



ENSHIN KARATE

BROWN BELT

Kamaete	take your stance
Naotte	return to ready stance
Yame	stop, finish
Kiai irete	kiai
Mokuso	meditation
Mokuso yame	end of meditation
Hajime	begin
Yoi	ready
Mawate	turn

HIJI AGE
HIJI OTOSHI
Hiji USHIRO MWASHI UCHI
SHUTO SAKUTSU UCHI
SHUTO UCHI OROSHI
OI ZUKI
SANBON ZUKI
GYAKU ZUKI
OI GERI
KERI KOMI
TSUKI KOMI
SANKAKU GERI
KAKE GERI
UCHI MOMO GERI
JIKU ASHI GARI

RISING ELBOW STRIKE
DESCENDING ELBOW STRIKE
BACK ROUNHOUSE ELBOW STRIKE
KNIFE HAND STRIKE TO COLLARBONE
DESCENDING KNIFE HAND STRIKE
STEP AND PUNCH WITH FRONT HAND
TRIPLE PUNCH
STEP AND REVERSE PUNCH
MOVE IN AND KICK
DRIVING THROUGH WITH KICK
DRIVING PUNCH
TRIANGLE KICK
HOOK KICK
INSIDE THIGH KICK
SWEEPING TO SUPPORTING LEG

Sayo	both sides
Gyaku	reverse
Mae	front
Migi	right
Hidari	left
Jodan	high
Chudan	middle
Gedan	low
Soto	outside
Uchi	inside
Hanmi	half body

WEAPONS

Seiken	forefist
Uraken	backfist
Chusoku	ball of foot
Haisoku	instep
Hiza	knee
Kakato	heel
Shuto	Knife Hand
Sokuto	Knife edge of foot
Kakuto	heel
Teisoku	arch of foot
Nukite	Spear Hand
Shutei	Palm Heal
Tetsui	Fist Edge
Kote	Forearm

KICKS

Mae geri	front kick
Mae keage geri	front stretching kick
Hiza geri	knee kick
Kin teki geri	groin kick
Mawashi geri	rounhouse kick
Kakato geri	heel kick
Yoku keage	side high kick
Yoku geri	side kick
Ushiro mwasi geri	spinning back hook
Ushiro geri	back kick
Kansetsu	Joint
Uchi momo geri	inside thigh kick

HAND STRIKES

seiken chudan zuki
seiken jodan zuki
seiken ago uchi
uraken sayo uchi
uraken hizo uchi
gyako zuki
seiken shita zuki
uraken mawashi uchi
hiji otoshi uchi
shuto uchi oroshi
avako zuki

forefist middle punch
forefist upper punch
forefist chin strike
backfist side strike
backfist liver strike
reverse punch
forefist under punch
backhand roundhouse strike
descending elbow strike
descending knifehand strike
reverse punch

THROWING TECHNIQUES

Maki kumi nage	Front rowling throw
ake uke	hook and grab
Soto Gake	leg hook throw
Ippon zoinage	Over shoulder throw
Tai Otoshi	body drop throw
Tsuri kumi nage	

MISCELLANEOUS TECHNIQUES

Shingokyu	silent breathing
Kyushu	draw in-absorbing impact
Todome	finish off
Kime	finish off
Seika tanden	bodybetween groin & naval

CONDITIONING

Sit up	200
Push Up	60
Squat	200

KATA

Shiro obi no kata	white belt form
Ao obi no kata	Blue belt form
Kiro obi no kata	Yellow belt form
Midori obi no kata	Green belt form

OTHERS

kancho	grand master
dojo	training area
honbo	headquarter

BREAKING

One wooden board with back kick
32 hours of teaching