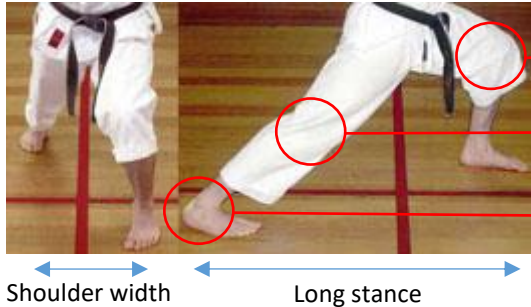
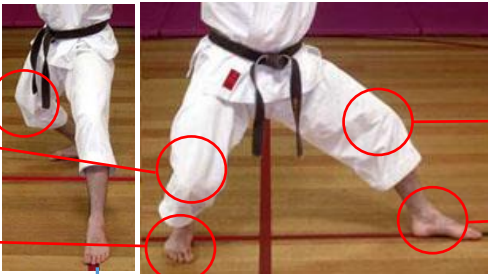
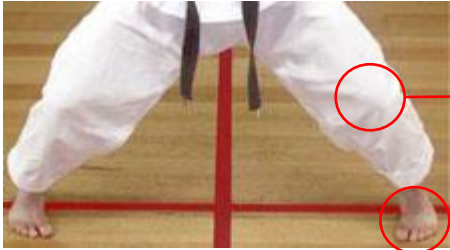
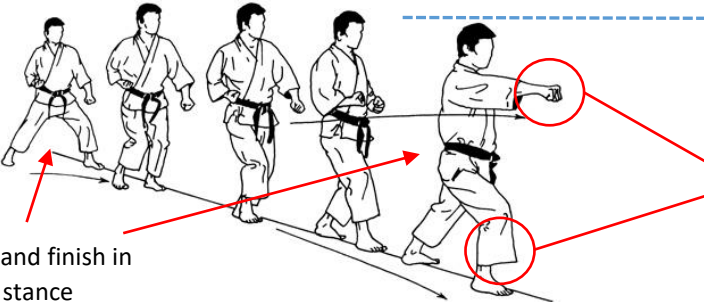
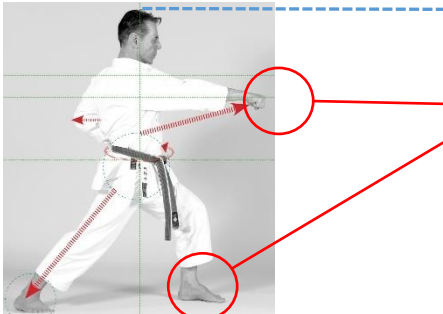
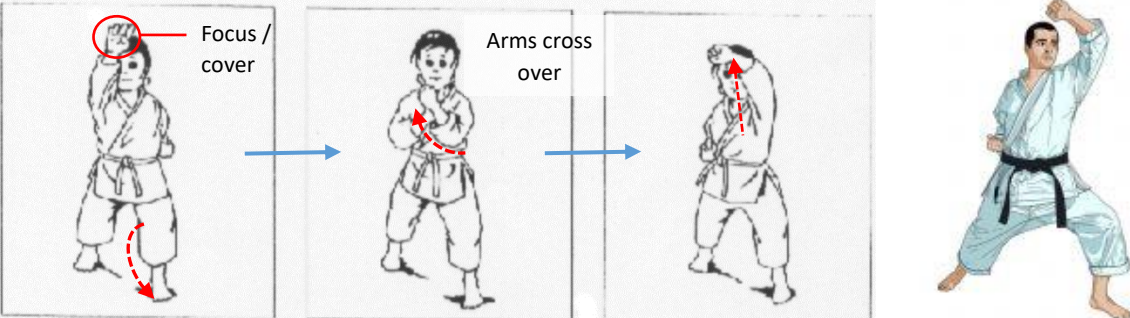






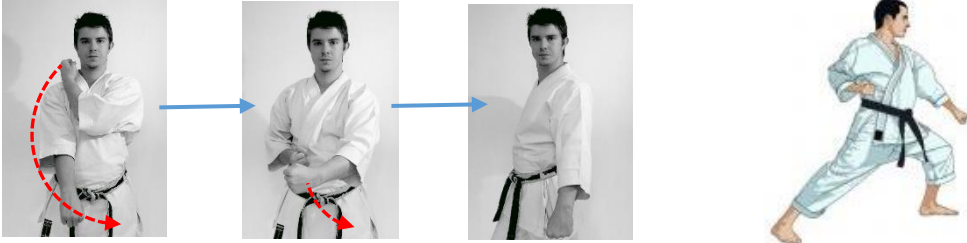
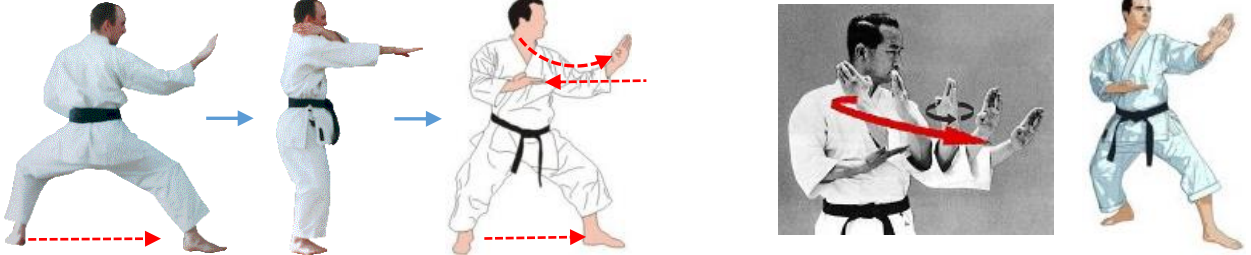
# White Belt Revision Aid

Japanese	English	Description
ZENKUTSU-DACHI	Front stance	 <ul style="list-style-type: none"> <li>Bent knee</li> <li>Straight leg</li> <li>Foot pointing as forward as possible</li> </ul>
KOKUTSU-DACHI	Back stance	 <ul style="list-style-type: none"> <li>Back knee bent out to side</li> <li>Back foot pointing to side</li> <li>Front knee slightly bent forward</li> <li>Front foot pointing forward</li> </ul>
KIBA-DACHI	Horse-riding stance / side stance	 <ul style="list-style-type: none"> <li>Knees bent forwards over feet</li> <li>Both feet pointing forward</li> </ul>




Find more detailed explanations and videos for all these techniques at <http://junzenkarate.com/beginner-s-guide>

<p>OI-ZUKI <i>chudan</i></p>	<p>Lunge/stepping punch to the <i>body</i></p>	 <p>Start and finish in front stance</p> <p>Stay low and do not rise up whilst stepping</p> <p>Punch with the arm on the <b>same side</b> as the leg stepping forward.</p> <p><b>NOTE:</b> make sure you punch on target aligned with your <i>centre</i> (solar plexus)</p>
<p>OI-ZUKI <i>jodan</i></p>	<p>Lunge/stepping punch to the <i>head</i></p>	<p>Same as above, but punching to head/face level</p>
<p>GYAKU-ZUKI <i>chudan</i></p>	<p>Reverse punch to the <i>body</i></p>	 <p>Stay low and do not rise up whilst stepping</p> <p>Punch with the arm on the <b>opposite side</b> as the leg stepping forward.</p> <p><b>NOTE:</b> make sure you punch on target aligned with your <i>centre</i> (solar plexus).</p>
<p>GYAKU-ZUKI <i>jodan</i></p>	<p>Reverse punch to the <i>head</i></p>	<p>Same as above, but punching to the head/face level</p>
<p>AGE-UKE</p>	<p>Upper rising block</p>	 <p>Focus / cover</p> <p>Arms cross over</p>

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<p>SOTO-UKE</p>	<p>Outside block</p>	 <p>Diagrams showing two practitioners performing Soto-uke, a top-down view of the block, and four small sequential photos of the movement. Photos show a practitioner in a white gi with a black belt in two stages: the first shows the hand starting to move, and the second shows the hand fully extended. A blue arrow points from the first photo to the second. A vertical dashed blue line is drawn through the second photo, with a horizontal dashed blue line extending from the fist to the text 'Fist ends up at shoulder level'. Below this, another horizontal dashed blue line extends from the center of the body to the text 'Make sure the block finishes past your centre line.'</p>
<p>UCHI-UKE</p>	<p>Inside block</p>	 <p>Diagrams showing two practitioners performing Uchi-uke, a top-down view of the block, and four small sequential photos of the movement. Photos show a practitioner in a white gi with a black belt in two stages: the first shows the hand starting to move, and the second shows the hand fully extended. A blue arrow points from the first photo to the second. A horizontal dashed blue line is drawn through the fist in the second photo, with a vertical dashed blue line extending from the fist to the text 'Fist ends up at shoulder level'.</p>
<p>GEDAN-BARAI</p>	<p>Lower sweeping block</p>	 <p>Three sequential photos of a practitioner in a white gi with a black belt performing the lower sweeping block. A red dashed arc with an arrow indicates the hand's path from the waist down to the knee level. A blue arrow points from the first photo to the second, and another blue arrow points from the second to the third. To the right is a full-body illustration of a practitioner in a light blue gi performing the technique.</p>
<p>SHUTO-UKE</p>	<p>Knife hand block (whilst stepping forward in Kokutsu-dachi)</p>	 <p>Three sequential photos of a practitioner in a white gi with a black belt performing the knife hand block while stepping forward. Red dashed arrows indicate the hand's path and the forward step. A blue arrow points from the first photo to the second, and another blue arrow points from the second to the third. To the right is a full-body illustration of a practitioner in a light blue gi performing the technique.</p>

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<p>MAE-GERI <i>chudan</i></p>	<p>Front kick to the <i>body</i></p>	 <p>Keep guard up at all times</p> <p>Strike with ball of foot</p> <p>Raise the knee as high as possible</p> <p>Keep the foot pulled back</p> <p>Pull back foot keeping knee raised before lowering leg</p>
<p>MAE-GERI <i>jodan</i></p>	<p>Front kick to the <i>head</i></p>	<p>Same as above but kicking to the head.</p>
<p>YOKO-GERI-KEAGE <i>chudan / jodan</i></p>	<p>Side snap kick to the <i>body / head</i></p>	 <p>Knee raises towards target, foot retracted</p> <p>Snap foot out and quickly back to retracted position</p> <p>Chudan</p> <p>Jodan</p> <p>Strike with the "sokuto" – edge of foot</p>
<p>GOHON KUMITE</p>	<p>5 step sparring</p>	<p>Sparring drill practicing 3 types of blocks: age-uke, soto-uke, gedan-barai</p>  <p>Blocking oi-zuki jodan with age-uke.</p> <p>Blocking oi-zuki chudan with soto-uke.</p> <p>Blocking mae-geri chudan with gedan-bari.</p>