



SHIZENTAI
(NATURAL STANCE)

- Relaxed posture.
- Feet shoulder width apart.
- Toes forward.



CHOKU-ZUKI
(STRAIGHT PUNCH)

- Tighten core.
- Strike with two largest knuckles.
- Inactive hand at the ready.
- Practiced in shizentai.



OI-ZUKI
(FRONT LUNGE PUNCH)

- Back straight, torso bladed.
- Push front hip forward.
- Front knee bent.
- Step forward into zenkutsu-dachi (front stance).



GYAKU-ZUKI
(REVERSE PUNCH)

- Big rotation from the torso into the punch.
- Back hip follows the direction of the punch.
- Stance is zenkutsu-dachi.



GEDAN BARRAI
(DOWN BLOCK)

- Blocking with the ulna bone (forearm).
- About 3 fists length above the leg.
- Putting the hip away from the blocking side.



AGE-UKE
(RISING BLOCK)

- Forearm is angled.
- Palm facing out.
- Align body behind the block.
- Powerful front stance (60% of weight is on front leg).

Complete Shotokan Karate

M Lipman



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