TECHNICAL REFERENCE

Japanese lexicon and technical details

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BASIC TECHNIQUES (KIHON)

1- Oi-Zuki   Punching

2- Age-Uke   Rising block

3- Soto-Uke   Outside block

4- Uchi-Uke   Inside block

5- Gedan-Barai   Downward block

6- Shuto-Uke   Knige hand block

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STANCES (DACHI)

11- Zenkutsu-Dachi   Front stance

12- Kokutsu-Dachi   Back stance

13- Kiba-Dachi   Side stance

BASIC TECHNIQUES

1- Oi-Zuki (Punching)

Technique of attack carried directly with the fist towards the center of the body.

In application, oi-zuki is used to attack by transferring the weight of the body forward to deliver the punch directly to the opponent.
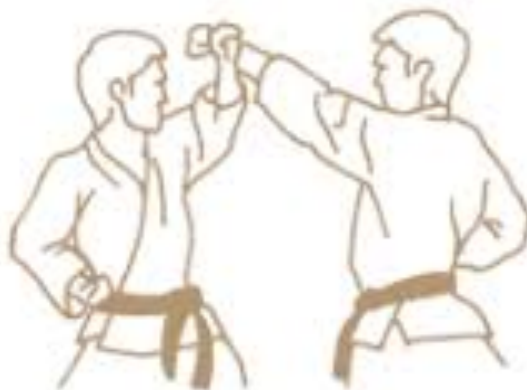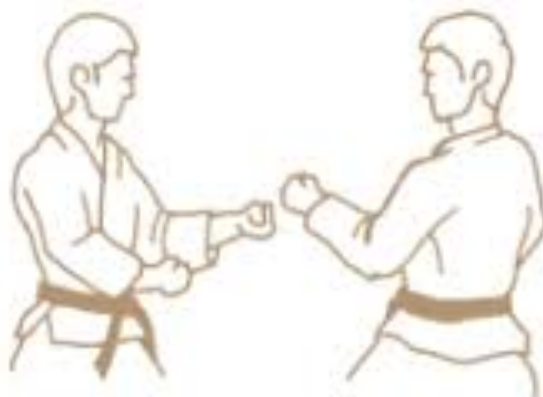
2- Age-Uke (Rising block)

Upward blocking technique.

In application, we use age-uke to deflect the opponent's attack upwards using the forearm.

3- Soto-Uke (Outside block)

Blocking technique with the forearm inward.

In application, we use the soto-uke to deflect the opponent's attack inward using the forearm.
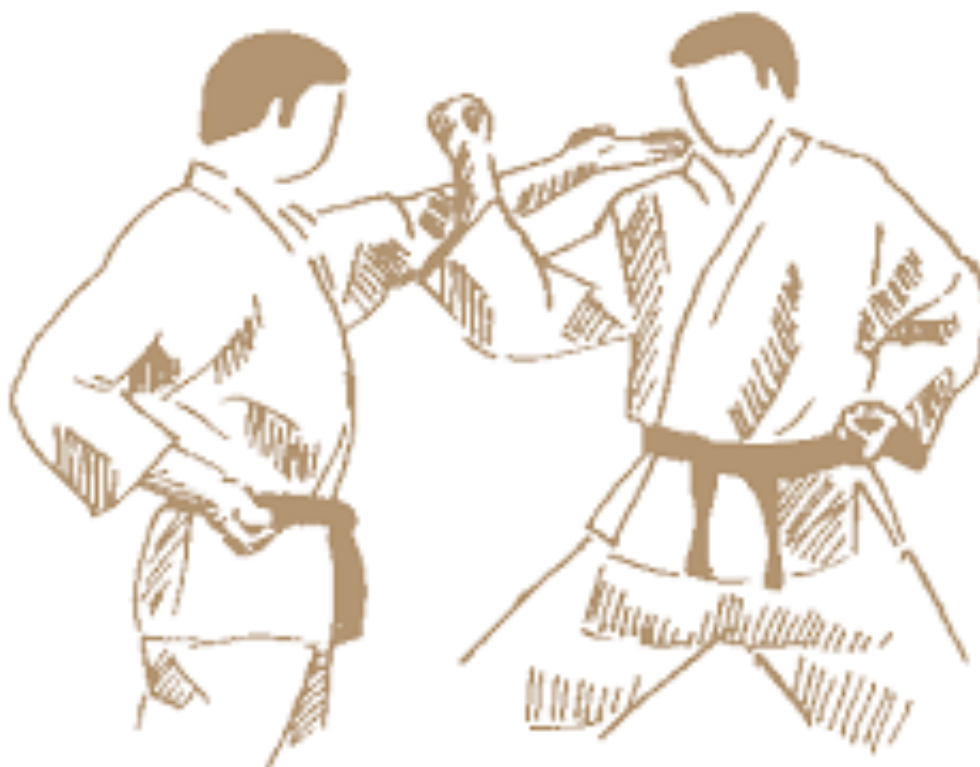
4- Uchi-Uke (Inside block)

Blocking technique with the forearm to the outside.

In application, we use uchi-uke to deflect the opponent's blow outward using the forearm.

5- Gedan-Barai (Downward block)

Technique of blocking down

In application, we use the gedan-barai to deflect the opponent's kick using the forearm.
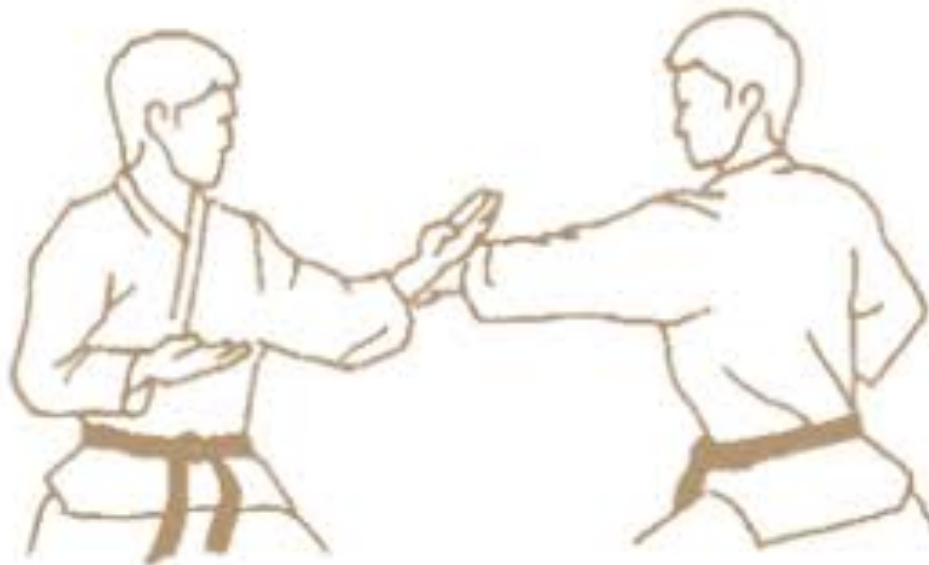
6- Shuto-Uke (Knife hand block)

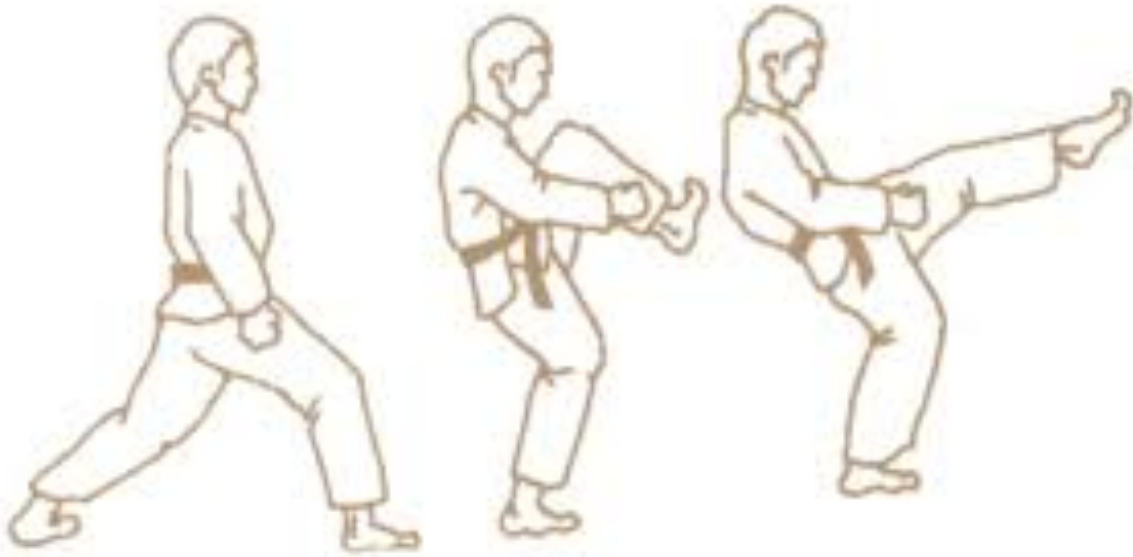Technique of blocking or open-handed attack.

In application, we use the shuto-uke to deflect the opponent's blow to the outside using the edge of the hand.
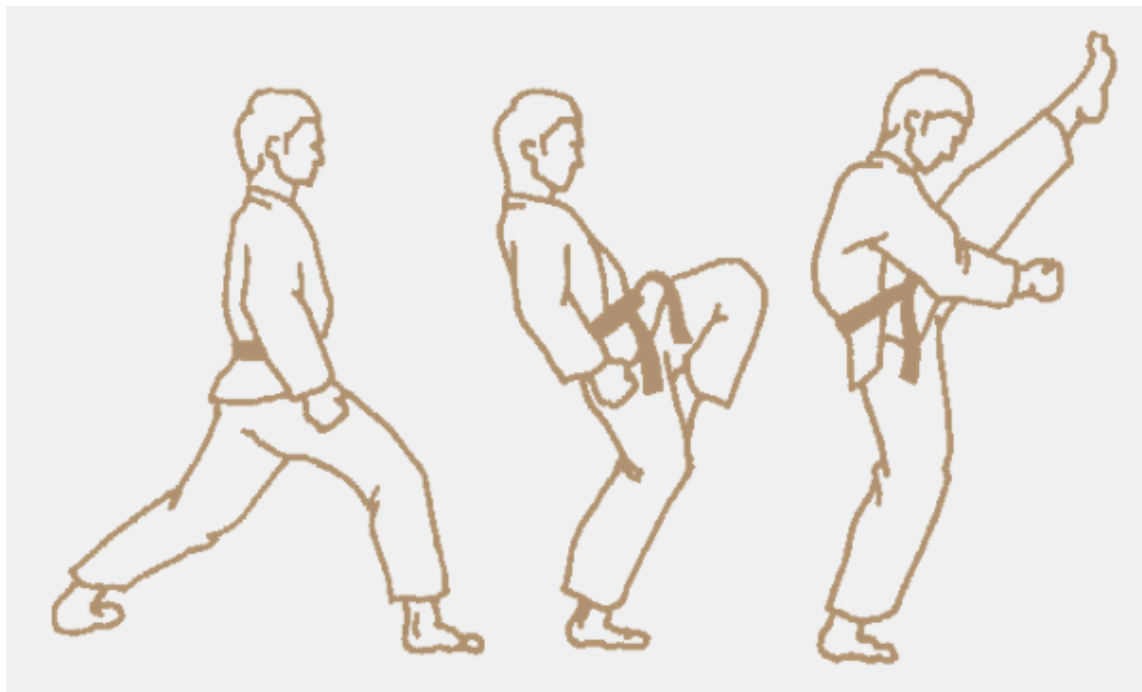
7.1-   Mae-Geri (Front kick) Chudan

Attack technique with the foot directly forward. In application, we use the mae-geri to attack the opponent using the sole of the foot to attack the stomach.
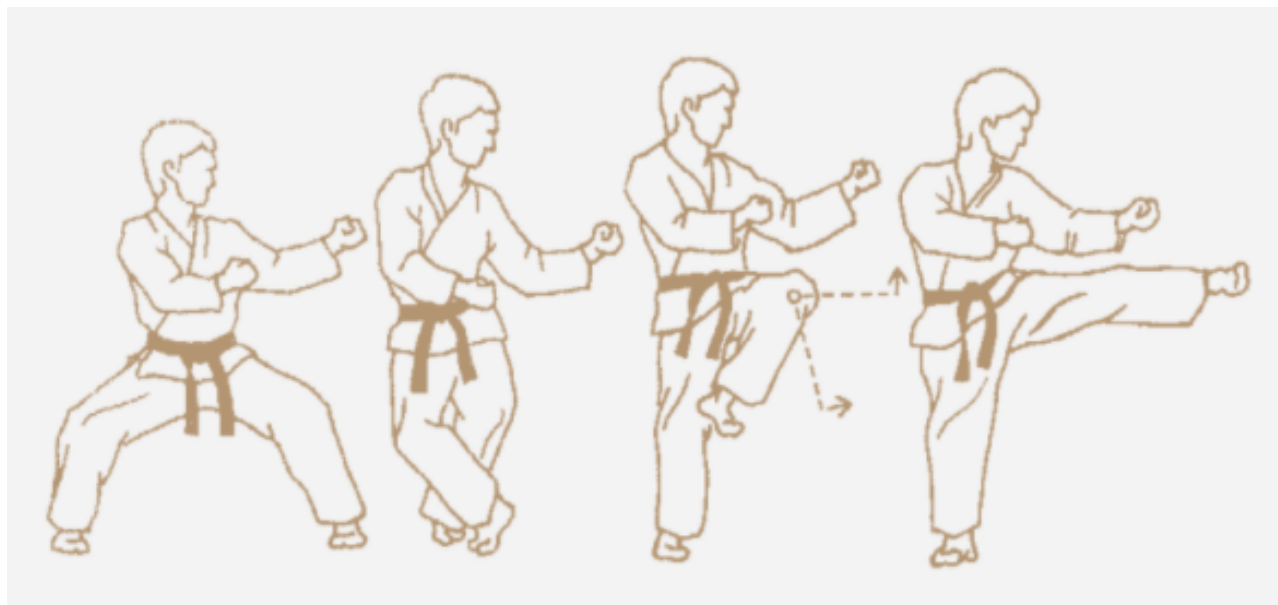
7.2-   Mae-Geri (Front kick) Jodan

Attack technique with the foot directly forward. In application, we use the mae-geri to attack the opponent using the sole of the foot to attack the face.

8- Yoko-Geri-Keage (Side kick whipped)

Attack technique with the side of the foot by whipping the knee.
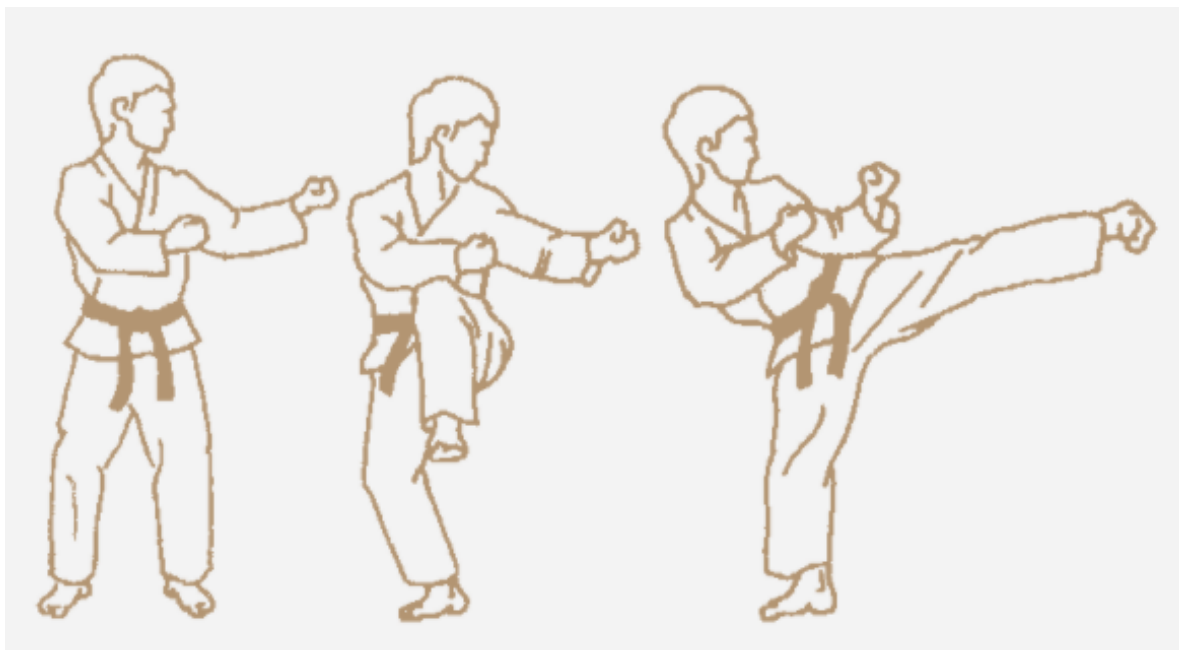

In application, we use yoko-geri-keage to attack the opponent using the outside edge of the foot. The "keage" blow is whipped.

9- Yoko-Geri-Kekomi (Side kick thrusted)

Attack technique with the side of the foot maintaining the final position for 2 seconds.

In application, we use the yoko-geri to attack the opponent using the heel. The "kekomi" blow is thrusted.
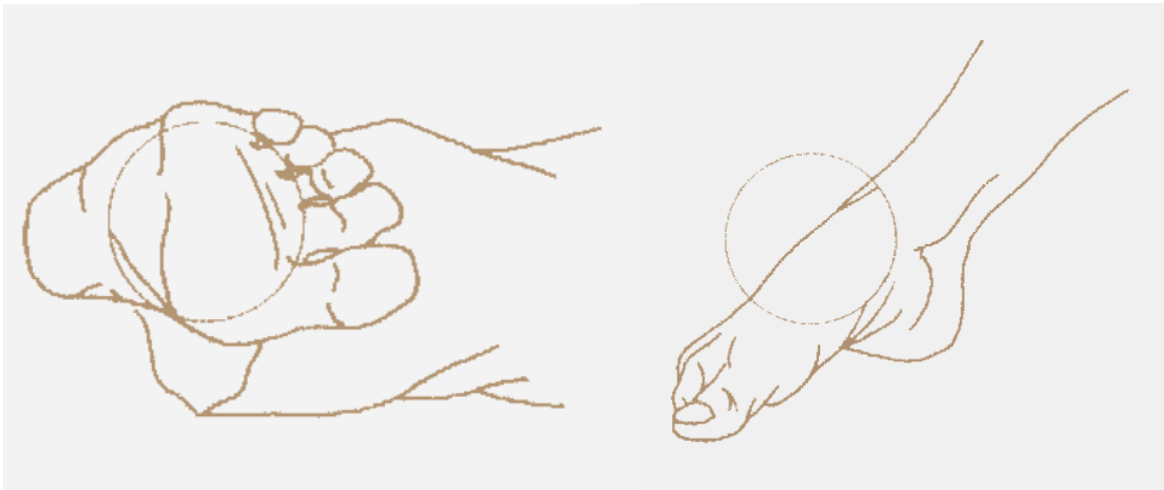
10- Mawashi-Geri (Roundhouse kick)

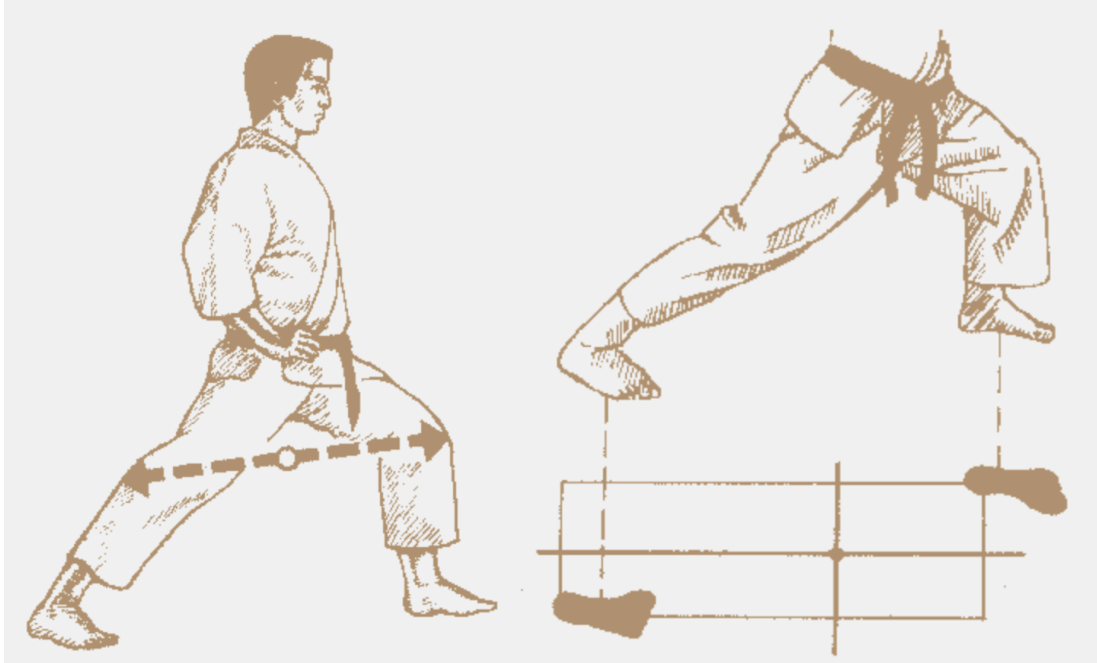Circular attack technique with the foot.

In application, we can hit the opponent with the sole of the foot by flexing the ankle and the toes; or we can hit with the top of the foot by pointing the toes.
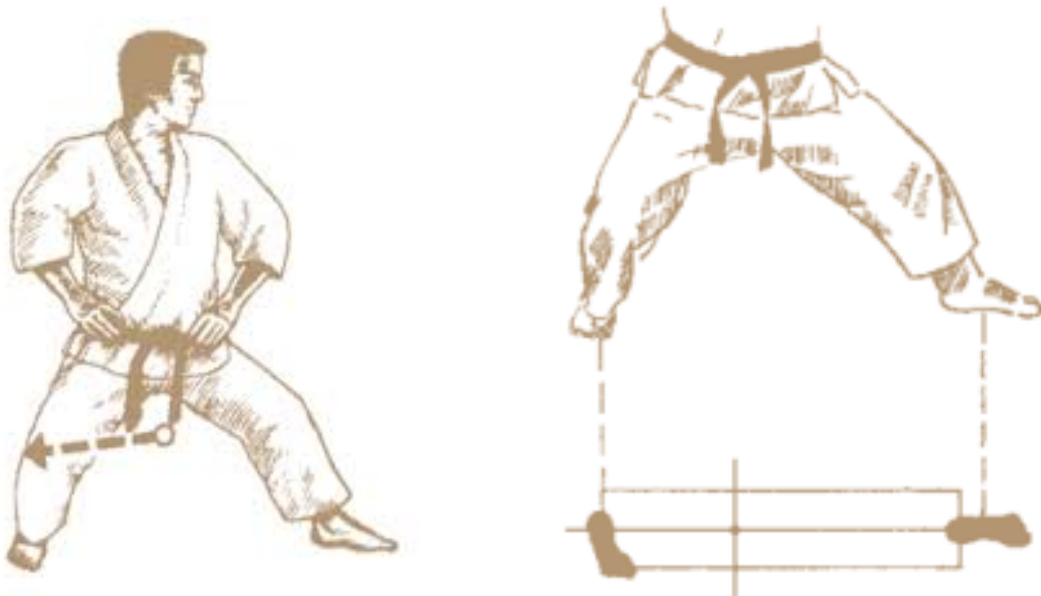
STANCES

11- Zenkutsu-Dachi (Front stance)

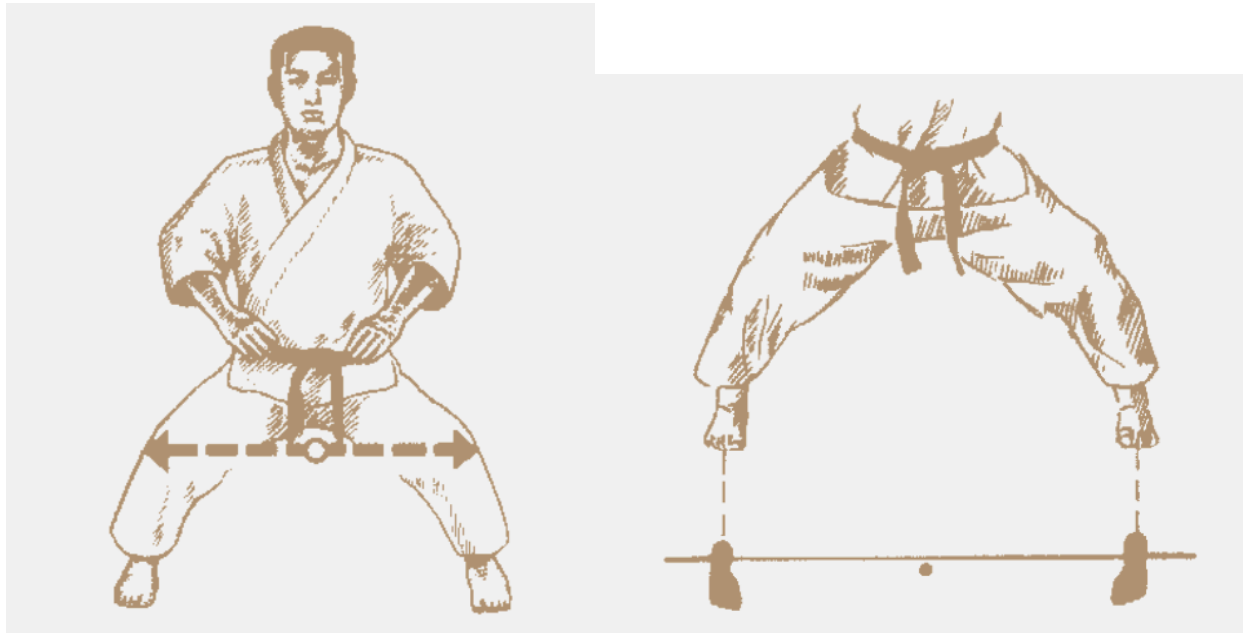Through this position, we learn to transfer our weight forward.

12- Kokutsu-Dachi (Back stance)

Through this position, we learn to transfer our weight backwards.

13- Kiba-Dachi (Side stance)

Through this position, we learn to center our weight in a sideways position.

In application, the movement is done sideways by crossing the back foot over the front foot. It is important to keep the same height with the knees bent.