

**Kihon Renshu (PT 1)**  
(Basic techniques)

Technique (in English)	Technique (in Japanese)
Rotating the Shoulders	Kata no hogushi
Trunk twist	Koshi no kaiten
Rotating the knees	Hiza no kaiten
Leg Stretch	Ashi No Undo
Front bend	Shomen Koshi No Undo
Fingertip push-ups	Yubi sake no ude tate fuse
Knuckle push-ups	Kobushi no ude tate fuse
Touch the floor	Kushin No Hogushi
Front punch	Shomen tsuki
Double (continuous) front punch	Renzoku Chudan tsuki
Front kick exercise	Mae geri no undo
Knee raises	Hiza age no undo
Front kick	Mae geri
Squatting Exercise	Sukuwatt No Undo
Knife hand strike	Shuto uchi
Downward Block, Reverse Punch	Gedan Barai, Chudan tsuki
Reverse punch	Gyaku Tsuki
Side Kick Exercise	Yoko Geri No Undo
Side Kick	Yoko Geri
Double Backfist Side Strike	Ryote Uraken Yoko Uchi
Overhead rising block	Jodan Age uke
Punching a kick	Gedan Tsuki
Front Punch, Side Elbow, Back Punch, Back Elbow	Yon Kai Uchi
Downward block of a center attach	Chudan uchi otoshi Uke
Inside forearm block	Chudan Ude Uchi Uke
Double inside forearm block (scissor strike)	Hassami Uchi
Back twisting punch	Ushiro Hineri tsuki
Side twisting punch	Yoko Hineri Tsuki
Roundhouse kick exercise	Mawashi geri no undo
Roundhouse kick	Mawashi geri
Back kick exercise	Ushiro geri no undo
Back kick	Ushiro geri
knife hand block	Shuto uke
Middle block	Chudan Soto Ude Uke
Catching a kick	Ashi sukui
Blocking a punch and a kick / Sweeping a kick	Ashi barai
Double Hand Block, punch	Uke kogeki
Blocking a kick, kick	Ashi uke
Punch, Punch, kick, punch	Renzoku tsuki geri
Crunches	Fukin no undo
Neck rotations	Kubi no undo
Deep breathing	Shin kokyū

**Common terms:**

Sensei – teacher

Karateka – student

Kyotsuke – attention

Rei – bow

Yamae – stop

Yoi - ready

Ushiro – back

Kotai – reverse

Hai – yes

Konbonwa – good evening

Mokusou – sit up straight, close eyes, concentrate

Yasumi mashie – break time

Shomen ni rei – bow to the front

Ota gai ni rei – bow to each other