



KENK KAN KIH N - BASICS



Red Barn Kenkokan Karate-do & Grappling Club
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Attention stance

Formal standing bow



Formal standing bow to a partner

1. Formal standing bow/ceremonial salutation - KEIREI: *intended to show respect, friendship and appreciation to the founder, teachers, seniors, fellow students and Dojo (place of the way - training hall).*

- *Attention stance position:* legs and heels are held together.
- Toes pointing forward at a 45 degree angle; hands by your side.
- To perform the formal standing bow, bend at the hips 25 to 30 degree's forward.
- Keep your back straight and don't crane the head forward. *The higher the individual's rank, the less the degree of the bow.*
- Look to the floor and slightly ahead of you.
- Hands on thighs, fingers and thumb should be touching each other.
- Keep this position for about 2 seconds then look up.
- Return to your original *Attention stance position*.



2. Fighting bow/salutation - KENKO RITSUREI: generally performed after the formal standing bow and executed before and after partner work, Kata, Kumite and fighting practice.

- From a *Formal standing bow/ceremonial salutation*, step forward left foot first, then right foot.⁽¹⁾
- Feet should be shoulder width apart. Toes pointing straight ahead.
- Hands make a fist and are extended in front of your thighs.
- To perform the fighting bow, bend at the hips 10 to 15 degrees forward without losing eye contact with your opponent.
- Keep your back straight and don't crane the head forward.
- Look at your opponent's eyes and chest.
- Hold the position for 1 second then straighten your body.⁽²⁾

⁽¹⁾ *The left foot steps forward 1st is due to the Samurai warrior never exposing uselessly his dominant side to his opponent.*

⁽²⁾ *Keep in mind that once you have bowed, the fight has engaged.*



Attention stance

1



2



Formal sitting position

3



3. Formal sitting position - SEIZA

- *Attention stance position*: legs and heels are held together (picture #1).
- Toes pointing forward at a 45 degree angle. Hands by your side (picture #1).
- To get into the *Formal sitting position*, step forward with the right leg (*due to the Samurai sword being carried on the left hip*).
- Kneel on the left knee keeping your left toes bent. Right leg follows to the kneeling position, right toes bent (picture #2).
- Straighten the toes of both feet; sit back on your heels. Keep your back straight, pull your shoulders back (picture #3).
- Knees should not be wider than two fists apart. Elbows should not stick out as you rest your hands on your thighs/lap.
- Fingers and thumb should be touching each other while resting on the thighs/lap.
- Your hands should not touch the floor at any time during the formal sitting position.
- In order to stand up and return to the attention stance, bend the toes under you; right leg comes up first, then left leg.
- Return to the *Attention stance position*: legs and feet are held together, heels touching.



Formal sitting position Formal standing position



Relaxed sitting position

4. MOKUSO: is a form of meditation which is generally performed with the eyes closed in a *Formal sitting position* at the beginning and at the end of every Karate class or event (it can also be performed in a *Formal standing position* and a *Relaxed sitting position*). One should breathe deep through the nose into the lower abdomen; exhale slowly and evenly through the mouth. The hands are generally resting on the lap, forming a circle with the fingers and thumbs touching (left fingers over right fingers).



5. Formal sitting bow/salutation - ZAREI: is generally performed at the end of Mokuso or meditation or when practicing certain ground or kneeling techniques. It expresses gratitude, friendship and respect.

From a formal sitting position (picture #1):

- Place your left hand first then your right hand on the floor ahead of the knees (picture #2).
- Index fingers and thumbs touching, forming a triangle with both hands.
- Bend at the waist about 45 degrees, lowering your head towards your hands (picture #3).
- Buttock or hips should not raise off the heels when performing a formal sitting bow.
- Keep your eyes on the opponent's hands when bowing. Hold your bow for two seconds, and then raise the body to a vertical position.
- Return your right hand first then your left hand to your hip/lap.⁽³⁾

⁽³⁾ *The right sword hand comes back first to your hip in case of attack.*



1



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3



6. Relax sitting position - ANZA

From a formal sitting position (picture #1) - SEIZA:

- Place both hands on the floor on the right side of your body (picture #2).
- Slip out your legs from underneath you to the left side of your body (picture #2).
- Sit down with your legs open and crossed in front of you (picture #3).
- Straighten your back and put your shoulders down.
- Place your hands on your knees, arms stretched or slightly bent.
- Fingers slightly closed – you may also clasp your hands together (left fingers over right fingers), thumbs touching.



7. Natural stance position - SHIZEN HONTAI DACHI

- The body faces forward.
- Hands extended downward, in front of your thighs.
- Feet are parallel at one shoulder width apart.
- Knees are slightly bent with the weight resting on the balls of the feet.
- Heels are raised slightly off the ground (you should be able to slide a sheet of paper under the heels).
- Pull the shoulders back, chest slightly out, look straight ahead at eye level – avoid tensing up.



8. Closed defensive stance - UCHIMATA JIGO HONTAI DACHI

From the Natural stance position - SHIZEN HONTAI DACHI:

- Feet are at one shoulder width apart like in the Natural stance position.
- Knees are bent at approximately 45 degrees inward.
- Toes and knees are tightened inward.
- Weight is resting equally on both feet.
- Heels raised slightly off the ground. ⁽⁴⁾
- Hands extended downward, in front of your thighs.

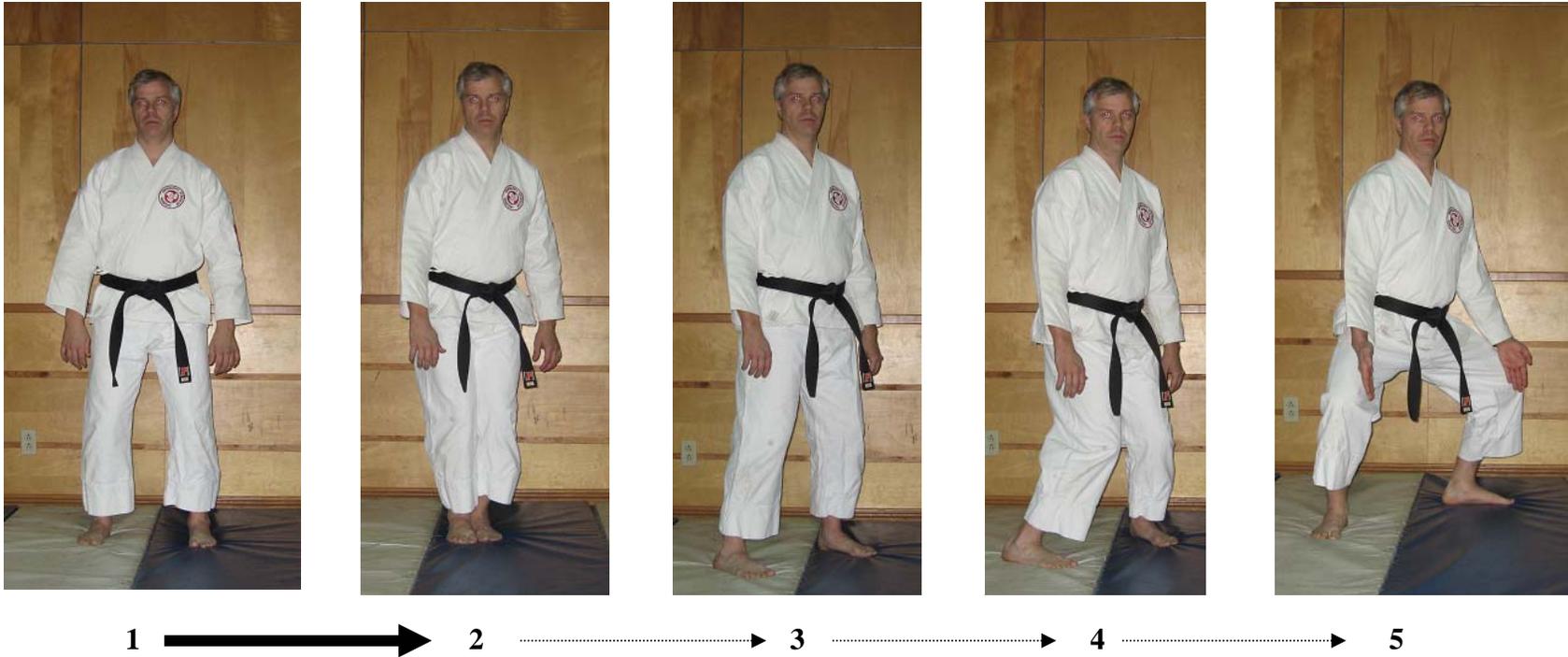
⁽⁴⁾ *You should be able to slide a sheet of paper under the heels*



9. Defensive open stance position - SOTOBIRAKI JIGO HONTAI DACHI

From a Natural stance position - SHIZEN HONTAI DACHI:

- Feet are at one and a ½ shoulder width apart.
- Knees are bent at about 30 degrees and turned outward.
- Toes are pointed outward.
- Weight is resting equally on both feet flat on the ground.
- Hands open and extended down protecting inside of upper knee.



10. Walking form/Crescent step - HOKO/SANCHIN HOKO

From a Natural stance position (picture #1):

- Step forward one normal step (one shoulder width). Look ahead at eye level (pictures #2 & 3)
- Slide the ball of the foot on the ground in a semi-circle fashion, keeping the body straight at a 45 degree angle.
- The weight of the body is shifted from one foot to the other as smoothly as possible.
- Bend both knees and point the toes inwards to protect the groin (picture #4).
- Before taking the next step, turn the toes outwards by pivoting on the balls of the feet (picture #5).
- Straighten the legs and take the next step by sliding your back foot close to the front foot and then forward in a continuous motion.
- Your head and shoulders should move in a straight line and not up and down when moving.

Advanced variations: Moving forward, execute a front hand outward forearm block (*Soto Ude Uke*).
Moving backwards, execute a front hand inward forearm block (*Uchi Ude Uke*).



11. Turning step (4 turning forms) - MAWARI ASHI

From a Natural stance position (picture #1) - SHIZEN HONTAI DACHI.

Left front turn (MIGI MAE MAWARI ASHI):

- Move the right leg across in front of the left supporting leg, keep your body straight (picture #2).
- Left supporting knee should touch the back of the right knee coming across.
- The distance between your feet should be one shoulder width, knees bent and touching.
- Pivot 180 degrees on the balls of the feet turning towards the rear (picture #3).
- Your head and shoulders should move in a straight line and not up and down when moving.
- Repeat the same movement again so that you face the front ending in a *Natural stance position*.

Right front turn (HIDARI MAE MAWARI ASHI): Same movements as the left front turn except you move to the right side of body.

Right back turn (MIGI USHIRO MAWARI ASHI): The right leg steps behind the left supporting leg, one shoulder width apart.

- Pivot on the balls of both feet and face the rear.
- Repeat the same movement again so that you face the front ending in a *Natural stance position*.

Left back turn (HIDARI USHIRO MAWARI ASHI): Same movements as the right back turn except your left leg goes behind the right.



Natural stance position (1)



(2) Front stance position

Front stance, middle level guard

12. Front stance, middle level guard - ZENKUTSU DACHI, CHUDAN KAMAE

From a Natural stance position (picture #1)

- Take a large step forward with one leg (1 ½ shoulder width apart and 1 shoulder width transversally) – picture #2.
- Make sure to keep the feet apart and not one behind the other (back heel in line with front toes).
- Back leg should be kept straight (it can sometimes also be slightly bent).
- Keep shoulders back over the centre of your body. Avoid leaning forward.
- Bend the front leg. You should not be able to see your front toes.
- About 60% of the weight rests on the front leg and 40% on the back leg.
- The knee and toes of the front leg is pointing inward.
- Your back closed hand is held on the waist or in front of the solar plexus.
- Your front closed hand is held in front of your body, shoulder level – bent and in line with your nose.
- Tighten your stance and your guards at the last possible second. Shoulders and hips should be parallel, in ‘full face front’ posture.



Back stance position

Back stance, low level guard

13. Back stance, low level guard - KOKUTSU DACHI, GEDAN KAMAE

- From a *Natural stance position* take a large step back with your leg (1 ½ shoulder width apart and 1 shoulder width transversally).
- Make sure to keep the feet apart and not one behind the other (back heel in line with front toes)
- Back leg should be kept bent. About 60% of the weight rests on the back leg and 40% on the front leg.
- Keep shoulders back over the centre of your body. Avoid leaning backwards.
- Your front leg should be slightly bent.
- The toes of the front leg are pointing inward.
- Your back hand is held closed on the waist or in front of the solar plexus.
- Your front closed hand is held straight, pointing down to the floor about two fist lengths above your bent front knee.
- Tighten your stance and your guards at the last possible second.
- Shoulders and hips should be parallel, in ‘full face front’ posture.

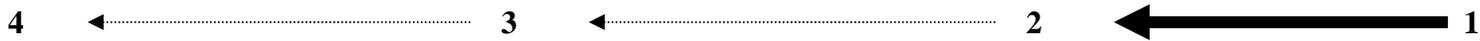
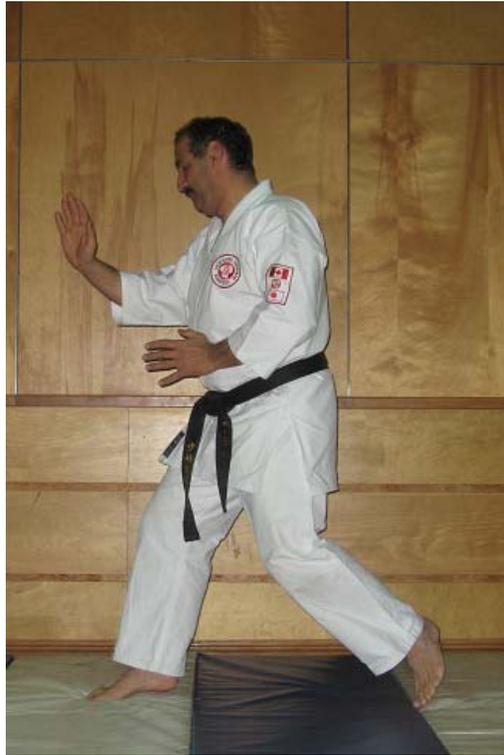


Cat stance position

Cat stance, high level guard

14. Cat stance, upper/high level guard - NEKO ASHI DACHI, JODAN KAMAE

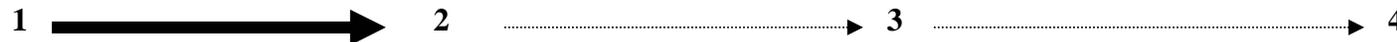
- From the *Back stance position* draw the front leg to the back leg.
- Transfer the weight to the back leg by bending at the knees and the waist.
- 70% of the body weight rests on the back leg which is slightly bent with toes pointed 45 degrees outward.
- 30% is on the ball of the front foot; heel is raised off the floor.
- Make sure to keep the feet apart (1 shoulder width longitudinally and diagonally) and not one behind the other.
- The supporting back leg should be kept bent as though you are trying to sit on a stool.
- Your front leg should be slightly bent with a little weight on the ball of that foot.
- Keep your shoulders back over the centre of your body. Avoid leaning forwards/backwards.
- Shoulders and hips are in a ½ face front posture, body diagonal to the front and hips pulled backward.
- Your back hand is held open on the waist (thumb tucked in) or in front of the solar plexus.
- Your front hand is held open in front of your body above the head (hand in line with your nose, thumb tucked in).



15a. Right forward straight line cat step - MIGI NEKO ASHI OR ZENSHIN

From the right Cat stance position (picture #1):

- Hands held in a middle guard position. Look straight ahead (picture #1).
- Inhale through the nose; hold your breath in the lower abdomen.
- Lift the right front leg slightly off the floor, bringing it back slightly towards the left back leg (picture #2).
- Push off with the left back foot. Cover a small distances with each single forward cat step (about 6 to 10 inches) - picture #3.
- Land on the ball of the right front foot and then the ball of the left back foot. Land with feet apart ready for action (picture #3).
- Keep as close to the floor as possible. Avoid dragging your feet or bringing them together.
- Your head and shoulders should move in a straight line and not up and down when moving.
- Exhale from the mouth and assume a right *Cat stance position*. Repeat the procedure (picture #4).



15b. Right backward straight line cat step - KOTAI NEKO ASHI

From the right Cat stance position (picture #1):

- Hands open in a middle guard position, look straight ahead. Inhale through the nose; hold your breath in the lower abdomen (pic. #1).
- Lift the left back leg slightly off the floor, bringing it forward slightly towards the right front leg (picture #2).
- Push off with the right front foot heading backwards (picture #3).
- Cover a small distances with each single backward cat step (about six to ten inches) - picture #3.
- Land on the ball of the left back foot and then the right front foot (picture #4). Land with feet apart, ready for action.
- Keep as close to the floor as possible. Avoid dragging your feet or bringing them together.
- Your head and shoulders should move in a straight line and not up and down when executing the movement.
- Look behind you every two to three backward *Cat steps*.
- Hand verification can also be added with your back left hand as you are *Cat stepping* backward.
- Exhale from the mouth and assume a *Cat stance position*. Repeat the procedure.



1 → 2 → 3 → 4 → 5

16a. Right forward zigzag cat step - MIGI DENGOGATA NEKO ASHI

From the right Cat stance position (picture #1):

- Hands open in a middle guard position, looking straight ahead. Inhale through the nose; hold your breath in the lower abdomen.
- Look to your right, pivot on the ball of the right front foot (picture #2).
- Right heel points towards the left back corner (like squashing a bug on the floor) - picture #2.
- *Cat step* diagonally about six inches to the right front corner, leading with your right front foot (picture #3).
- Make sure to keep as close to the floor as possible – avoid dragging your feet.
- Land on the ball of the right front foot and then the ball of the left back foot (picture #4).
- Land with feet apart ready for action. Avoid bringing your feet together (picture #4 & 5).
- Look to your left, pivot on the ball of your right front foot to the right back corner.
- *Cat step* diagonally about six inches to the left front corner, leading with your right front foot.
- Repeat the right *Zigzag cat step* pattern forward (right then left). Keep the right leg in front at all times.
- Your head, shoulders and waist should move in a straight line and not up and down when executing the movement.
- Exhale from the mouth and assume a right *Cat stance position*. Repeat the procedure (towards the right then to the left).

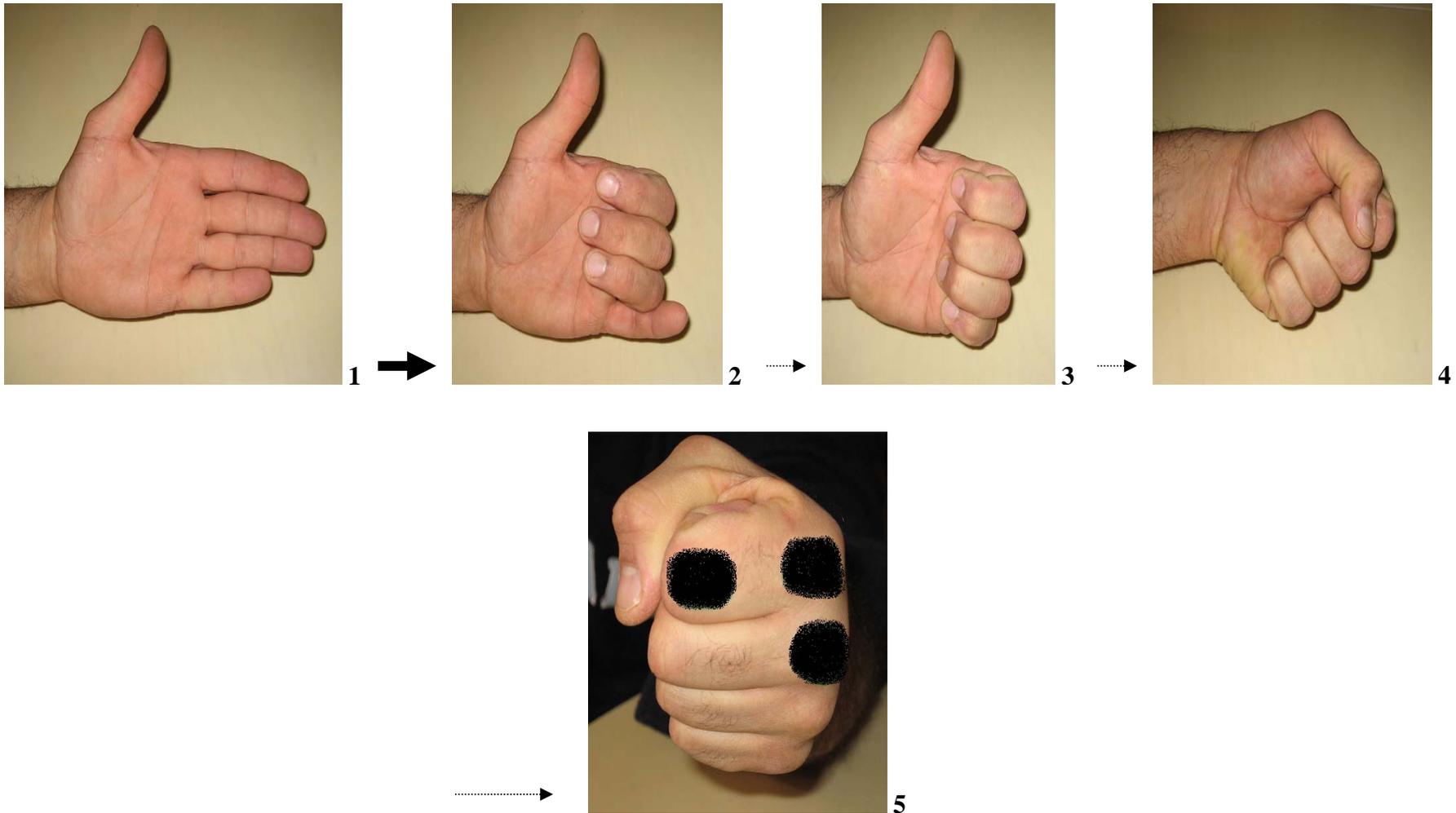


1 → 2 → 3 → 4 → 5

17. Right backward zigzag cat step - MIGI USHIRO DENGOGATA NEKO ASHI

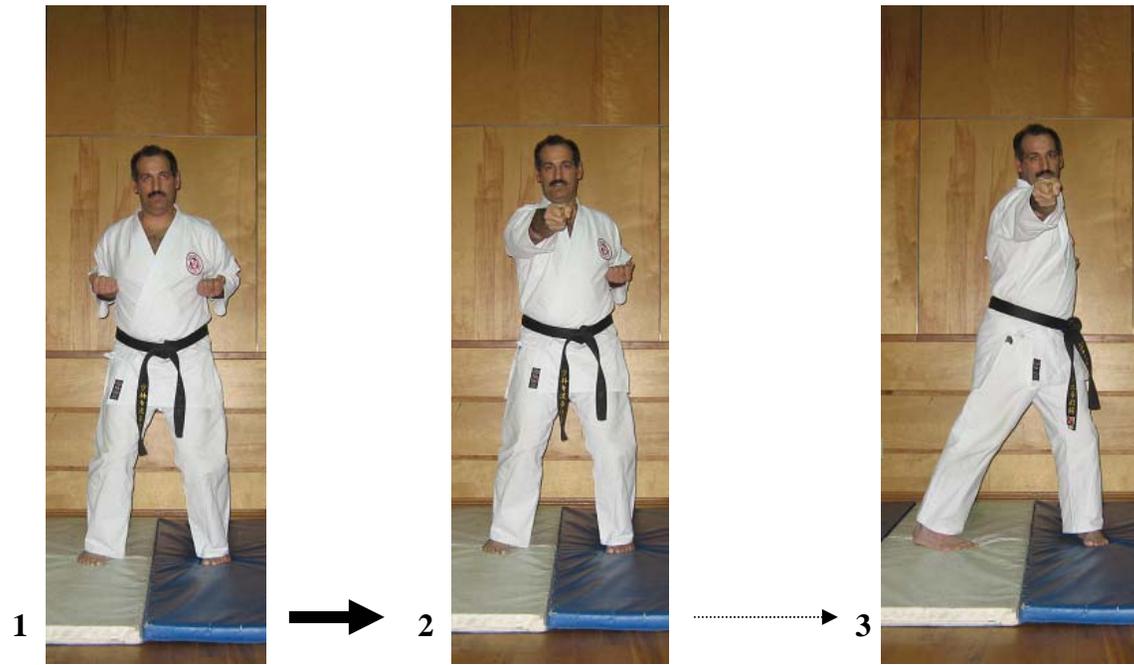
From the right Cat stance position (picture #1):

- Hands open in a middle guard position, look straight ahead. Inhale through the nose; hold your breath in the lower abdomen – Pic. #1.
- Look to your left; pivot on the ball of the right front foot, so that the right heel points towards the right back corner (picture #2).
- Place your body weight on your right front foot – make sure to keep your body straight, knees bent (picture #3).
- Lift the right back leg and *Cat step* backwards diagonally about six inches to the right back corner (picture #4 & 5).
- Land on the ball of the left back foot and then the ball of the right front foot (picture #5).
- Land with feet apart ready for action. Avoid dragging your feet or bringing them together (picture #5).
- Look to your right, pivot your right front heel to the left back corner.
- Place your body weight on your right front foot – make sure to keep your body straight, knees bent.
- Lift the left back leg and *Cat step* backwards diagonally about six inches to the left back corner.
- Land on the ball of the left back foot and then the ball of the right front foot.
- Make sure to keep as close to the floor as possible.
- Your head and shoulders should move in a straight line and not up and down when executing the movement.
- Exhale from the mouth and assume a *Cat stance*. Repeat the right *Zigzag cat step* pattern backward (right then left).



18. Punching technique - Making a proper vertical fist - TATE KEN

- Roll the fingers up into the palm of the hand (picture #1 to 3).
- Lock the fingers into place by placing the thumb downwards over the fingers (picture #4).
- Thumb-up fist position where the bones and muscles of the arm are aligned naturally and not twisted around horizontally (picture #4).
- Strike with the top two knuckles and first finger (1st & 2nd knuckles of the forefinger & 1st knuckle of the 2nd finger) – picture #5.

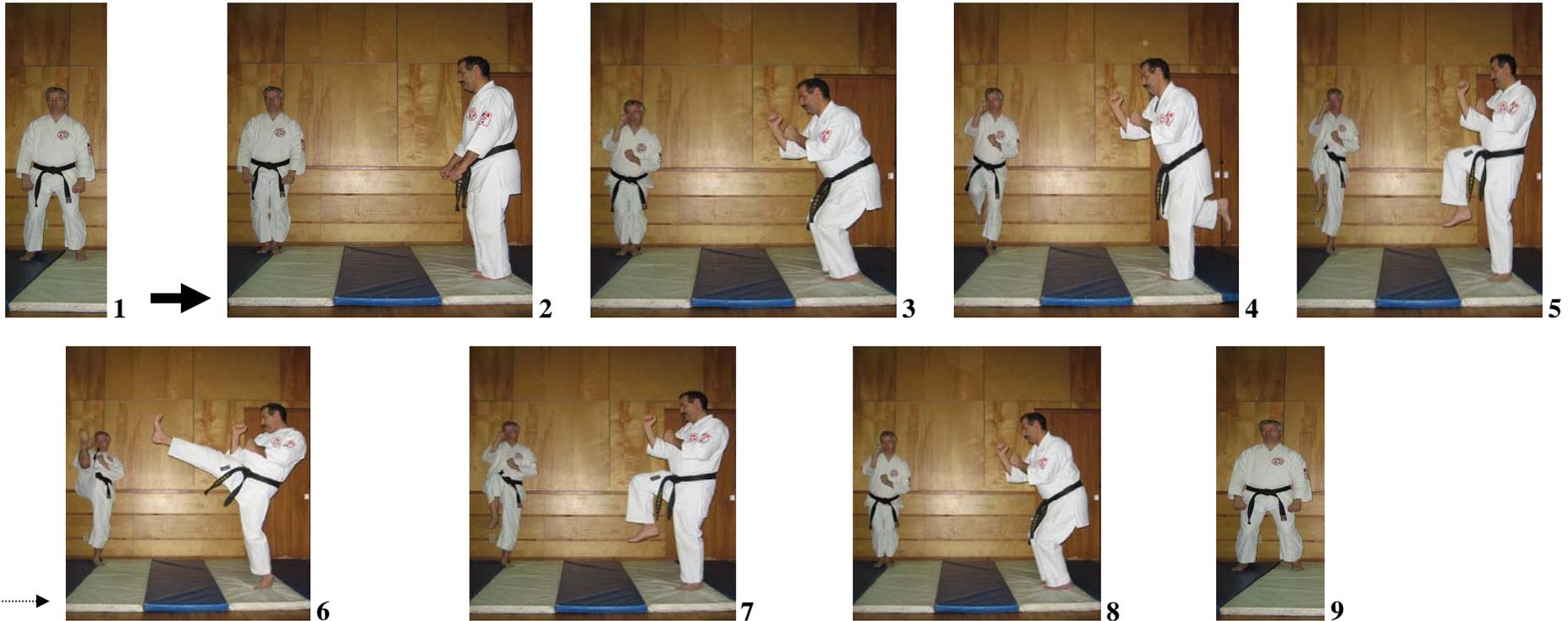


18a. Right punching technique - step by step from a Natural stance posture - TSUKI WAZA

- Feet shoulder width apart, knees slightly bent, weight on the balls of the feet (picture #1).
- Inhale through the nose; hold your breath in the lower abdomen. Look straight ahead as you are punching.
- Coil both arms back and up under the arm pits (as though you are elbowing someone behind you, palms upwards) – picture #1.
- Extend your right arm forward in line with your nose (as though your fist is traveling through a tube or pipe) – picture #2.
- Keep your left arm in the arm pit coiled position (picture #2).
- Right ankle, hips, shoulder and head must all rotate to the left (counter clockwise) in a single motion (picture #3).⁽⁵⁾
- Twist your right leg (the leg of the punching arm) so that the toes of the right foot point to the arch of the left foot (picture #3).
- Place the heel of the right foot on the floor, the right heel should not come off the floor (picture #3).
- Just before full extension or impact of the right arm, lock the punching right wrist downwards (towards your pinkie).
- The striking right arm, shoulders and pulled back non-punching left fist should all be aligned (picture #3).
- Pull the punching arm back to the coiled arm pit position as fast as you executed the punch itself (picture #1).
- Exhale from the mouth, relax the arms, shoulders and straighten the legs.

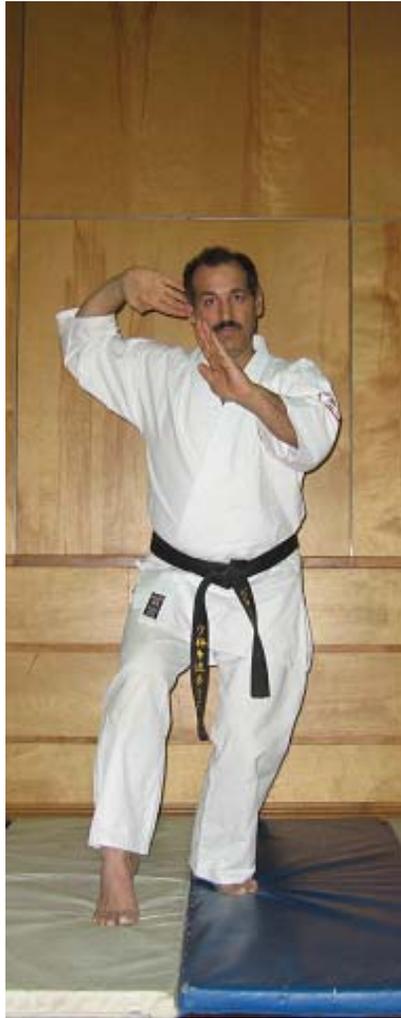
⁽⁵⁾ *The rotation of the body while punching serves to protect the 3 most vital points: groin, solar plexus and jugular vein.*

When punching, don't tighten your punching fist till a split second prior to impact. Avoid executing the punch full force in the air.



19. Right Kicking technique from a Natural stance position - step by step - KERI WAZA

- Feet shoulder width apart, knees slightly bent, weight on the balls of the feet, looking straight ahead (picture #1).
- Inhale through the nose; hold your breath in the lower abdomen.
- Bring the feet together by moving the right foot laterally towards the left foot. Keep kicking leg close to the supporting leg (pic. #2).
- Bring both arms up, bent, shoulder level for protection, on your hips or by your side for balance (picture #3).
- Bend the knees, lowering slightly your centre of gravity. Make sure not to lean forward or backward (picture #3).
- Lift the right bent leg off the floor, bringing the heel of the right foot close to your bottom - bum (picture #4).
- Thrust your hips and right knee forward – lead with your knee. Tuck your chin into the neck area, do not lean backwards (picture #5).
- Straighten the right leg, striking with the heel or ball of foot – at the time of impact, the ankle must be tightened (picture #6).
- Pull the right foot back to the knee of the supporting leg, toes pointing downward using the snap of the ankle (picture #7 & 8)).
- The withdrawal motion of the kicking leg should be executed as fast as the kicking motion itself. Bring your feet together, knees bent.
- Avoid executing the kicking technique full force in the air – this will lead to joint and back problems later on.
- Exhale from the mouth and return to the original *Natural stance position* (picture #9).



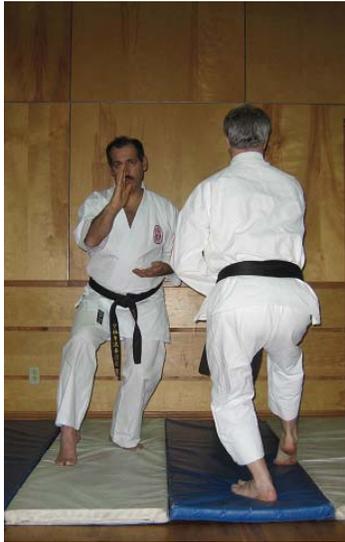
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20. Chopping technique - proper knife hand strike - TEGATANA UCHI or SHUTO UCHI

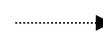
- Thumb tucked on the outside edge of the hand, fingers slightly bent and together.
- Contact is made with the meaty part of the hand (inside edge of hand, not the little finger).
- At the moment of impact, the little finger, 3rd finger and middle finger can be slightly bent.
- The striking hand must hit the target at a 30 degree angle.



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20a. Right front chop from a right Cat Stance position: MIGI TEGATANA UCHI OR SHUTO UCHI

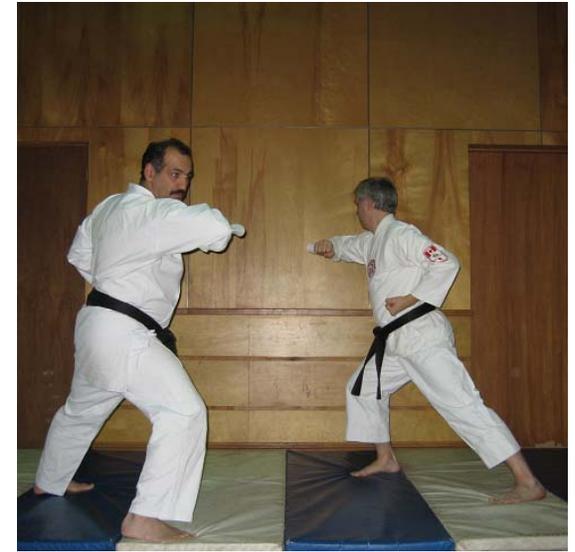
- Inhale through the nose; hold your breath in the lower abdomen.
- Move the right front foot a half step to the right side (picture #1 & 2).
- Move the left back foot behind the right front foot, transferring the weight on the left back foot - cross legged position (picture #2).
- Bring the right striking front hand back, behind the right ear (picture #2).
- Right elbow should be slightly above or in line with the right shoulder – twist your shoulders to the right (picture #2).
- Place the left back hand in front of your body in line with your nose, for protection (picture #2).
- From the cross legged position, step inwards and forward with the right front leg on a 45 degree angle (picture #3).
- Transfer the weight forward on the right front foot and extend your right arm snapping your wrist forwards (picture #3).
- The striking right hand should have the palm facing upward at a 30 degree angle (picture #3).
- The right striking arm should be shoulder height, parallel to the floor and in line with your right front foot (picture #3).
- When striking, you should be in a right *front stance* (other stances can also be used).
- The striking arm should not extend fully when striking the opponent.
- Keep your front chop strike loose and relaxed just prior to impact in order to get all the potential arm and hip action possible.
- Your head and shoulders should move in a straight line and not up and down when executing the movement.
- Bring your right striking hand back behind your right ear just as fast as the striking motion itself.
- Return to the original right *cat stance* by bringing your left back leg to your right front leg and *cat stepping* backward.
- Exhale from the mouth, assume *Zanshin* (state of readiness). Return to the right *Cat stance position* facing the front, middle guard.



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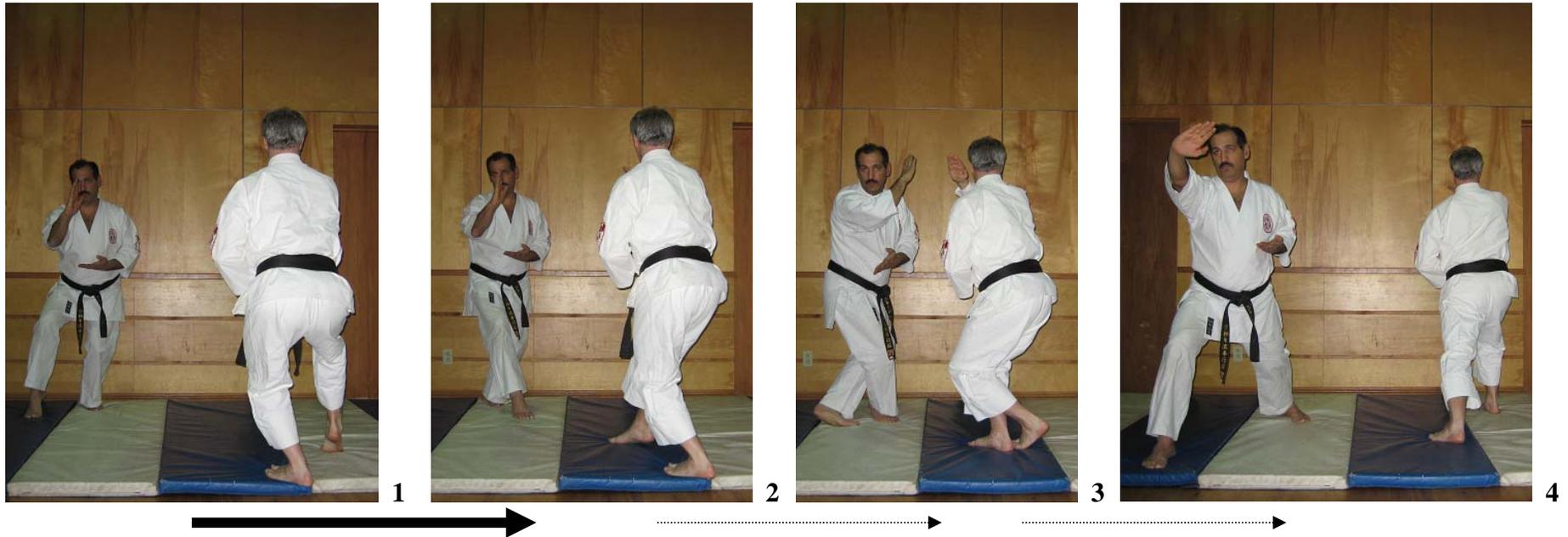
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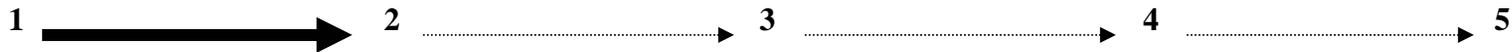
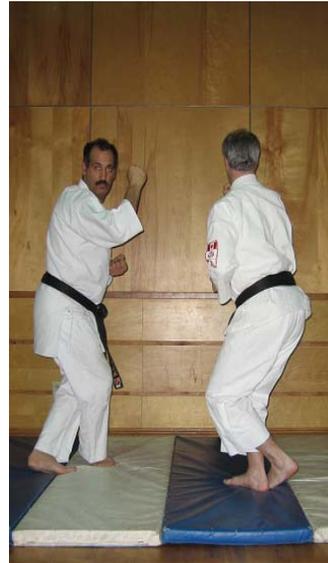
21. Right forearm strike from a right Cat stance position – MIGHI EMPI UCHI OR YOKO MAWASHI UCHI

- Inhale through the nose; hold your breath in the lower abdomen. Move the right front foot a half step to the right side (picture #1).
- Move the left back foot behind the right front foot, transferring the weight on the left back foot – cross legged position (picture #2).
- Bring the right front striking closed hand back, near the right arm pit or shoulder joint (picture #2).
- Place the left back hand in front of your body for protection (in line with your nose) – picture #2.
- From the cross legged position, step forward and inwards with the right front leg on a 45 degree angle (picture #3).
- Transfer the weight forward on the right front foot. The right bent striking arm swings forward, palm facing the floor (picture #3).
- Keep your right fist close to your right arm pit as you are swinging forwards and inwards (picture #3).
- Strike with the right forearm, just below the elbow (do not strike with the elbow itself).
- Pull back the left arm to the left side of the waist, as though you are elbowing someone behind you.
- When striking, you should be in a right *front stance* (other stances can also be used), striking arm in line with your right front leg.
- Bring your right striking forearm back near the right arm pit as fast as the striking motion itself.
- Keep your forearm strike loose and relaxed just prior to impact in order to get all the potential arm and hip action possible.
- Your head and shoulders should move in a straight line and not up and down when executing the movement.
- Return to the original right *Cat stance position* by bringing your left back leg to your right front leg and *cat stepping* backward.
- Exhale from the mouth, assume *Zanchin* (state of readiness). Return to the right *Cat stance position* facing the front, middle guard.



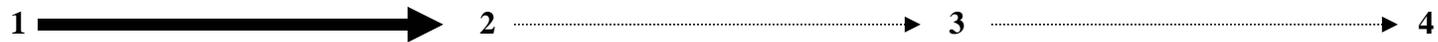
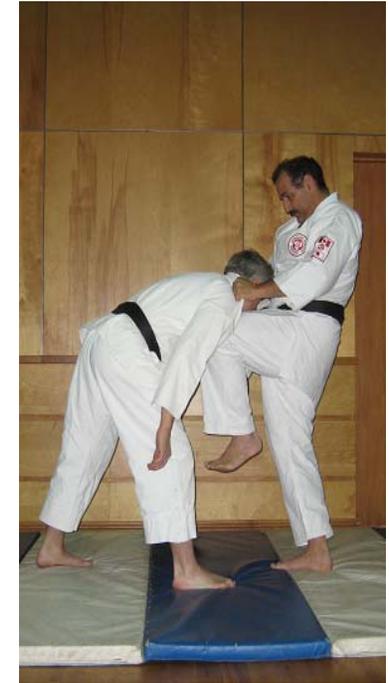
22. Right back chop from a right Cat Stance position - MIGHI GYAKU UCHI

- Inhale through the nose; hold your breath in the lower abdomen.
- Move the right front foot slightly forward a half step to the left side (picture #1 & 2).
- Move the left back foot behind the right front foot, transferring the weight on the left back foot – cross legged position (picture #3).
- Bring the striking right front knife hand back to the left ear in a winding up motion, palm facing downward (picture #3).
- From the cross legged position, step forward with the right front leg to the right front corner in a *Front stance position* (picture #4).
- Rotate your left back foot, hip and shoulders 90 degrees outward.
- The striking right bent arm extends outward in line with the right leg, shoulder height, palm facing the floor (picture #4).
- On contact, you should be in a right *Front stance* (other stances can also be used) – picture #4.
- On contact, pull your left hand to your left hip (like elbowing someone behind you with your left elbow).
- After contact, bring your right striking knife hand back to your left ear as fast as the striking motion itself.
- Keep your back chop loose and relaxed just prior to impact in order to get all the potential arm and hip action possible.
- Your head and shoulders should move in a straight line and not up and down when executing the movement.
- Return to the original right *Cat stance position* by cross stepping backward: right front leg over the left back leg.
- Exhale from the mouth and assume *Zanchin* (state of readiness). Return to the right *Cat stance* facing the front, middle guard position.



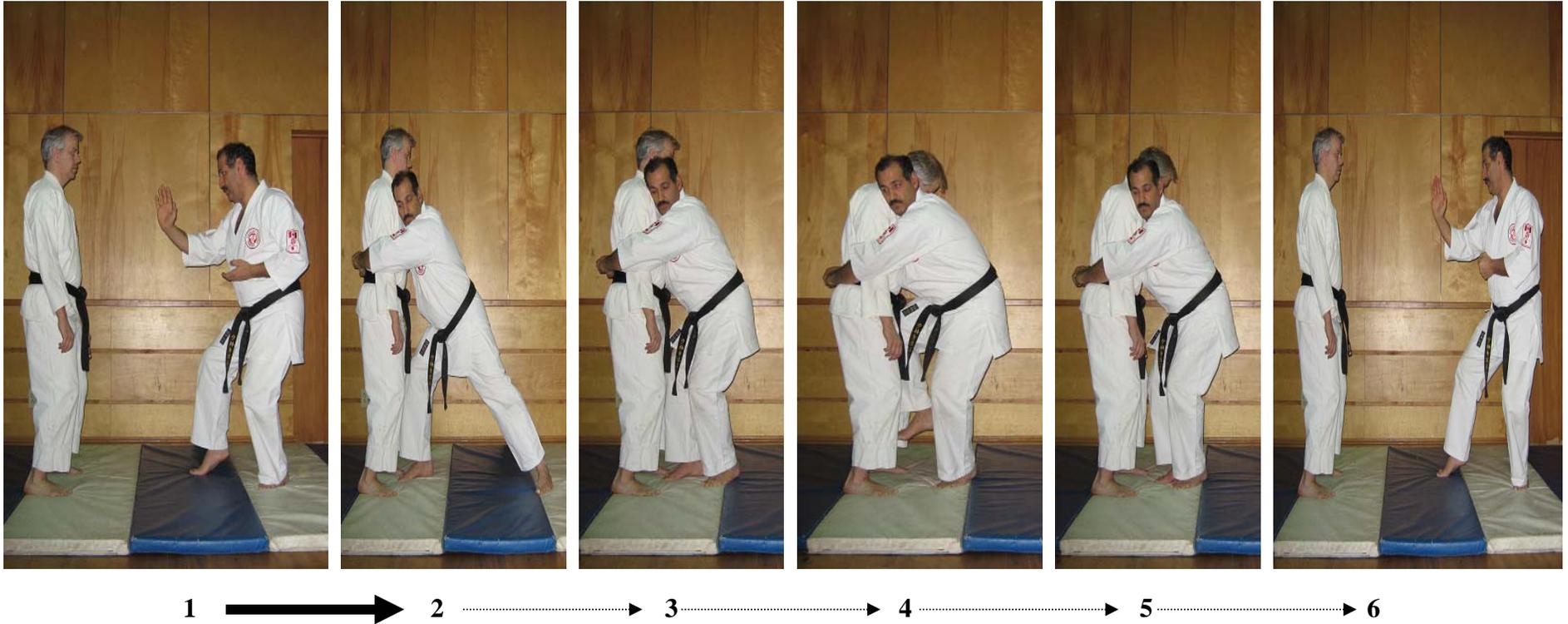
23. Right side kick from a right Cat stance position - MIGHI YOKO GERI

- Inhale through the nose; hold your breath in the lower abdomen.
- Move the right front foot slightly forward a half step to the left side (avoid large movements or steps) - picture #1 & 2.
- Move the left back foot behind the right front foot, transferring the weight on the left back foot – cross legged position (picture #3)
- Pull your hips backward. Bring your striking right leg up to waist level with a bent knee (picture #4).
- Extend your right leg forward, striking with the outside edge of the right heel, toes pointing slightly downward (picture #5)
- The heel of the slightly bent supporting left leg should pivot toward the opponent in the direction of the kick (picture #5).
- Do all the preliminaries prior to your side kick: positioning, pivot, body inclination, etc.
- Bend your body to the side, directly away from the kick. Keep both your arms close to your body for protection and balance.
- Return the kicking right leg to the left knee, with a whipping motion of the right ankle.
- The weight bearing left foot and hips should pivot back to their original position.
- Keep your kicks loose and relaxed just prior to impact in order to get all the potential leg action possible.
- Your head and shoulders should move in a straight line and not up and down when executing the movement.
- Cross step back to the original right *Cat Stance* by placing the right leg over the left back.
- Exhale from the mouth and assume *Zanchin* (state of readiness). Return to the right *Cat stance position* facing the front, middle guard.



24a. Knee strike/kick - Left back leg upward direction - HIDARI HIZA KE AGE

- From a right *Cat stance position*, open hand middle guard (picture #1).
- Inhale through the nose; hold your breath in the lower abdomen.
- Step forward with the right front foot and grab with both hands the opponent's shoulders (picture #1 & 2).
- *Cat step* back pulling the opponent down toward your right front knee (picture #3).
- Stomp on the ground with your right front foot to add momentum.
- Hit him with the upper part of your left knee (picture #4).
- Bring your hips forward to add power to the strike, bend your supporting right leg (picture #4).
- The ankle of the striking left leg should be bent forward to tighten the muscles of the leg and joints (picture #4).
- The toes of the striking left leg should be pointing upward (toes can also be pointing downwards) – picture #4.
- Bring the left foot back to its starting position, push away the opponent and exhale from the mouth.
- Assume *Zanchin* (state of readiness). *Cat step* back to the right *Cat stance position*, open hand middle guard.



24b. Knee strike/kick - Right front leg upward direction - MIGI HIZA KE AGE

- From a right *Cat stance position*, *open hand middle guard* (picture #1).
- Inhale through the nose; hold your breath in the lower abdomen.
- Step forward with the right front foot and grab the opponent with both hands as in a bear hug (picture #2).
- Turn your head slightly to the side to protect your face (picture #2).
- Bring the left back leg forward a half step, simultaneously stomping down with the left foot in order to add momentum (picture #3).
- Drive straight up with the right knee, hitting him with the upper part of your right knee (picture #4).
- Bring your hips forward to add power to the strike, bend your supporting leg (picture #4).
- The ankle of the striking right front leg should be bent forward to tighten the muscles of the leg and joints.
- The toes of the striking right front leg should be pointing upward (toes can also be pointing downwards).
- Bring the feet together, push away from opponent, exhale from the mouth and *Cat step* back (picture #5 & 6).
- Assume *Zanchin* (state of readiness). Return to the right *Cat stance position*, *open hand middle guard*.



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24c. Knee strike/kick - Left back leg circular direction - HIZA YOKO MAWASHI GERI

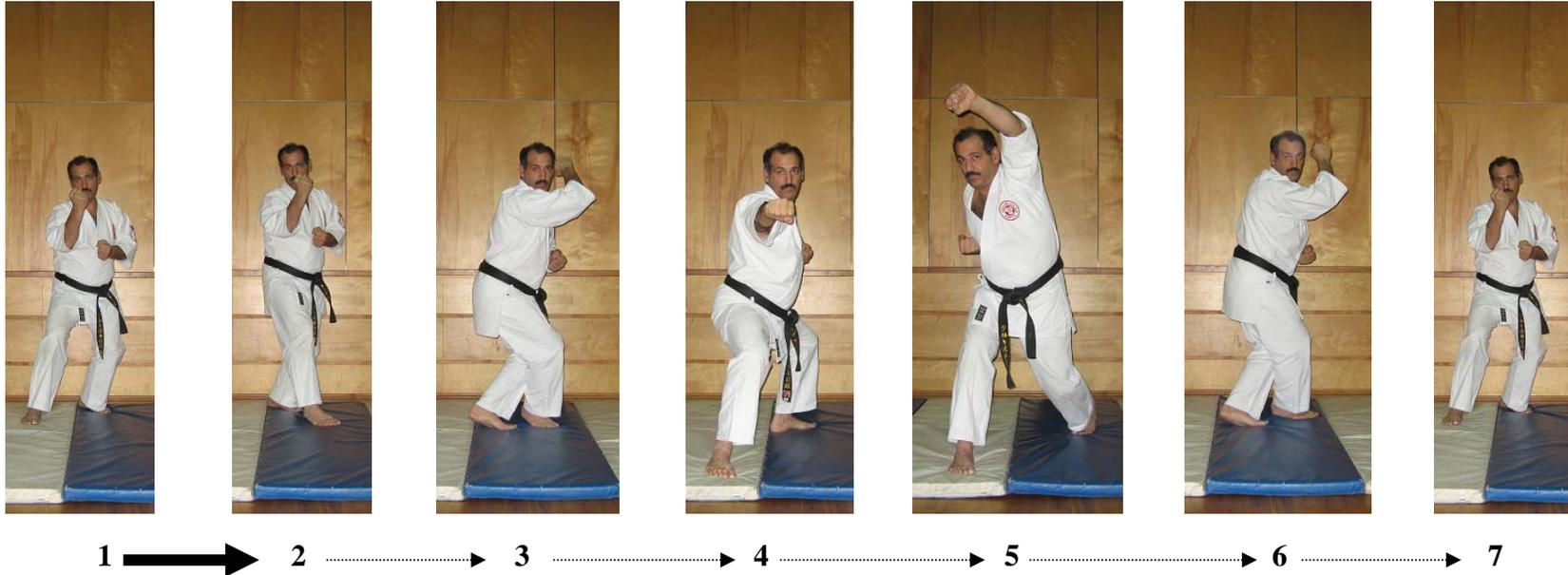
- From a right *Cat stance position, open hand middle guard*. Inhale through the nose; hold your breath in the lower abdomen (pic. #1).
- Step forward with the right front foot a half step to the right side (picture #2).
- Grab the opponent with both hands (left hand on opponent's shoulder and right hand on opponent's triceps) – picture #2.
- Stomp on the ground with your right front foot to add momentum (picture #2).
- Hit him with the upper part of your left knee thrown in a circular upward motion to your right (picture #3).
- Pull your opponent in to your left side (picture #3).
- Rotate your hips to your right to add power to the strike, bend your supporting right front leg.
- The ankle of the striking left leg should be bent forward to tighten the muscles of the leg and joints.
- The toes of the striking left leg should be pointing upward.
- After hitting the opponent with your left knee, bring your left foot back to its starting position (picture #4).
- Push away with your right front leg or unbalance your opponent (picture #4 & 5).
- Exhale from the mouth. Assume *Zanchin* (state of readiness). *Cat step* back to the right *Cat stance position, open hand middle guard*.



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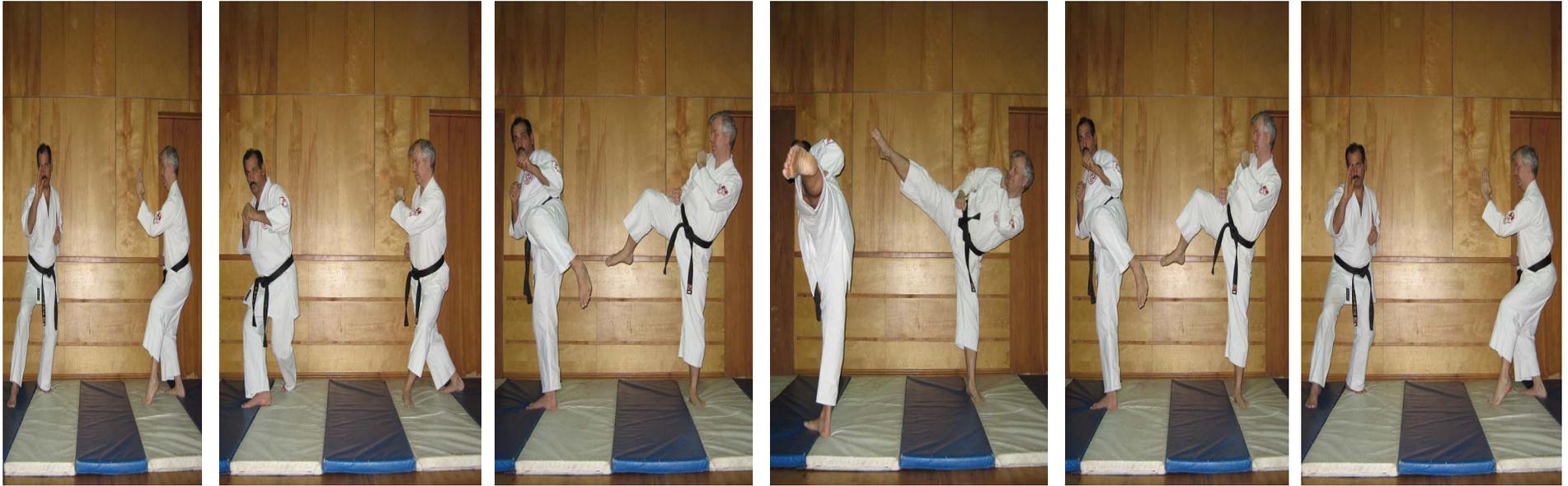
24d. Knee strike/kick - Left back leg downward directions - HIZA OTOSHI ATE

- From a right *Cat stance position*, *open hand middle guard*. Inhale through the nose; hold your breath in the lower abdomen (pic. #1)
- Place both hands on the opponent's chest. Bring the left back foot to the right front foot (picture #2 & 3).
- Place the right front foot forward behind the opponent's left front heel (picture #3).
- Sweep the opponent's left front heel with your right front leg (use the bottom part of your foot – arch area – to sweep) – picture #4.
- To facilitate sweeping opponent, unbalance him with your arms by swinging his lead arm upward in a 'U' fashion (picture #4 & 5).
- Drop down on your left back knee – toes curled under your foot; keep your body straight striking with the knee cap (picture #6).
- Push your body slightly backward in order to place more power on the knee strike (picture #6).
- The attack is directed at the fallen opponents ribs, groin, face, etc. (picture #6).
- Finish off the knee strike with a left downward chop or twist punch (picture #7).
- Exhale from the mouth. Assume *Zanchin* (state of readiness).
- Stand up and *Cat step* back to the right *Cat stance position*, *open hand middle guard* (picture #8).



25. Double hammer fist strike - NIDAN KENTSUI UCHI

- From a right *Cat stance position, closed hand middle guard*. Inhale through the nose; hold your breath in the lower abdomen.
- Move the right front foot slightly forward a half step to the left side (picture #2).
- Move the left back foot behind the right front foot, transferring the weight on the left back foot (cross legged position) – picture #3.
- Pull hips backward. Bring the right front closed hand back to the left ear in a winding up motion, palm facing downward (pic. #3).
- From the cross legged position, step forward with the right front leg to the right front corner in a *Horse stance* position (picture #4).
- Rotate your left back foot, hip and shoulders 90 degrees outward, pulling your left back hand to your hip (picture #4).
- The striking right bent arm extends outward, fist closed, palm facing the floor (picture #4).
- **On contact:** you should be in a *Horse stance*; the striking right arm is in line with the right leg, waist level, palm facing the floor.
- The outside edge of the right closed fist is used to strike the opponents solar plexus (*power concentrated in the little finger, 3rd finger and thumb*).
- Pull the right front arm straight back to the right hip (like elbowing someone behind you) – picture #5.
- Rotate your left back foot, hip & shoulders 90 degrees outward as you swing the left closed fist outward to opponent's head (pic. #5).
- The inside edge of the left closed fist is used to strike the opponents head area (*power concentrated in the little finger, 3rd finger and thumb*) – pic. #5.
- Make sure to slightly turn your head in the direction of the swing (towards the right shoulder) – keep an eye on your opponent.
- Return both arms to their original position. Exhale from the mouth (picture #6).
- Step back to the original right *Cat stance position* by cross stepping backward, bringing the right front leg over the left leg (pic. #6).
- Assume *Zanchin* (state of readiness). Return to the right *Cat stance position* facing the front, closed hand, middle guard (picture #7).



1 → 2 → 3 → 4 → 5 → 6

26. Roundhouse kick (static) – MAWASHI GERI

- From a right *Cat stance position, closed hand middle guard*. Inhale through the nose; hold your breath in the lower abdomen.
- Pivot clockwise on the right front foot (picture #2).
- Bring your left back hand in front of your body to protect it, pull your right front hand to your right hip (picture #2).
- Raise your left heel and throw your left foot in a circular motion across the front of your body to the right (picture #2 & 3).
- It is essential to lead this left roundhouse kick with your left knee (picture #3).
- Rotate your hips, shoulders, head and right foot in the same direction as the kick (picture #3).
- The left back foot should be kicking upward at 45 degree with the toes and ankle tightened (picture #4).
- Strike toward the front with your instep. Contact can also be made with the ball of foot, heel or shin (picture #4).
- Continue pivoting on the right foot while the left leg pulls back from kicking into a bent position return to its starting point.
- Keep your kicks loose and relaxed in order to get all the potential leg action possible.
- The pull back of the kicking left leg is lead by the left knee (picture #5).
- The body rotation can be a half a turn (180 degree) or a full turn (360 degree).
- After the roundhouse kick, exhale from the mouth. Assume *Zanchin* (state of readiness).
- Return to the right *Cat stance position* facing the front, closed hand, middle guard (picture #6).



1 —————> 2> 3> 4

27. Back roundhouse or wheel kick - USHIRO MAWASHI GERI

- From a left *Cat stance position, closed hand, middle guard*. Inhale through the nose; hold your breath in the lower abdomen.
- Move the left front foot slightly forward a half step to the right front corner (other twisting motions can also be used) – picture #2.
- Shift your weight and pivot clockwise 180 degrees to the left front leg, bending your knees – picture #2.
- Swinging your right arm to add momentum (picture #2).
- Turn your head clockwise to look over the right shoulder – your head must lead the body (picture #2).
- Bend your body slightly forward prior to picking up and bending the right knee (the knee is the key element to this kick).
- Extend the right leg upward and forward 45 degrees in a circular motion (picture #3).
- When spinning, spin on the ball of the foot and not the entire flat.
- Tighten your ankle to hit with the heel or edge of the right foot.
- Keep your kicks loose and relaxed in order to get all the potential leg action possible.
- Bring your right foot to your left knee, whipping your ankle downward.
- The pull back of the kicking right leg is lead by the right knee. Assume *Zanchin* (state of readiness).
- Exhale from the mouth as you assume the left *Cat stance position* facing the front, closed hand, middle guard (picture #4).

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