

Enshin Karate

Green Senior Belt

Kamaete	take your stance	HUJAGE	RISING ELBOW STRIKE	Sayo	both sides
Naotte	return to ready stance	HUJ OTOSHI	DESCENDING ELBOW STRIKE	Gyaku	reverse
Yame	stop, finish	SHUTO SAKUTSU UCHI	KNIFE HAND STRIKE TO COLLARBONE	Mae	front
Kiai irete	kiai	SHUTO UCHI OROSHI	DESCENDING KNIFE HAND STRIKE	Migi	right
Mokuso	meditation	OI ZUKI	STEP AND PUNCH WITH FRONT HAND	Hidari	left
Mokuso yame	end of meditation	SANBON ZUKI	TRIPLE PUNCH	Jodan	high
Hajime	begin	GYAKU ZUKI	STEP AND REVERSE PUNCH	Chudan	middle
Yoi	ready	OI GERI	MOVE IN AND KICK	Gedan	low
Mawate	turn	SANKAKU GERI	TRIANGLE KICK	Soto	outside
		KAKE GERI	HOOK KICK	Uchi	inside
		UCHI MOMO GERI	INSIDE THIGH KICK	Hanmi	half body
		JIKU ASHI GARI	SWEEPING TO SUPPORTING LEG		

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 Heel
Tetsui	Fist Edge
Kote	Forearm

KICKS

Mae geri	front kick
Mae keage geri	front stretching kick
Hiza geri	knee kick
Kin teki geri	groin kick
Mawashi geri	roundhouse kick
Kakato geri	heel kick
Yoku keage	side high kick
Yoku geri	side kick
Kansetsu	Joint
Uchi momo geri	inside thigh kick
Ashi barai	cutting sweep

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 knifehand strike
gyako zuki	reverse punch

THROWING TECHNIQUES

Maki kumi nage	Front rowling throw
Kake uke	hook and grab
Soto Gake	leg hook throw
Ippon zoinage	Over shoulder throw
Tai Otoshi	body drop throw
Tsuri kumi nage	

MISCELLANEOUS TECHNIQUES

Shingokyu	silent breathing
Kyushu	draw in-absorbing impact
Todome	finish off
Kime	finish off
Seika tanden	bodybetween groin & naval

CONDITIONING

Sit up	100
Push Up	50
Squat	150

KATA

Shiro obi no kata	white belt form
Ao obi no kata	Blue belt form
Kiro obino kata	Yellow belt kata
Midori obi no kata	Breen belt kata

OTHERS

kancho	grand master
dojo	training area
honbo	headquarter

16 hours of teaching