

# Enshin Karate

## Shiro Obi - Ao Obi White Belt to Blue Belt

### NUMBERS

Ichi	1
Ni	2
San	3
Shi	4
Go	5
Roku	6
Shichi	7
Hachi	8
Ku	9
Ju	10

### WEAPONS

Seiken	forefist
Uraken	backfist
Chusoku	ball of foot
Haisoku	instep
Hiza	knee
Kakato	heel

### HAND STRIKES

seiken chudan zuki	forefist middle punch
seiken jodan zuki	forefist upper punch
seiken ago uchi	forefist chin strike
uraken sayo uchi	backfist side strike
uraken hizo uchi	backfist liver strike
gyako zuki	reverse punch

### KICKS

Mae geri	front kick
Mae keage geri	front stretching kick
Hiza geri	knee kick
Kin teki geri	groin kick
Mawashi geri	rounhouse kick
Kakato geri	heel kick

### POSITIONS

Sayo	both sides
Gyaku	reverse
Mae	front
Migi	right
Hidari	left
Jodan	high
Chudan	middle
Gedan	low

### COMMAND

Kamaete	take your stance
Naotte	return to readystance
Yame	stop, finish
Kiai irete	kiai
Mokuso	meditation
Mokuso yame	end of meditation
Sensei ni rei	bow to your teacher
Senpai ni rei	bow to your senior
Otagani rei	bow to each other
Hajime	begin

### BLOCKS

gedan barai	low parry
jodan uke	upper block

### STANCES

Yoi Dachi	Ready Stance
Zenkutsu Dachi	Front Leaning Stance
Kumite no Kamae	Fighting Stance

### Others

kancho	grand master
dojo	training area
honbo	headquarter

### MISCELLANEOUS TECHNIQUES

Shingokyu	silent breathing
Kyushu	draw in-absorbing impact

### BELT COLORS

Shiro obi	white belt
Ao obi	blue belt

### KATA

Shiro obi no kata	white belt kate
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### CONDITIONING

Sit up	20
Push up	15
Squat	30

### BREAKING

One wooden board with front kick