

Basics and Kicks

Upper body Blocks and Counters

1.	Straight Punch	Seiken oi Tsuki
2.	Upper Cut	Jodan oi Tsuki
3.	Reverse Straight Punch	Seiken Gyaku Tsuki
4.	Reverse Upper Cut	Jodan Gyaku Tsuki
5.	Lower body Block, Reverse Punch	Gedan Barai Seiken Gyaku Tsuki
6.	Middle body Block, Reverse Punch	Chudan Uke Seiken Gyaku Tsuki
7.	Open Hand Block, Stab	Tegata Barai Nukite
8.	Overhead Open Hand Block, Reverse Uppercut	Jodan Tegata Uke Jodan Gyaku Tsuki
9.	Upper body Block, Reverse Punch	Jodan Uke Seiken Gyaku Tsuki
10.	Deflective, Back fist, Reverse Punch	Ura Uchi Seiken Gyaku Tsuki
11.	Lower body Block, Five Punches	Gedan Barai Go Den Juk Tsuki
12.	Middle body Block, Five Punches	Chudan Uke Go Den Juk Tsuki
13.	Open Hand Strike, Open Hand Strike	Shuto Uchi Shuto Uchi
14.	Parry, Two Hook Punches	O Uchi O Uchi
15.	Cat Stance, Rear Elbow	Hiji No Ato Tsuki

Lower body Striking Techniques

1.	Front Snap Kick	Mae Geri
2.	Knee Kick	Hiza Geri
3.	Side Kick	Yoko Geri
4.	Cross Kick	Fumikomi
5.	Heel Thrust Kick	Mae Konate
6.	Forward Angle Kick	Sokuto Geri
7.	Side Pivot Kick	Soba Geri
8.	Squat Kick	Otoshi Geri
9.	Back Kick	Ushiro Geri
10.	Roundhouse Kick	Mewashi Geri

Upper body Blocks and Counters in Detail

#1: **English** Straight Punch
 Japanese Seiken oi Tsuki



#2: **English** Upper Cut
 Japanese Jodan oi Tsuki



#3: **English** Reverse Punch
 Japanese Seiken Gyaku Tsuki



#4: **English** Reverse Upper Cut
 Japanese Jodan Gyaku Tsuki



Basic #5: **English** Lower body Block, Reverse Punch
Japanese Gedan Barai Seiken Gyaku Tsuki
Primary Attack: Low Punch or Kick



5-1: Catch hands on hip



5-2: Lower body Block



5-3: Reverse Punch

Basic #6: **English** Middle body Block, Reverse Punch
Japanese Chudan Uke Seiken Gyaku Tsuki
Primary Attack: Punch to Solar Plexus



6-1: Catch hands on hip



6-2: Middle body Block



6-3: Reverse Punch

Basic #7: **English** Open Hand Block, Stab
 Japanese Tegata Barai Nukite
 Primary Attack: Punch to Solar Plexus



7-1: Catch hands on hip



7-2: Open Hand Block



7-3: Stab

Basic #8: **English** Overhead Open Hand Block, Reverse Uppercut
Japanese Jodan Tegata Uke Jodan Gyaku Tsuki
Primary Attack: Upper Cut or Overhead Strike with Knife



8-1: Catch hands on hip



8-2: Overhead Block



8-3: Reverse Upper Cut

Basic #9: **English** Upper body Block, Reverse Punch
 Japanese Jodan Uke Seiken Gyaku Tsuki
 Primary Attack: Punch at eye level



9-1: Catch hands on hip



9-2: Upper body Block



9-3: Reverse Punch

Basic #10: **English** Deflective, Back fist, Reverse Punch
Japanese Ura Uchi Seiken Gyaku Tsuki
Primary Attack: Punch to nose



10-1: Deflection



10-2: Back Fist



10-3: Reverse Punch

Basic #11: **English** Lower body Block, Five Punches
Japanese Gedan Barai Go Den Juk Tsuki
Primary Attack: Low Punch or Kick



11-1: Lower body Block



11-2: Five Punches



11-3: Punches Continued

Basic #12: **English** Middle body Block, Five Punches
Japanese Chudan Uke Go Den Juk Tsuki
Primary Attack: Punch to Solar Plexus



12-1: Middle body Block



12-2: Five Punches



12-3: Punches Continued

Basic #13: **English** Open Hand Strike, Open Hand Strike
 Japanese Shuto Uchi Shuto Uchi
 Primary Attack: Punch to Solar Plexus



13-1: Open Hand Strike

13-2: Open Hand Strike

Basic #14: **English** Parry, Two Hook Punches
Japanese O Uchi O Uchi
Primary Attack: Lunging Punch to body



14-1: Parry



14-2: Hook Punch



14-3: Hook Punch

Basic #15: **English** Cat Stance, Rear Elbow
Japanese Hiji No Ato Tsuki
Primary Attack: Grab from rear



15-1: Set into cat stance



15-2: Elbow

Basic Kicks in Detail

Kick #1: **English** Front Snap Kick
 Japanese Mae Geri
 Primary Target: Groin
 Striking Surface: Ball of Foot



Kick #2: **English** Knee Kick
 Japanese Hiza Geri
 Primary Targets: Groin, Thigh or Head
 Striking Surface: Tip of Knee



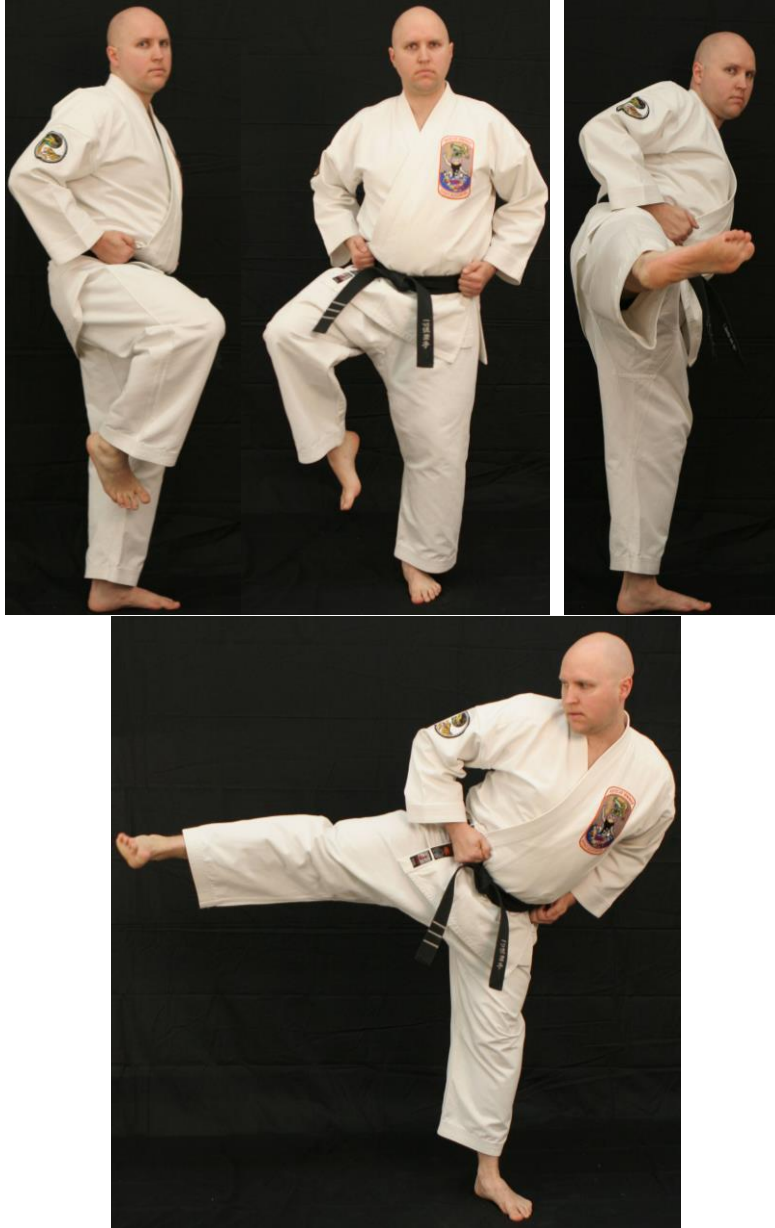
Kick #3:

English Side Kick

Japanese Yoko Geri

Primary Targets: Thigh, Lower Stomach or Solar Plexus

Striking Surface: Blade of Heel



Kick #4: **English** Cross Kick
 Japanese Fumikomi
Primary Targets: Lower Leg or Foot
Striking Surface: Heel



Kick #5: **English** Heel Thrust Kick
 Japanese Mae Konate
 Primary Targets: Thigh, Groin, Solar Plexus
 Striking Surface: Heel



Kick #6: **English** Forward Angle Kick
 Japanese Sokuto Geri
 Primary Targets: Knee
 Striking Surface: Blade of Heel



Kick #7: **English** Side Pivot Kick
 Japanese Shoba Geri
 Primary Targets: Groin
 Striking Surface: Ball of Foot



Kick #8:

English Squat Kick

Japanese O Toshi Geri

Primary Targets: Groin, Lower Stomach or Solar Plexus

Striking Surface: Ball of Foot



Kick #9:

English Back Kick

Japanese Ushiro Geri

Primary Targets: Thigh, Groin or Lower Stomach

Striking Surface: Heel



Kick #10: **English** Round Kick
 Japanese Mewashi Geri
Primary Targets: Thigh, Groin or Lower Stomach
Striking Surface: Ball of Foot

