

# Katakuri Karate



Class Review

**Water**

**flowing in a  
river does**

**not compete  
with**

**anything.**

**Yagi Meitoku**

## KEY WORDS

Kara	Empty
Te	Hand
Go	Hard
Ju	Soft
Ryu	Style

Oi	Lunge
Gyaku	Reverse
KiAi	Shout

Ichi	One
Ni	Two
San	Three
Shi	Four
Go	Five
Roku	Six
Shichi	Seven
Hachi	Eight
Kyu	Nine
Ju	Ten

## Welcome back!

Here's a quick review for you of what we did in the class today,

### Junbi Undo

Warm Up Exercises:

- Sit Ups \_\_\_\_\_ Press Ups \_\_\_\_\_
- Squats \_\_\_\_\_ Star Jumps \_\_\_\_\_

### Kihon—Basics

Last week we did some basic blocks. This week we are combining them with movement in different directions.

#### Combo 1

Head level block. Head level punch.

#### Combo 2

Step back, head level block. Head level punch. (Feel the hips turn)

#### Combo 3

Step back, head level block. Step Forward, head level punch. (Feel the body weight)

#### Combo 4

Inside to outside block. Head level punch.

#### Combo 5

Step back, inside to outside block. Head level punch. (Feel the hips turn)

### Punches

- *Uraken Zuki—Back Fist*
- *Hiji Ate—Elbow strike*  
Aim for the chin

### Stances

- *Shiko Dachi—Sumo Stance*
- *Han-Zenkutsu Dachi—Short Forward Stance*

### Kicks

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

### Kata

San Dan Gi 1

Gekisai Dai Ichi

Starting with the left head level block, it's alternate hands all the way through unless you are turning...