

KIHON RENSHU
(Basic Technique Practice)

Kata no hogushi	Shoulder rotations
Koshi no kaiten	Trunk twists
Hiza no kaiten	Knee rotations
Kushin no undo	Joint stretching exercise
Mai ni taos (Koshi no undo)	Forward bending hip exercise
Yubi sake no ude tate fuse	Finger tip push-ups
Kobushi no ude tate fuse	First two knuckle push-ups
Yukani te wo sukeru kudasai	Touch the floor please
Chudan tsuki	Middle punch
Renzoku tsuki	Double middle punch
Mai geri no undo	Front kick exercise
Hiza age no undo	Knee raises
Mai geri	Front kick
Shuto uchi	Knife hand strike
Migi chudan tsuki (Gyaku tsuki)	Right reverse punch
Jodan uke	High block
Ushiro tsuki	High backward twisting punch
Chudan uchi otoshi	Downward mid-level hacking block
Uchi uke	Across the body forearm block (striking block)
Yoko geri no undo	Side kick exercise
Yoko geri	Side kick
Uraken	double back fist
Gedan barai-chudan tsuki	Downward sweeping block-reverse middle punch
Yoko tsuki	Side twisting punch
Mawashi geri no undo	Roundhouse kick exercise
Mawashi geri	Roundhouse kick
Ushiro geri	Back kick
Ashi Sukui	Catching a kick
Ashi barai	Sweeping a kick
Yon kai uchi	Four count strike
Chudan uke	Inner forearm block
Shuto uke	Double knife hand block
Hasami uchi	Double forearm strike
Gedan tsuki	Downward punch
Uke kogeki	Defense offense
Ashi uke	Blocking a kick
Renzoku tsuki geri	Punch punch kick punch
Fukin no undo	Crunches
Haikin no undo	Back exercise
Kubi no undo	Neck rotations
Shin kokyū	Deep breathing

Some common terms: Kon ban wa-good evening; Sensei-teacher; Karateka-student; Kyotsuke-attention

Rei-bow; Shomen ni rei-bow to the front; Ota gai ni rei-bow to each other; Yamae-stop; Ushiro-back

Kotai-reverse; Mokuso-sit up straight, close eyes, concentrate; Yasumi mashio-break time; Hai-yes