



ENSHIN KARATE

GREEN SENIOR 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
SHUTO SAKUTSU UCHI
SHUTO UCHI OROSHI
OI ZUKI
SANBON ZUKI
GYAKU ZUKI
OI GERI
SANKAKU GERI
KAKE GERI
UCHI MOMO GERI
JIKU ASHI GARI

RISING ELBOW STRIKE
DESCENDING 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
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 Heel
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
Kansetsu	Joint
Uchi momo geri	inside thigh kick
Ashi barai	cutting sweep

HAND STRIKES

seiken chudan zuki	forefist middle punch
seiken jodan zuki	forefist upper punch
seiken ago uchi	forefist chin strike
uraken sayo uchi	backfist side strike
uraken hizo uchi	backfist liver strike
gyako zuki	reverse punch
seiken shita zuki	forefist under punch
uraken mawashi uchi	backhand roundhouse strike
hiji otoshi uchi	descending elbow strike
shuto uchi oroshi	descending knifehand strike
gyako zuki	reverse punch

THROWING TECHNIQUES

Maki kumi nage	Front rowling throw
Kake 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	100
Push Up	50
Squat	150

KATA

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

OTHERS

kancho	grand master
dojo	training area
honbo	headquarter

16 hours of teaching