

# Enshin Karate

## Kiro Obi - Midori Obi Yellow Belt to Green Belt

### WEAPONS

Seiken	Forefist
Uraken	Backfist
Chusoku	Ball of foot
Haisoku	Instep
Hiza	Knee
Kakato	Heel
Shuto	Knife Hand
Sokuto	Knife edge of foot
Kakuto	Heel
Teisoku	Arch of foot
Nukite	Spear hand
Shutei	Palm
Tetsui	Fist edge
Kote	Forearm

### 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
seiken shita zuki	forefist under punch
uraken mawashi uchi	backhand roundhouse strike
hiji otoshi uchi	descending elbow strike
shuto uchi oroshi	descending knife hand strike
gyako zuki	reverse punch
shuto sakutso uchi	knife hand to collarbone

### 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
Yoku keage	Side high kick
Yoku geri	Side kick
Kansetsu geri	Joint kick
Uchi momo geri	Inside thigh kick
Ashi barai	Cutting sweep
Sankaku geri	Triangle kick
Kake geri	Hook stretching kick
Ashi barai	Cutting sweep
Jiku ashigari	Sweep supporting leg
Ushiro geri	Bach Kick
Ushiro Mwashhi Geri	Spinnin back hook kick

### POSITIONS

Sayo	Both sides
Gyaku	Reverse
Mae	Font
Migi	Right
Hidari	Left
Jodan	High
Chudan	Middle
Gedan	Low
Soto	Outside
Uchi	Inside
Hanmi	Half body
Tobi	Jumping, Flying
Kiba Dachi	Horse stance

### COMMAND

Kamaete	Take your stance
Naotte	Return to ready stance
Yame	Stop, Finish
Kiai irete	Kiai
Mokuso	Meditation
Mokuso yame	End of meditation
Hajime	Begin
Yoi	Ready
Mawate	Turn

### STANCES

Yoi Dachi	Ready Stance
Zenkutsu Dachi	Front Leaning Stance
Kumito no Kamae	Fighting Stance
Kiba Dachi	Horse Back Stance
Musubi Dachi	Heels Together Stance
Kukutsu Dachi	Back Leaning Stance

### BLOCKS

Gedan barai	Low parry
Jodan uke	Upper block
Sune uke	Shin block
Hiji hiza uke	Elbow shin block
Ashi dome	Foot stop
Hikake	Leg hook block
Jodan kake oroshi	Upper hook parry
Chuden soto nagashi	Middle out to in parry
Shuto Uke	Hnife hand block
Kake uke	Hook and grab
Hiki Taoshi	Pulling down
Todome	Finish off

### MISCELLANEOUS TECHNIQES

Shingokyu	Silent breathing
Kyushu	Draw in-absorbing impact
Todome	Finish off
Kime	Finish off
Seika tanden	Bodybetween groin & naval

### CONDITIONING

Sit ups	50
Push Ups	40
Squats	70

### KATA

Shiro obi no kata	White belt form
Ao obi no kata	Blue belt form
Kiro obi no kata	Yellow belt kata

### OTHERS

Kancho	Grand master
Dojo	Training area
Honbo	Headquarter

### BREAKING

One wooden board with Side Kick