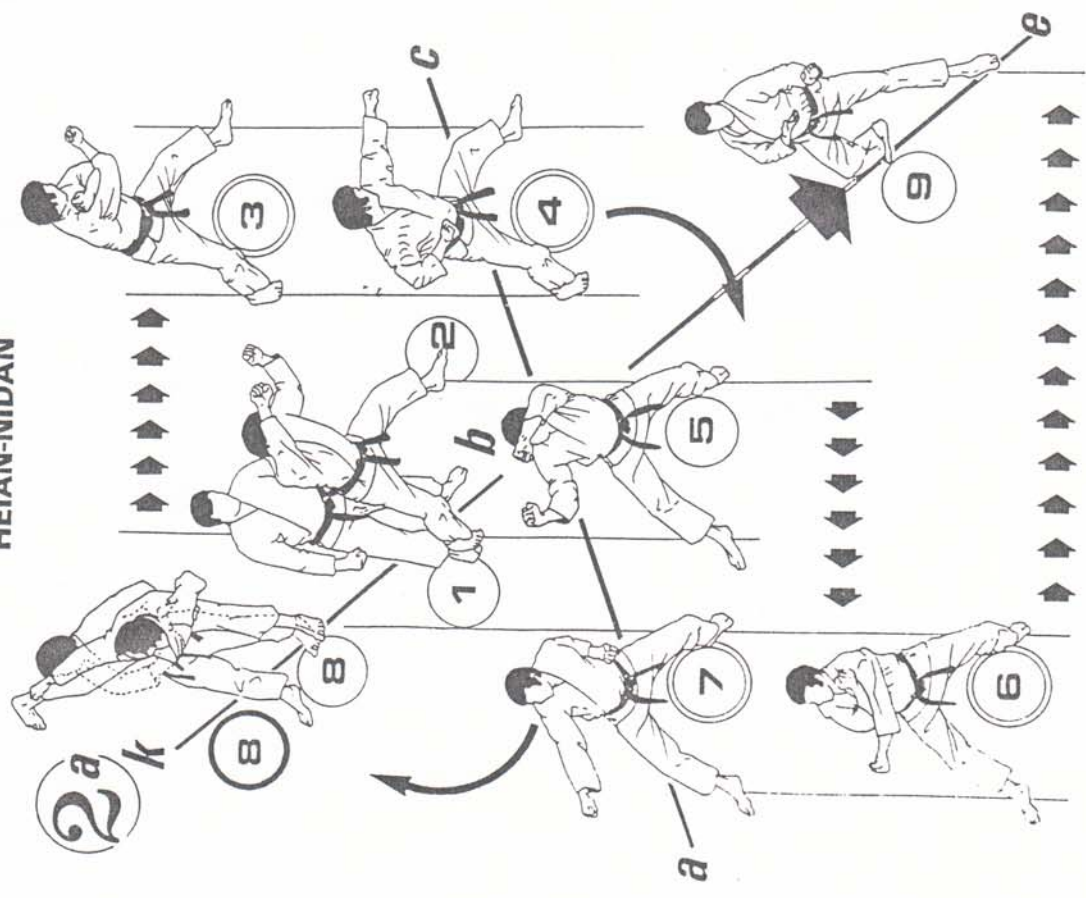


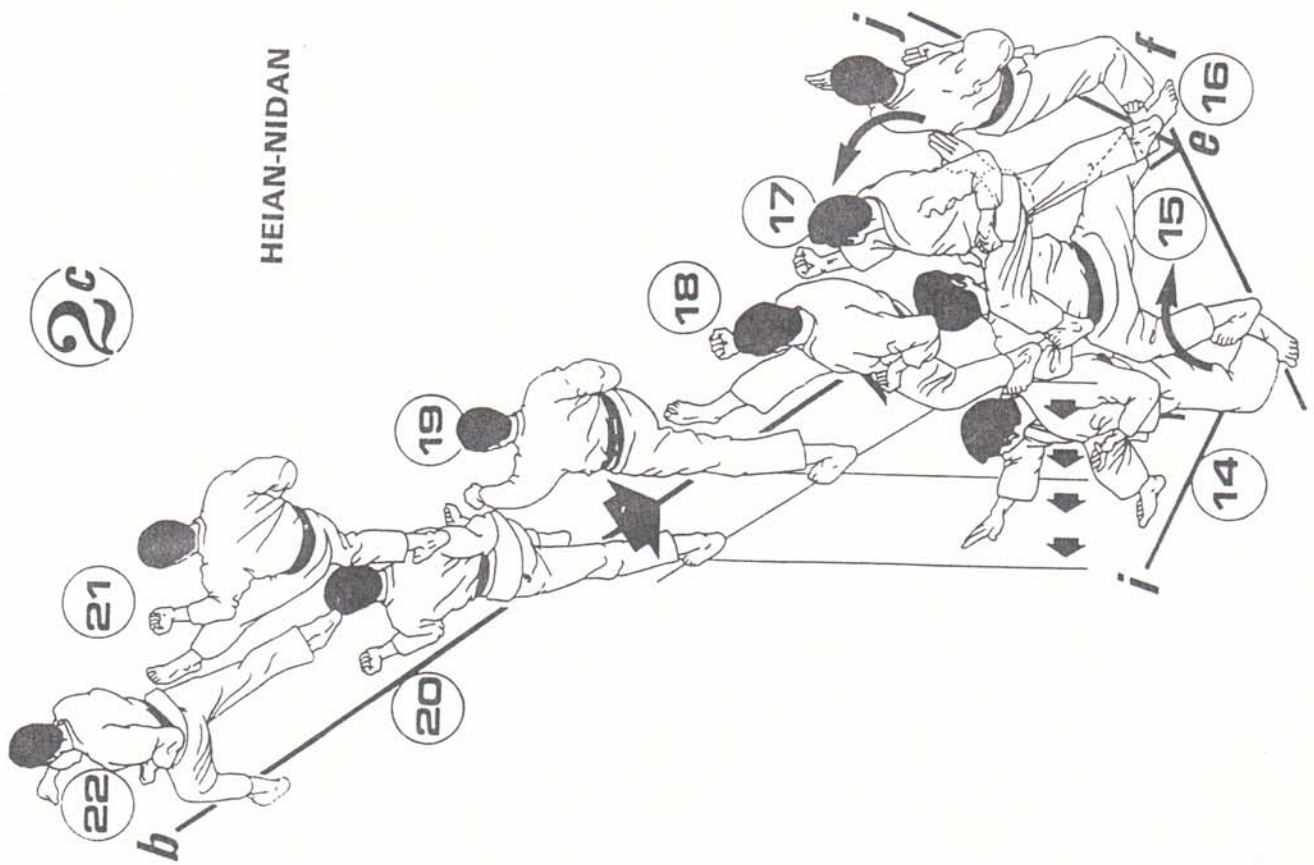
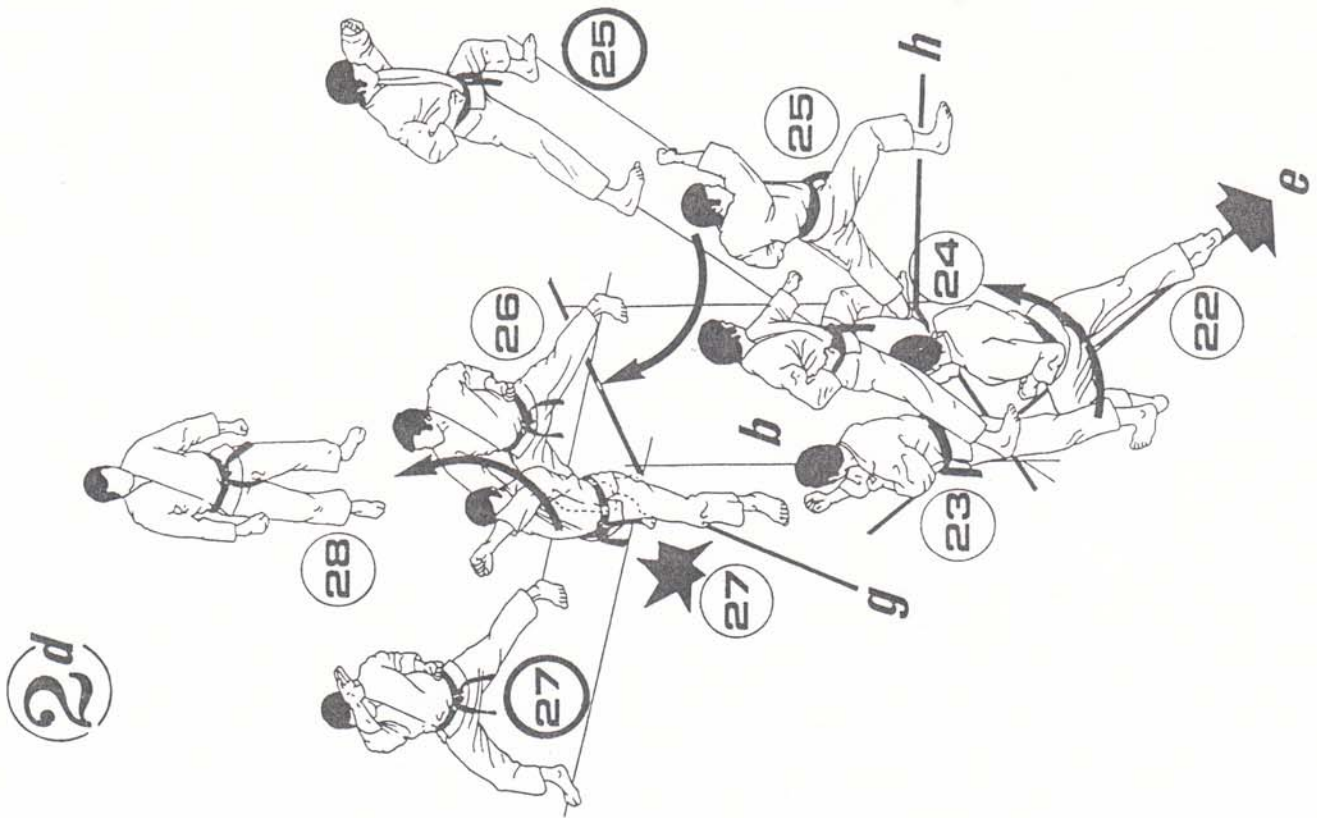
Shihohainokata



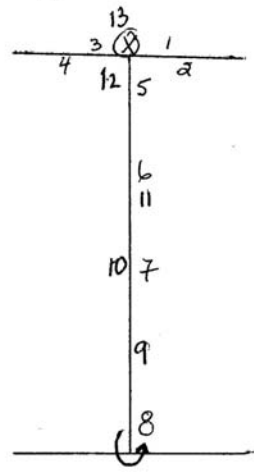
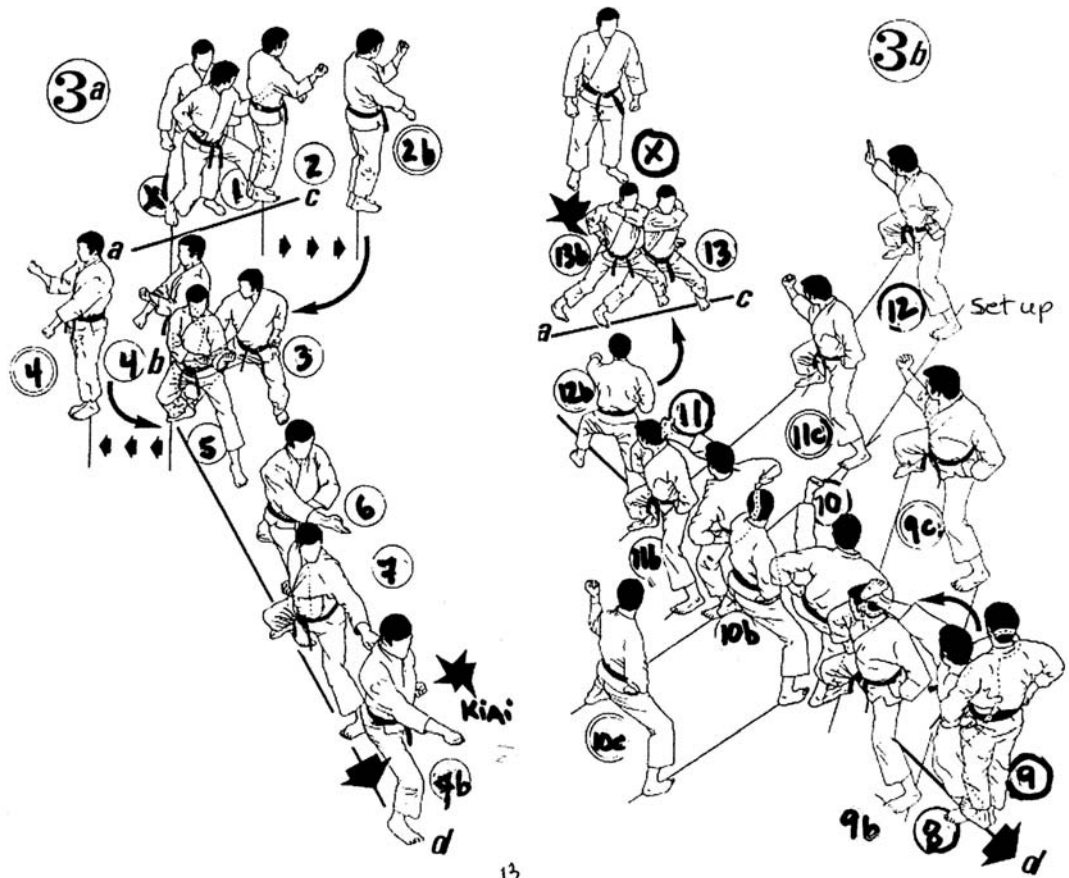
2b

HEIAN-NIDAN





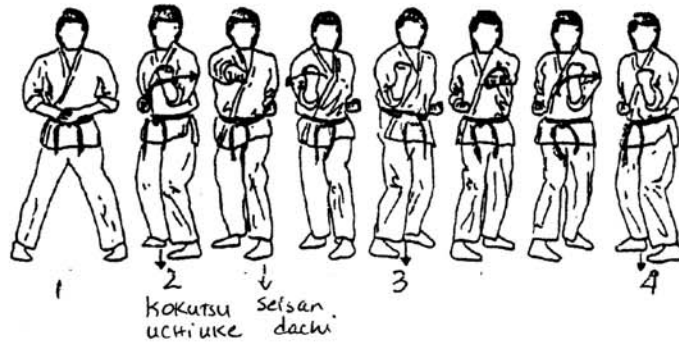
Heiansandannokata



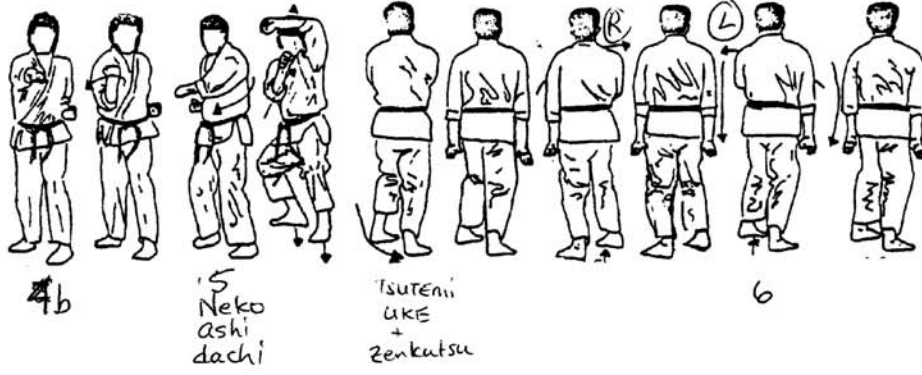
Rohaishonokata



Seisannokata



1
2
↓
3
4
kokutsu uchi uke sisan dachi

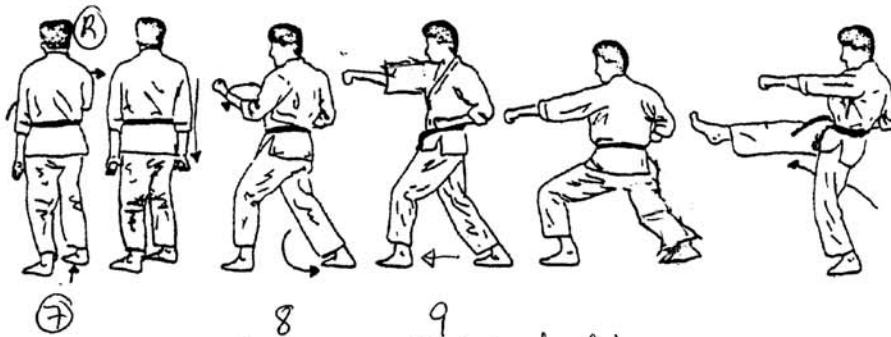


4b

5
Neko
ashi
dachi

tsureni
uke
+
zenkatsu

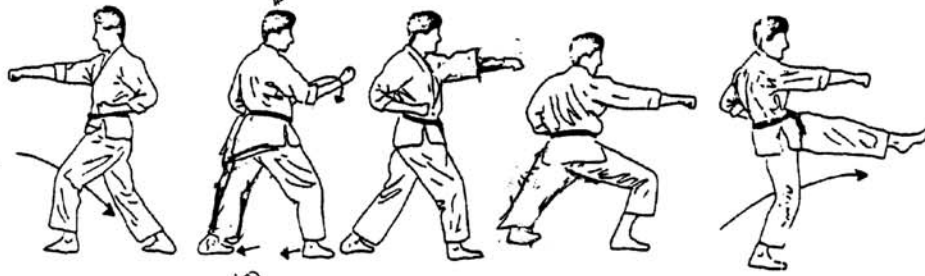
6



7

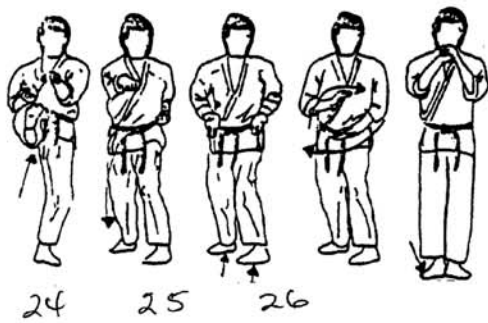
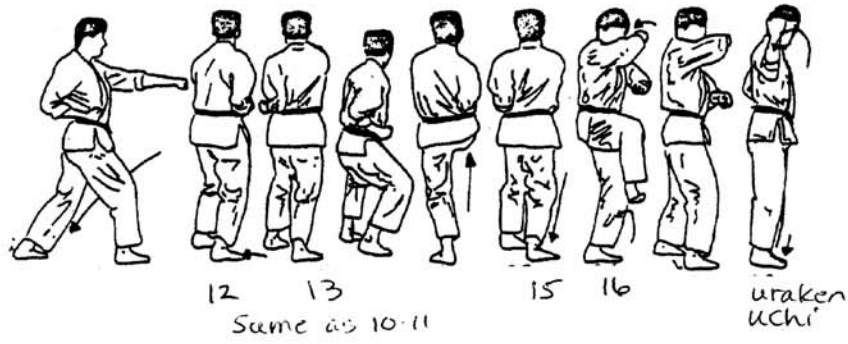
8
kokutsu
dachi
uchi uke

9
zenkatsu dachi

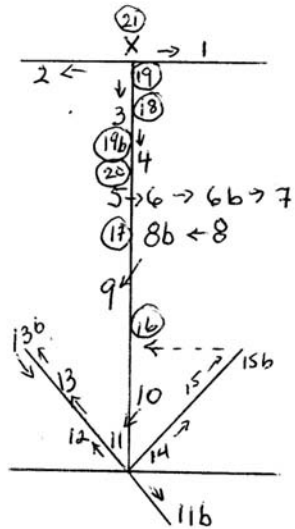
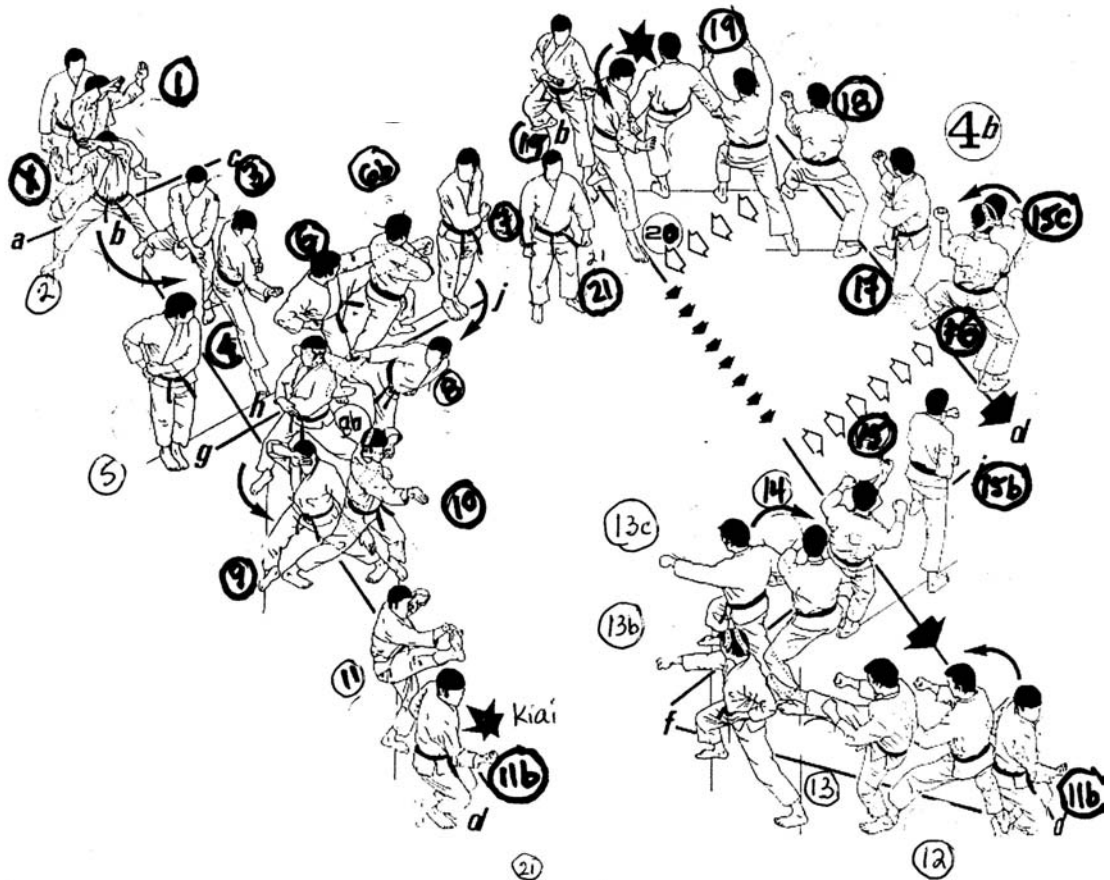


10
Right leg
moves

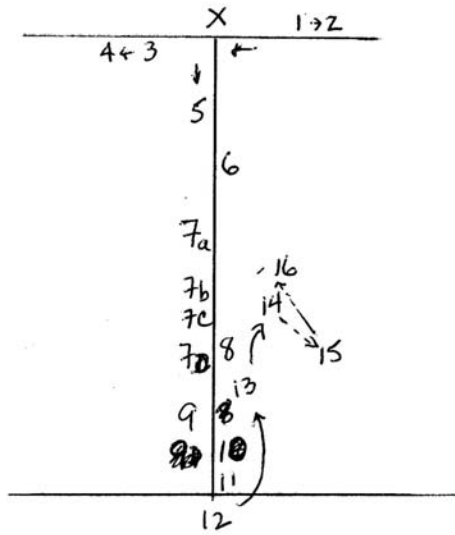
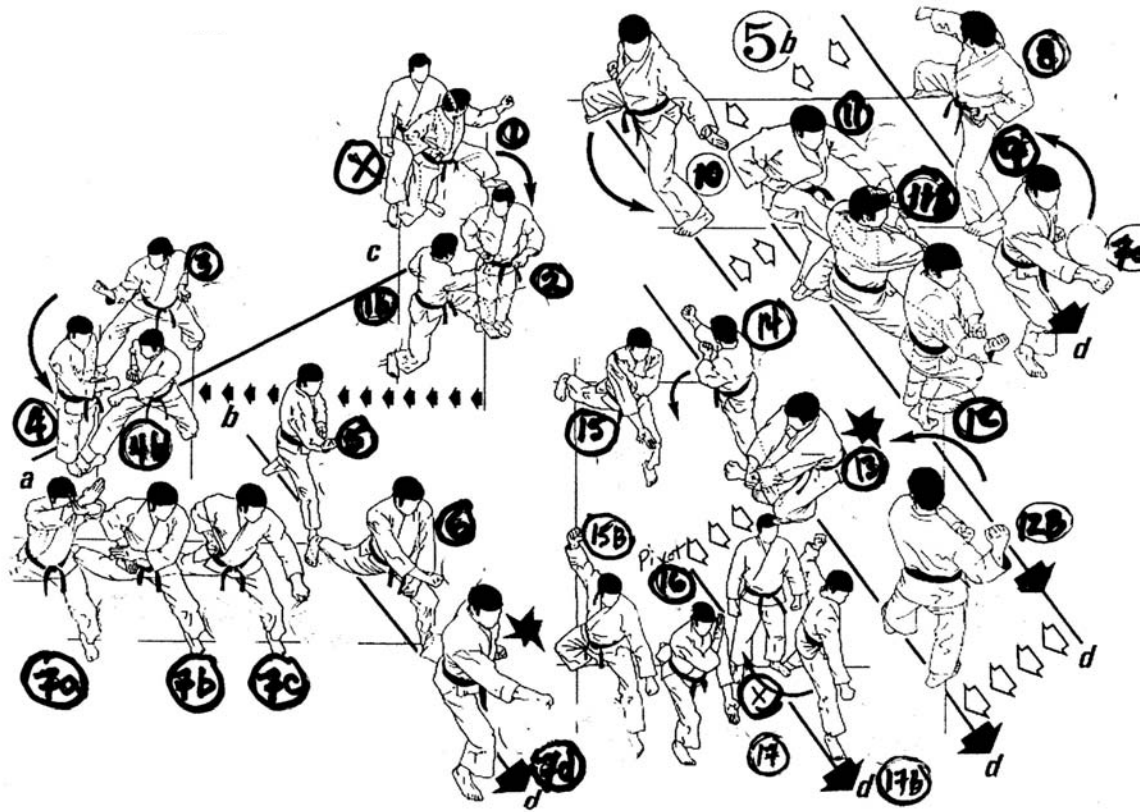
11
zenkatsu



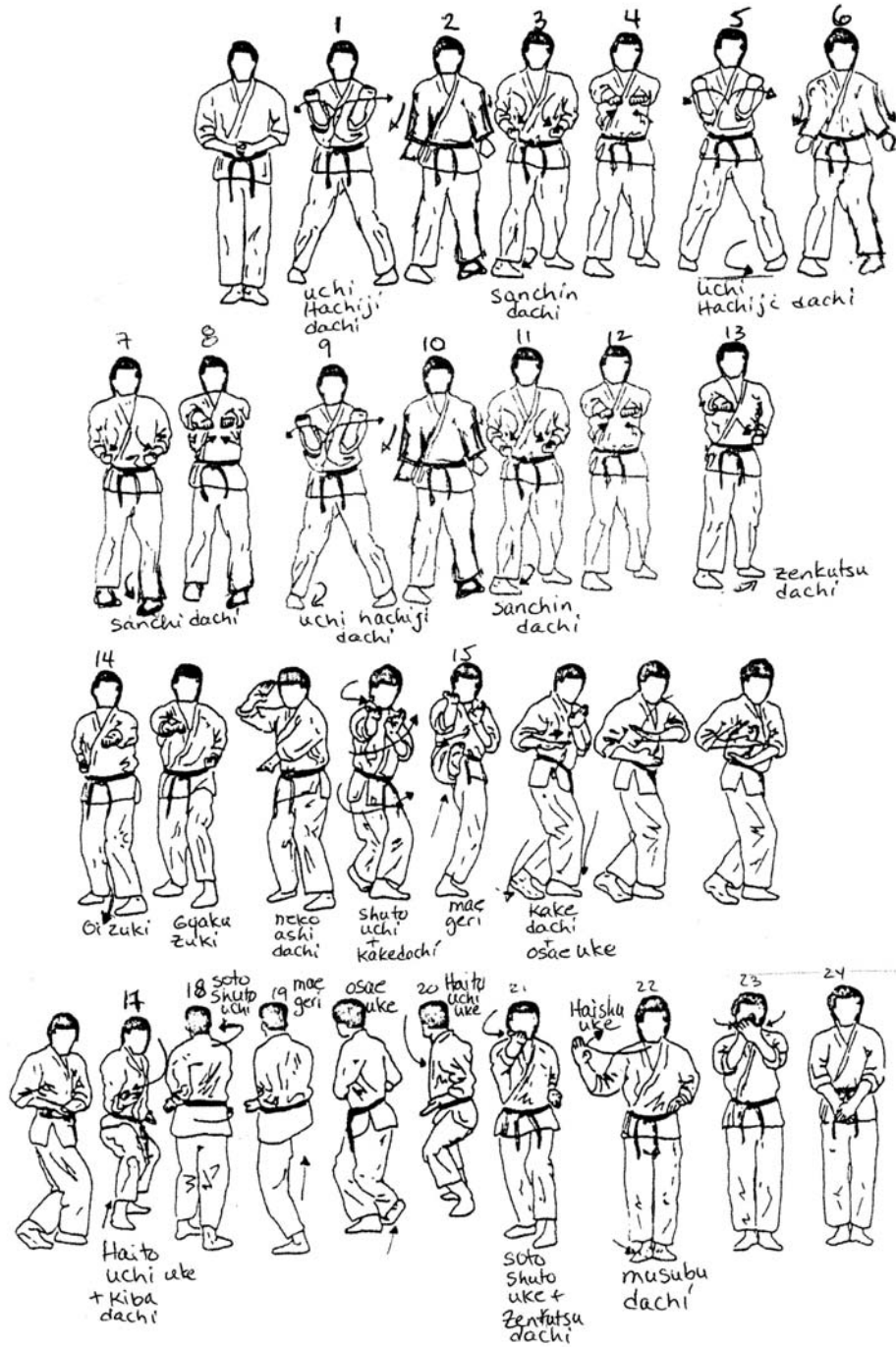
Heianyondannokata



Heiangodannokata



Niseishishonokata



Glossary:

Age-uke: Rising block.

Age-zuki: Rising punch. Fist arcs up-ward.

Ate: To hit or to smash

Bunkai: "Analysis" Detailed study of techniques and kata applications.

Chikama: (chika-ma): "Too short."

Choku-zuki: Straight or direct punch.

Closed stance: Opponents have the same leg forward (e.g. right.)

Chudan: Middle.

Deashi-barai: Foot sweep.

Dojo: "Wayplace." Training hall.

Dozo: Please. Used when offering something.

Empi-uchi: Elbow strike.

Fumi-komi: Stamping kick.

Gedan: Low.

Gedan-barai: Low sweep.

Gi: Uniform.

Go-honkumite: An assault of five attacks, usually with five paces, last attack countered.

Go-no-sen: Re-taking the initiative in kumite. (See page J-6.)

Gyaku-zuki: Reverse punch. Punch with the hand opposite to the forward foot.

Hai: Yes.

Hajime: Begin.

Hachiji-dachi: Figure-eight stance. May be either soto-oruchi-

Haishu-uke: Backhand block.

Haito-uchi: Backsword strike. Thumb side of hand used to strike.

Hanmi: Half-front facing.

Hanten: Half-turn.

Heiko-dachi: Parallel stance. Open leg stance with heelship width apart and toes pointing forward.

Heiko-zuki: Parallel punch. Both fists punch together, arm/shoulder width apart horizontally.

Heisoku-dachi: Closed or blocked foot stance, toes and heel together.

Hidari: Left.

Hikiashi: Drawing front foot back.

Hikite: Pulling hand.

Hiraken-uchi: Flat fist strike. Fingers are bent at the first knuckles only.

Hittsui: Knee hammer (see also "hiza-geri.") A smash with the knee.

Hiza-geri: Knee kick, A smash with the knee.

Hizatateashidachi: Kneeling stance. On one knee. (May be found in the Rohai-daikata.)

Ippon..,dachi: One leg stance (see "mae-tsuru-andtsuru-ashi-dachi:')

Ippon-ken-zuki: One knuckle punch. The middle joint of the index finger is allowed to protrude.

Ippon-kumite: One-point, pre-arranged sparring.

Jodan: High.

Jodan-age-uke: Upper rising block.

Jodan-ushiro-empi: High, backward elbow strike.
Jodan-ushiro-zuki: A high, backward punch over opposite shoulder.
Jitsu: Hard. As in the concept kyojitsu.
Jiyu-ippou-kumite: Semi-free, one-point, pre-arranged sparring.
Jiyu-kumite: Free sparring.
Joseki: Upper side of dojo.
Juji-uke: Figure ten block. Alternate name for "kosa-uke" (Usually open handed.)
Kaeshi: Reversed direction.
Kagi-zuki: Hook punch.
Kaiten: Rotation.
Kake-ashi-dachi: Hooked stance. This stance is a form of kosa-dachi.
Kakiwake-uke: Wedge block. A block with both hands which drive apart.
Kakuto-uchi: Bent wrist strike.
Kamiza: Upper seat of dojo.
Keage: Snap kick. (Keri-age- "snap kick.") The word "kick" (keri) is understood;
Kekomi: Trust kick. (Keri-komi- "kick in.") The word "kick" (keri) is understood;
Kensei: Fake movement.
Keri: kick (if following a word, the voiced word is "geri")
Kihon: Basic, fundamental.
Kihon-dosa: Basic movement.
Kime: Focus. To concentrate one's energies into an aite, uchi, uke, tsuki or keri.
Kiritsu: Stand.
Kiyotsuke: Attention.
Kizami-zuki: Jab. A punch with the forward hand which snaps back immediately.
Koho-kaiten: Backward roll.
Kokyu-ho: Method of breathing.
Kosa-ashi: Crossing foot motion.
Kosa-dachi: Cross ("X") stance.
Kosa-uke: Cross ("X") block.
Koko: Tiger-mouth-hand.
Ko-uchi-mawashi-geri: Small inner round kick.
Kudasai: Please. Used when requesting something.
Kumite: "Meeting of the hands"; sparring.
Kyo: Soft. As in the concept kyo, jitsu.
Kyu: A suffix meaning level. It is applied to ranks below shodan.
Ma: Distance. (Ma-ai.)
Ma-toma: Intermediary distance.
Mae-ashi-geri: Front leg kick.
Mae-empi-uchi: Front elbow strike.
Mae-geri: Front kick.
Mae-keage: Front snap kick.
Mae-kekomi: Front thrust kick.
Mae-te-zuki: Forward punch, same side as the forward foot. May follow a step... step is not used to add power.

Mae-tobi-geri: Forward jumpkick.
Mae-tsuru-ashi-dachi: A form of crane stance.
Mae-ukemi: Forward fatfan.
Mawari: Turn.
Mawari-ushiro-geri: Backroundkick. A backkick linked with "a turn."
Mawashi-empi: Rotating elbow strike. (Your fist is placed on your sternum.)
Mawashi-geri: Roundkick. May be soto-, ura-, uchi-. (Usually refer to uchi-.)
Mawate: Command to turn.
Migi: Right.
Mikazuki-geri: "Tree-day moonkick." May be soto- or uchi-. (Usually refer to uchi-.)
Mokuso: Meditate.
Morote: Augment. Both hands are used simultaneously. ("Ryo-te.")
Morote-uke: Both hands block. Both hands are used separately or on one reinforcing the other.
Mudansha: General term referring to ranks below shodan. 1-6
Mushin: To think of nothing; a state of mental consciousness.
Musubi-dachi: Open to stance. Heel together, toes apart 45 degrees.
Ni: (A) In the direction of... (B) Tenumbertwo.
No: "Of."
Nage: Throw.
Nakataka-ippon-ken-zuki: Middle finger one-knuckle punch.
Nami-ashi-uke: Inside foot snapping kick block. (Nami-ashi- "waver returning:") An inward kick with the sole.
Naoshite: To ofx or adjust.
Neko-ashi-dachi: Cat leg stance.
Nidan-geri: Two level kick. A jumpkick where one foot kicks and then the other; e.g. to stomach and head.
Nukite: Piercing hand (spear hand.) A strike using the tip of the fingers.
Obi: Belt.
Oi-zuki: Pursuit punch. A punch linked with a forward lunging step. Telunge adds power to punch.
Okutsu-dachi: Deep, forward rotated stance (found in Bassai, Sanshi-ryu.)
Open stance: Opponents have the opposite leg forward; i.e. right!left.
Osae-uke: Pressing block.
Oshi-zuki: Pushing punch, setting him up for another blow. Found in the Ro-haikatas.
Otagai: Each other.
Otoshi-empi: Dropping elbow strike.
Otoshi-geri: Dropping kick in which gravity alone is used to create the force of the kick.
O-uchi-mawashi-geri: Large inner roundkick.
Ren-zuki: Alternate punching. Punching with one hand then the other continuously.
Renzoku-waza: Continuous or combination techniques.
Ryote: Both hands used simultaneously. (See "morote.")
Ryote-ushiro-empi: Double backward elbow strike in which both fists drawback to the hip.
San-bon-kumite: An assault of three attacks, usually with three paces, only the last attack countered.
San-ren-zuki: Tree alternate punches.

Sayu-zuki: A two-handed punch, fists are 180 degrees to each other. Ro-haikatas.
Seiken: Regular fist.
Seiretsu: Lineup straight.
Seisan-dachi: Forward stance. Weight distribution 60%-40%.
Seiza: Formal seated position.
Sen: Taking the initiative.
Sen-no-sen: An initiative taken against an initiative.
Sensei: Teacher.
Sempai: Senior student.
Shiko-ashi-dachi: Fourth high stance; square stance.
Shiko-zuki: A punch to the side while in shiko-ashi-dachi.
Shime: Contraction.
Shimo-seki: Lower side of dojo.
Shimoza: Lower seat of dojo.
Shizen-tai: (See "soto-hachiji-dachi.")
Shomen: Front.
Showa: "Enlightened peace;" statement of attitude recited at the end of class.
Shugo: Assemble.
Shuto-uchi: Hand sword strike.
Shuto-uke: Hand sword block.
Soke: Founding family.
Soremade: Stop everything.
Soto: Outer (from inside to outside.)
Soto-hachiji-dachi: (See "shizen-tai.") Outer figure eight stance.
Soto-mawashi-geri: Outward round kick (from inside outward.)
Soto-uke: Outside block.. Block moves from inside to outside.
Sukui-uke: Scooping block.
Suri-ashi: Sliding foot motion. (Stance lengthens, then shortens.)
Tate-empi: Rising elbow strike, with the palm of the fist towards the ear.
Tate-zuki: Upright or vertical (fist) punch.
Teisho-uchi: Heel of palm strike.
Teisho-uke: Heel of palm block.
Te-hodoki-no-waza: Wrist escape techniques.
Tekubi-kake-uke: Wrist hooked "block."
Kensui-uchi: Iron hammer strike. A strike using the little finger side of the fist.
Tobi-geri: Jump kick.
Toma (to-ma): "Toofar;"
Tori: Attacker.
Tsuru-ashi-dachi: Crane stance; a one-legged stance.
Tsukami-uke: Grasping block; a block with a grip.
Tsuki: Closed hand thrust (punch.)
Uchi: (A) Outside. (B) Inner. (From outside to inside.)
Uchi-hachiji-dachi: Inner figure eight stance. Toes pointing in at 45 degrees.

Uchi-mawashi-geri: Inward round kick (from outside, inward.)
Uchi-mikazuki-geri: "Tree-day moon kick" or crescent kick using inner edge of foot.
Uchi-mikazuki-geri-uke: Tree-day moon kick block. Crescent kick block using the sole of the foot.
Uchi-uke: Inside block. Block moves from outside to inside.
Uke: (A) Block. (B) Defender.
Ukemi: Break falls as a means of protecting the body from injury due to sweeps and the like.
Uraken-uchi: Back fist strike.
Uraken-uke: Back fist block.
Ura-mawashi-geri: Round kick outward with the heel as striking surface.
Ura-tettsui-uchi: Back of iron hammer strike, using the thumb side of the fist.
Ura-zuki: Close punch. Straight punch with fist slightly upward, wrist turned with the palm up.
Ushiro-empi-uchi: Back elbow strike.
Ushiro-geri: Back kick. A kick straight back with heel.
Ushiro-tobi-geri: Back jump kick.
Ushiro-mawari-tobi-geri: Spinning back jump kick.
Ushiro-ukemi: Back fat fall.
Yama-zuki: Two handed "U" punch; Bottom hand blocks, upper strikes.
Yame: Stop.
Yoko-empi-uchi: Side elbow strike in which the point of the elbow is used to strike.
Yoko-geri: Side kick.
Yoko-keage: Side snap kick.
Yoko-kekomi: Side thrust kick.
Yoko-tobi-geri: Side jump kick.
Yoko-ukemi: Side fat fall.
Yori-ashi: Skip step motion. (Stance shortens, then lengthens. Also called "kizami-ashi.")
Yudansha: General term for the rank of shodan and above.
Yumi-zuki: Bow-and-arrow punch. A punch to the side while in shiko-ashi-dachi. (See "shiko-zuki.")
Zanshin: A mental attitude of being absolutely attentive.
Zempo-kaiten: Forward roll. A. feet face direction of roll. B. feet face reversed direction of roll. C. Fall fat.
Zuki: Punch. Voiced form of "tsuki" - used at the end of a compound word.