



**Renshin-Kai Karate**  
**Matsumoto Dojo**



**6<sup>th</sup> to 5<sup>th</sup> Kyu – Yellow to Orange Belt**

**Punches/ Strikes**

San Bon Tsuki (zuki)- Triple punch

Shuto Ganmenuchi- outer knife hand strike to the face

Shuto Hizouchi- outer knife hand strike to lower body

Shuto Sakotsu uchi- outer knife hand strike down to collar bone

Shuto Sakotsu uchikomi- outer knife hand strike push toward collar bone

Shuto Uchi Uchi- outer knife hand strike to temple

**Stances**

Moro Ashi dachi- One foot front, shoulder width apart, front foot heel in line with back foot's toes. Weight 50/50

Koukutsu Dachi- Back stance

Kake ashi dachi- Stepping cross back stance

**Blocks**

Sune Uke- Shin Block for Low Kick

**Commands**

Han Mi no Kamae- Fighting posture with upper body (waist and shoulders) at a 45 degree angle

Iki no Chose- Control breathing (Inhale through the nose and exhale quickly through the mouth, producing a "hut" or explosive sound.)

Kamae- Body posture with ki

Kumite no Kamae- Fighting posture

Morote no Kamae- Formal fighting position for hands. The front hand is held about chin level and the other hand is at the solar plexus.

No ga Re- Breathing Technique

No ga Re Omote- Slow, palms forward- breathing through nose pushing air down under belt and hold, exhale palms down

No ga Re ura- (short inhale) breathing technique- from under to up hold air, spear hand pushed forward, palm up, exhale.