

Stances

Yoi-Dachi: Ready Stance

Fudo dachi Formal stance

Zenkutsu dachi Forward leaning stance

Strikes

Morote tsuki Double punch **Jodan/ Chudan/ Gedan**

Oi tsuk Single front punch **Jodan/ Chudan/ Gedan**

Blocks

Jodan uke Upper block

Mae gedan barai Lower sweeping block

Kicks

Hiza ganmen geri Knee kick

Kin geri Groin kick