



Renshin-Kai Karate
Matsumoto Dojo



7th to 6th Kyu – Blue to Yellow Belt

Punches/ Strikes

Nihon Tsuki (Zuki)- Double Punch

Tateken- Punch with first turned vertical

Jun Zuki- Another way of saying “Seiken” Horizontal First

Stances

Han Kiba Dachi- Half horseback stance

Kiba Dachi- House back stance

Musubi Dachi- Training stance, toes pointed out a 45 degree angle, heels together, back straight

Kicks

Mawashi Geri- Roundhouse kick

Soto Mawashi- Outside to in crescent kick

Uchi Mawashi- Inside to out crescent kick

Ushiro Geri- Back kick

Yoko Geri- Side kick

Yoko Ke Age- Side Straight kicking up kick

Blocks

Uke- Block Technique

Gedan Barai- Lower parry block

Chudan Uchi Uke Gedan Barai- Middle and lower block at the same time

Mawashi Uke- Roundhouse block

Jodan Uke- High block head block

Chudan Sotouke- Middle out to inside block

Definitions

Han- Half

Han Mi- A posture, body facing front diagonally. Shoulders and waist at 45 degree angle

Mawashi- Circular “roundhouse” technique

Shihan- Master

Ushiro- Back

Kyu- Color belt rank

Sokuto- Knife edge foot

Dan- Black Belt degree rank