



# ENSHIN KARATE

## YELLOW BELT

### NUMBERS

Ju	10
Niju	20
San ju	30
Yonju	40
Goju	50
Rokuju	60
Nanaju	70
Hachi ju	80
Ku ju	90
Hyaku	100

### 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

### 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

### KICKS

Mae geri	front kick
Mae keage geri	front stretching kick
Hiza geri	knee kick
Kin teki geri	groin kick
Mawashi geri	roundhouse 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

### POSITIONS

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

### COMMAND

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

### BLOCKS

Gedan barai	low parry
Jodan uke	upper block
Sune uke	shin block
Chuden soto nagashi	middle out to in parry
Shuto Uke	knife hand block
Kake uke	hook and grab
Hiki mwashu	pull around W/2 hands
Hiki kuzushi	pull off balance

### MISCELLANEOUS TECHNIQUES

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

### CONDITIONING

Sit up	40
Push Up	30
Squat	50

### KATA

Shiro obi no kata	White belt form
Ao obi no kata	Blu belt form

### OTHERS

Kancho	grand master
Dojo	training area
Honbo	headquarter

### BREAKING

One wooden board with Ax kick