

Enshin Karate

Orange Belt Promotion Materials

VOCABULARY

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

KICKS

Mae geri	front kick
Hiza geri	knee kick
Mawashi geri	rounhouse kick
Kakato geri	heel kick

POSITIONS

Mae	front
Jodan	high
Chudan	middle
Gedan	low

COMMAND

Kamaete	take your stance
Naotte	return to readystance
Yame	stop,finish
Mokuso	medittion
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

BLOCKS

jodan uke	upper block
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Others

kancho	grand master
dojo	training area
honbo	headquarter

MISCELLANEOUS TECHNIQES

Shingokyu	silent breathing
Kyushu	draw in-absorbing impact

KATA

Shiro obi no kata	white belt kate
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BELT COLORS

Shiro obi	white belt
Ao obi	blue belt

CONDITIONING

Sit up	20
Push up	15
Squat	30

BREAKING

One wooden board with front kick