

Basic karate techniques & important points



Choko tsuki (straight punch)

- shoulders down, straight wrist, firmly tight fists,



Age uke (rising block)

- shoulders down, rising arm going up in an angle, tight fists, straight wrist,
- end position: fist from forehead, slightly above head, forearm in slight angle



Gedan Barai (downwards block)

- tight fists, blocking hand-elbow close to the chest in preparation position,



Soto uke (outside block/inwards block)

- arm parallel to the floor in ready position and forearm in 90 degree angle,
- downwards motion in nice curve, concentrate on bringing elbow first...forearm will follow



Uchi uke (inside block/outwards block)

- "squeezing" elbows together while executing block, blocking hand "wraps" around retracting hand while executing block



Shuto uke (knife hand block)

- straight wrists, back hand position is wrist on solar plexus, blocking arms 90 degree bend



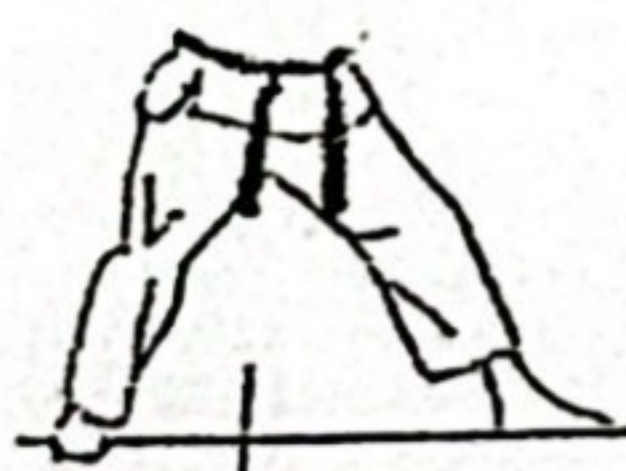
Mae geri (front kick)

- kicking leg; knee high (picture 2), toes pointing forward (picture 2)
- after executing kick, retract leg exactly the same way as while kicking



Zenkutsu dachi (front stance)

- front knee bent, back foot in 45 degree angle, stance to be shoulders wide, 2.5 feet long
- weight distribution ; 60:40 towards front



Kokutsu dachi (back stance)

- heels in line, 3 feet long, back leg position "same bend" as front leg in zenkutsu dachi
- weight distribution; 70:30 towards back

TECHNIQUES	WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5			WEEK 6			
	Day 1	Day 2	Day 3	Day 1	Day 2	Day 3	Day 1	Day 2	Day 3	Day 1	Day 2	Day 3	Day 1	Day 2	Day 3	Day 1	Day 2	Day 3	
CHOKO - TSUKI																			
GEDAN - BARAI																			
AGE - UKE																			
SOTO - UKE																			
UCHI - UKE																			
SHUTO - UKE																			
MAE - GERI																			
ZENKUTSU - DACHI																			
KOKUTSU - DACHI																			
PRESS UPS																			
SIT UPS																			
SQUATS																			
Time needed for exercise																			
Signature																			

