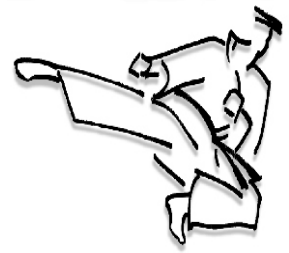


空手道

# Karate Do, LLC

## Jumbi Undo



### Ashi saki ageru undo

#### Heel Pivots

#### Ah-she-sakee-o ai-gere-u undo

Ashi saki - tip of the foot

Ageru = to lift

Undo = exercise

“To lift the tip of the foot exercise”

### Kagato wo ageru undo

#### Heel Lifts

#### Ka-gato oh ai-gere-u undo

Kagato = hel of the foot

Ageru = lift

Undo = erercise

“To lift the heel of the foot exercise”

### Ashi kubi wo mawasu undo

#### Foot Circles

#### Ah-she-koobie oh ma-wasu undo

Ashikubi = ankle (neck of the foot)

Ashi = foot

Kubi = neck

Mawasu = to rotate or turn

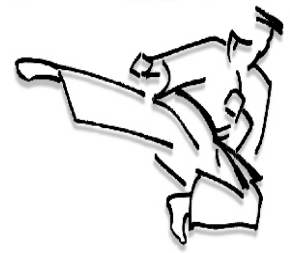
“To rotate the ankle exercise”





# Karate Do, LLC

## Jumbi Undo



### Hiza wo mawasu undo

#### Knee Circles

#### Hee-za oh ma-waas-eu undo

Hiza = knee

Mawasu = to turn or rotate

Undo = exercise

“To turn the knee exercise”

### Ashi mae yoko undo

#### Leg lift and turn

#### Ah-she may yoko undo

Ashi = foot

Mae = to the front

Yoko = to the side

“Leg lift to the front and side exercise”

### Ashi wo ageru undo (Ashi wo mae nanameni ageru undo)

#### Straight leg kicking

#### Ah-she-oh ai-gere-u undo

“To lift the leg exercise”

#### Ah-she-oh may-e nana-may-nee agere-u undo

Mae = above the eyes

Nanameni = on the diagonal

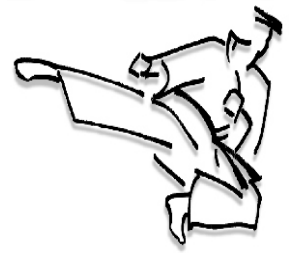
“To lift the leg above the eyes and across the diagonal” v



空  
手  
道

# Karate Do, LLC

## Jumbi Undo



### Karada mae ni taosu undo

Waist scoops

Cara-doe mae-nee tao-sue undo

“To drop the body forward exercise”

### Koshi no nenten undo

Trunk twisting

Ko-she no nen-ten undo

Koshi = waist, hip, back

“To turn or bend the lower back exercise”

### Udeo mae yoko shitani nobassu undo (Udeo nobassu undo)

Arm thrusts

Ud-e-o mai yo-ko she-tan-ee no-bas-u undo

Ude = arm

Mae = to the front

Yoko = to the side

Shitani = downward

Nobassu = to stretch or lengthen

Undo = exercise

“To stretch the arms forwrd, sideways and downward”

Ud-e-o no-bas-u undo

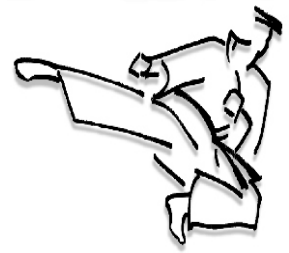
“To lengthen the arms exercise”



空手道

# Karate Do, LLC

## Jumbi Undo



### Kubio mawasu undo

Neck exercise

#### Ku-bee-oh ma-wasu undo

Kubi = neck

Mawasu = to twist or rotate

Undo = exercise

“Rotate the neck exercise”

### Shinko Kiu

Deep breathing

#### Shin-ko cue

“Deep breathing exercise”

