



SHIZENTAI (NATURAL STANCE)

- Relaxed posture.
- Feet shoulder width apart.
- Toes forward.



CHOKU-ZUKI (STRAIGHT PUNCH)

- Tighten core.
- Strike with two largest knuckles.
- Inactive hand at the ready.
- Practiced in shizentai.



OI-ZUKI (FRONT LUNGE PUNCH)

- Back straight, torso braced.
- Push front hip forward.
- Front knee bent.
- Step forward into zenkutsu-dachi (front stance).



GYAKU-ZUKI (REVERSE PUNCH)

- Big rotation from the torso into the punch.
- Back hip follows the direction of the punch.
- Stance is zenkutsu-dachi.



GEDAN BARRAI (DOWN BLOCK)

- Blocking with the ulna bone (forearm).
- About 3 fists length above the leg.
- Pulling the hip away from the blocking side.



AGE-UKE (RISING BLOCK)

- Forearm is angled.
- Palm facing out.
- Align body behind the block.
- Powerful front stance (60% of weight is on front leg).

The Beginners Guide To Shotokan Karate

George Loucks



The Beginners Guide To Shotokan Karate:

The Beginners Guide to Shotokan Karate John Van Weenen,1983 **The Beginner's Guide to Shotokan Karate** John Van Weenen,1999-03-01 Karate: The Ultimate Beginners Guide to Mastering Karate (A Comprehensive Guide to Karate Techniques for Beginners Wanting to Go From Basics to Black Belt) Kevin Salyers,101-01-01 The strategy of karate is based on principle what practitioners do to prepare for contact with an adversary while tactics are what we do during the heat of battle Practicing a martial art from tactics upward to principles creates a house of cards that will collapse from a gentle breeze whereas working downward from principles into tactics builds a formidable foundation that can weather near any storm These ten principles are style agnostic all about ending fights immediately They define how to best apply your skills and training in the real world Those who work with these principles will find swiftness clarity and victory in so doing What you will learn in the ultimate guide to starting karate What is karate Where was karate invented and who invented it How fit do i need to be to start training What do you do in a typical karate class How do you research you karate gym to make sure they are legitimate Will i be sparring or undergoing other contact fighting What should i wear to train in What is karate training like How quickly can i get a black belt Are you eager to learn karate Do you want clear guidance on the tips tricks and techniques that can transform you from a novice to a pro Look no further because this book is for you Dive into a world where over 100 detailed illustrations and comprehensive instructions will guide you every step of the way Whether you re just starting or looking to refine your skills this guide is designed to help you understand and master karate fundamentals

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