

空
手
道

Karate Do, LLC

Hojo Undo



Shomen geri

Front Snap Kick

Show-men gere-ee

Shomen = to the front
Geri - kick
"Kicking to the front"

Sokuto geri

Side Snap Kick

So-ku-toe gere-ee

Soko = foot
To = blade
Geri - kick
"Blade of the foot kick"

Mawasi tsuki (Mawasi uchi)

Round Punch

Ma-wash-eet ski

Tsuki =punch

Ma-wash-ee uch-ee

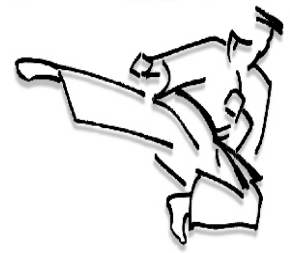
Uchi =strike





Karate Do, LLC

Hojo Undo



Hagiki uke uraken tsuki

Upper Rising Blocks

Ha-gee-key oo-kay high-rack-ken-ski

Higiki = to snap upwards

Uke - block

Higiki uke - upwards snapping block

Hiraken = the even fist (flat fist, cat's paw)

Tsuki - punch

“Upward snapping block and flat fist punch”

Shomen tsuki (Seiken tsuki)

Block punch, block punch

Show-men-ski

Shomen = straight punch to the front

Say-ken-ski

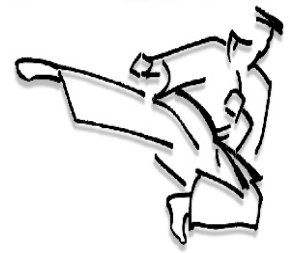
Seiken - the proper fist



空手道

Karate Do, LLC

Hojo Undo



Soto uke shuto uchi uraken tsuki shoken tsuki

Knife hand (karate chop), Backfist, One-Knuckle Strike

So-to-eu-ki shoe-toe-eu-chi u-racken-ski show-ken-ski

Soto uke = outside block
ura = backside ken = fist uraken = backfist
shuto = knifehand strike
shoken - the little fist, or one-knuckle strike

Higi uchi (Empi uchi, Higi tsuki, Empi tsuki)

Elbow Strikes

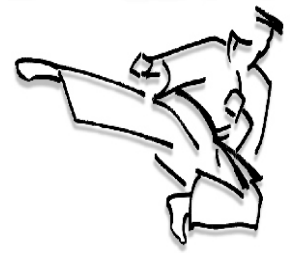
Hee-gee eu-chee



空手道

Karate Do, LLC

Hojo Undo



Tenshin zen soku geri

Turn the body, block, kick off the front foot

Ten-shin zen sew-ku gere-ee

Tenshin ko soku geri

Turn the body, block, kick off the back foot

Ten-shin ko sew-ku gere-ee

Tenshin shoeken tsuki

Turn the body, block and double shoken strikes

Ten-shin show-ken ski

Tenshin = turn the body

Zen - the front

Soku - the foot

Geri - kick

Ko - rear



空
手
道

Karate Do, LLC

Hojo Undo



Koi no shippo uchi tate yoko uchi

Four Way Wrist Strikes

Coy no ship-po eu-chi taat-eh yo-ko eu-chi

Koi - Carp (goldfish)

Shippo = tail

Koi no shippo = tail of the Carp

Tate uchi = rising strike

Yoko uchi = side strike

“Tail of the Carp strikes”

Koi no shippo uchi yoko uchi

Two Way Wrist Strikes

Coy no ship-po eu-chi yo-ko eu-chi

Koi - Carp (goldfish)

Shippo = tail

Koi no shippo = tail of the Carp

Yoko uchi = side strike

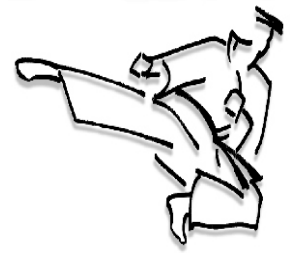
“Tail of the Carp strikes side to side”



空
手
道

Karate Do, LLC

Hojo Undo



Shomen hagiki

Eye Strikes

Show-men ha-gee-kee

Hagiki = to snap upwards or inwards

Shomen = to the front

“Snapping to the front”

Note: When leading the exercises

- Say the Japanese
- Say the English
- Count before you execute
- Always start off the left foot
- Be loud enough for everyone to hear
- Be sure everyone is successful

