

Katakuri Karate



Class Review

Welcome to the club!

Here's a quick review for you of what we did in the class today, with some spaces for you to make notes for your goals and today's achievements.

KEY WORDS

Jodan **Head**
Chudan **Middle**
Gedan **Lower**

Zuke **Punch**
Uke **Block**
Geri **Kick**

Hai! **Yes!**

Sensei **Teacher**

Take some time after the class to write down your goals for your karate training. As each week goes by you can then review your progress! Write each goal

Karate Goals

1. _____

2. _____

3. _____

4. _____

5. _____

Class Recap—Getting Started

- | | |
|----------------|--|
| Shugo! | Line up |
| Seiza | Kneel down |
| Mokuso | Close your eyes
empty your thoughts |
| Mokuso Yame | Open your eyes |
| Shomen ni rei | Bow to the front |
| Sensei ni, rei | Bow to Sensei, |
| Otagai ni, rei | Bow to each other. |

Junbi Undo

Warm Up Exercises:

- Sit Ups _____ Press Ups _____
- Squats _____ Stars _____

Here's a reminder of the Blocks and Punches in sequence.

In motion

be like water.

At rest,

like a mirror.

Respond,

like the echo.

Be subtle,

as though

non-existent.

Blocks

- *Jodan Age Uke—Head level block*
Rising fist starts in front of elbow and pushes up at 45 degrees.
- *Uchi Uke—Inside to Outside block*
Rising fist starts in front of elbow and draws an arc.
- *Gedan Barai—Downwards block*
Draw a big circle in front of your face blocking downwards.

Punches

- *Jodan zuke—Middle punch*
Aim for the mouth.
- *Chudan zuke—Middle punch*
Aim for the centre
- *Gedan zuke—Lower punch*
Aim below the belt!
- *Uraken Zuki—Back Fist*
- *Hiji Ate—Elbow strike*
Aim for the chin

Stances

- *Musubi Dachi—Ready Stance*
- *Heiko Dachi—Parallel Stance*
- *Zenkutsu Dachi—Long Forward Stance*
- *Shika Dachi—Sumo Stance*

Kicks

- *Mae Geri—Front kick*
Lift the knee—toes down
- *Mawashi Geri—Round kick*
Lift the knee, foot same height

Kata

San Dan Gi Number 1
Gekisai Dai Ichi

Use the link below on the Katakuri website to watch Sensei Morio Higaonna performing the kata.

Touch Tag Sparring

Links

Katakuri Website

www.katakuri.co.uk

Katkuri Facebook Page

www.facebook.com/katakurikarate

Hai Karate on CBBC

<http://katakuri.co.uk/2015/09/hai-karate-episodes/>

Gekisai Dai Ichi

<http://katakuri.co.uk/kata/>
