

Kihon Tsuki

Basic Strikes



**ACADEMY OF
TRADITIONAL
KARATE**

Teaching life skills since 1989

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Kiotsuke, Yoi (as in Pinan kata). Set position, Left foot slides out Left into shiko-dachi.

Left hand sets into middle area punch position. Right hand chambers. Each technique is done in sets of six alternating right and left sides.

Kihon Tsuki (Part 1: Hand Techniques)

The following techniques are executed from shiko-dachi.

- 1) Chudan-zuki (middle area punch)
- 2) Jodan age-zuki (upper area rising punch)
- 3) Jodan age-zuki (upper area rising punch), te-uke (open hand blocks down with heel of palm)
- 4) Shuto-uchi (sword hand strike) swinging around to the side from an open hand high block

Bring both hands back to chamber.

- 5) Chudan Speed Punch (from chamber)

Bring both hands into middle block positions.

- 6) Chudan Speed Punch (from middle area block position, punching straight to the front)
- 7) Square Speed Punch (punching inside middle block between shoulder and fist)
- 8) Angled Speed Punch (punching 45° just outside the middle block)
- 9) Combination Speed Punches (punching inside middle block between shoulder and fist, angled, middle, then middle punch with opposite hand)

Begin with right hand punching and left hand returning to chamber.

- 10) Angled Punch (punching 45° across body to the oblique)
- 11) Square Punch (punching 90° across body to the side)
- 12) Punch straight out to the side (from chamber on first count, swing strikes between the others)

The following techniques are executed from zenkutsu-dachi, pivoting on the balls of the feet on each count and punching forward (shomen).

- 13) Chudan-zuki, pivoting on each punch/count.
- 14) Double chudan-zuki, pivoting on each punch (pivot, punch, pivot back, punch, on each count)
- 15) Double shuto-uke (knife hand block), pivoting on each block/count.

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Set position, Left foot slides in to heiko-dachi. Bring both fists up into middle chest block area with palms facing each other. Each technique is done in sets of six, alternating right and left sides unless otherwise noted.

Kihon Tsuki (Part 2: Kicks)

Keep hands stationary while performing the following kicks, alternate right and left for each set of six.

16) Mae-geri (front snapping kick)

17) Yoko-geri (side kick, pivoting and kicking to the front on each count)

18) Mawashi-geri (roundhouse kick)

Cross both wrists in front of chest, step back right into hidari zenkutsu-dachi while bringing both fists down center and out to either side. Hands remain stationary doing sets of six all on the right side.

19) Mae-geri (front kick)

Bring both fists up in front into a fighting/on guard position. Do sets of six all on the right side.

20) Yoko-geri (side kick, pivoting and kicking to the front on each count)

21) Mawashi-geri (roundhouse kick)

Switch sides, stepping right foot up into heiko-dachi crossing wrists in front of chest. Step back left into migi zenkutsu-dachi bringing fists down center and out to sides. Repeat steps #19-21 on the left side.

Pull right foot back into migi neko ashi-dachi and keeping hands up in on guard position.

22) Mae-geri all on the right side

Switch sides, stepping through/forward into hidari neko ashi-dachi. Repeat step #22 on the left side.

Slide left foot forward into hidari 45° shiko-dachi. Extend left fist toward front (toward your left side) into middle area punch position, chamber right.

23) Shift into zenkutsu-dachi with reverse punch. Retract punch/stance slowly back to 45° shiko-dachi.

24) Shift into zenkutsu-dachi with reverse punch, lunge punch. Retreat stance back slowly.

25) Shift into zenkutsu-dachi with reverse punch. Retreat stance back quickly with lunge punch.

26) Shift into zenkutsu-dachi with reverse punch, lunge punch. Mae geri with rear leg, replace "live" foot (heel off ground) down into zenkutsu dachi. Shift back to shiko dachi. Shift into zenkutsu-dachi with reverse punch, then slowly retract punch/stance back to shiko dachi.

Switch sides, bringing right foot forward into heiko-dachi. Step back left into migi 45° shiko-dachi. Repeat steps #23-26 on the left side.

Step forward with left leg into kiotsuke.