**Karate List 7**

**You need to know this for your exam**

1) Warm ups

|  |  |  |
| --- | --- | --- |
| 1) Squat w/ swinging arms | 9) Squatting on one leg | 17) Left hand stretch |
| 2) Side to side hips | 10) splits | 18) Right hand stretch |
| 3) Front and back hips | 11) Hula hoop hips | 19) Left hand chest stretch |
| 4) Touch your toes | 12) Rotating knees | 20) Right hand chest stretch |
| 5) Sitting down 🡪 feet together | 13) Rotating left foot | 21) Push ups and hands |
| 6) Left leg, foot down stretch | 14) Rotating Right foot | 22) Finger presses and shake |
| 7) Squatting on one leg stretch | 15) Side to side feet | 23) Left, center,right head |
| 8) Right leg, foot down | 16) Calf raises/ M Jackson | 24) Up, center and down head |

Geri waza/Kicking technique

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| --- | --- |
| **Japanese Name** | **English Explanation** |
| Shormen geri [zenkutsu dachi] | Front kick |
| Mawashi geri [neko ashi dachi] | Roundhouse kick |
| Hiza geri [heiko dachi] | Upwards knee |
| Kagato geri [heiko dachi] | Crossover kick (stomp on foot) |
| Yuko geri [heiko dachi] | Side kick |

Stances are dependent on technique. They are listed in square brackets beside the name of the technique.

**NOTE\*: All of the following hand techniques utilize *Shko Dachi* stance.**

Tsuki waza/Punching technique

|  |  |
| --- | --- |
| **Japanese Name** | **English Explanation** |
| Jordan tsuki | High punch |
| Chudan/Shormen tsuki | Middle punch |
| Gedan tsuki | Low punch |
| Ura tsuki | Punch to the diaphragm |
| Mawashi tsuki | Roundhouse punch |
| Heiko tsuki | Double punch |
| Morote tsuki | Middle + punch to the diaphragm |
| Uraken shormen uchi | Front snap punch |
| Uraken saya uchi | Side snap punch (shoulder level) |
| Uraken hizo uchi | Side snap punch (stomach level) |
| Kuwagoo tsuki | Opposite punch (in relation to leg) |

Te waza/(open) hand technique

|  |  |
| --- | --- |
| **Japanese Name** | **English Explanation** |
| Shuto uchi | Front chop |
| Ura shuto uchi | Side Chop |
| Nukite | Knife-hand strike |
| Shotei | Push |

Empi waza/Elbow technique

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| --- | --- |
| **Japanese Name** | **English Explanation** |
| Jordan empi | High elbow |
| Mawashi empi | Roundhouse elbow |
| Shita empi | Side elbow |
| Oroshi empi | Downward elbow |
| Ushiro empi | Back elbow |

Uke waza/ Blocking technique

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| --- | --- |
|  |  |
| Jordan uke | High block |
| Shormen uke | Middle block |
| Gedan uke | Low block |
| Uchi uke | Inside arm block |
| Shotei uke | Push block |
| Ka ke uke | Open-handed block |
| Ka ke ura uke | Upside-down open-handed block |
| Morote uke | Shormen uke + Gedan uke |
| Morote shuto uke | Open-handed morote uke |