

KIHON

Kihon means "basics," or "fundamentals." It is the term used to describe the practice and repetition of the basic techniques of karate. *Kihon* can be performed with footwork or from a stationary position. It can be performed individually or in large groups. *Kihon* can be considered as the alphabet of karate. By organizing various *kihon* techniques into sequences, *kata* are created*. When learning how to apply *kihon* techniques to another person, *kumite* is born. Since *kihon* is vital to the development of proper karate technique, Shotokan students spend a great deal of time trying to perfect it. Improve your *kihon* skills, and all other aspects of karate improve automatically. *Kihon* can be divided into 5 categories:

<u>TACHI</u> (STANCES)	<u>UKE</u> (BLOCKS)	<u>TSUKI</u> (PUNCHES)	<u>KERI</u> (KICKS)	<u>UCHI</u> (STRIKES)
<u>Outer Tension Stances</u> zenkutsu-dachi kokutsu-dachi kiba-dachi fudo-dachi (sochin) shiko-dachi	<u>Basic Closed-Hand Blocks</u> age-uke soto-uke gedan-barai uchi-uke	<u>Basic Punches</u> choku-zuki oi-zuki gyaku-zuki kisami-zuki	<u>Basic Kicks</u> mae-geri yoko-geri-keage yoko-geri-kekomi mawashi-geri	<u>Roundhouse Strikes</u> kentsui-uchi uraken-uchi shuto-uchi haito-uchi teisho
<u>Inner Tension Stances</u> hangetsu-dachi sanchin-dachi nekoashi-dachi	<u>Open-Hand Blocks</u> shuto-uke tate shuto-uke kake-uke haishu-uke tsukami-uke (koko-uke)	<u>Advanced Punches</u> ura-zuki age-zuki kagi-zuki mawashi-zuki tate-zuki uke-zuki	<u>Advanced Kicks</u> ushiro-geri ura-mawashi-geri mikazuki-geri tobi-geri	<u>Animal Strikes</u> keito seiryuto kakuto kumade washide
<u>Natural Stances</u> hachiji-dachi uchi-hachiji-dachi musubi-dachi heisoku-dachi renoji-dachi teinoji-dachi heiko-dachi	<u>Advanced Blocks</u> haiwan-uke nagashi-uke osae-uke sukui-uke maki-otoshi-uke	<u>Double-Hand Punches</u> morote-zuki yama-zuki yumi-zuki awase-zuki heiko-zuki hasami-zuki	<u>Advanced Leg Attacks</u> fumikomi ashi-barai ashi-namigaeshi	<u>Smashing Techniques</u> empi-uchi (empi-ate) hiza-tsuchi (hiza-ate)
<u>Unstable Stances</u> ashi-dachi tsuru-dachi (sagiashi) kosa-dachi hizakutsu-dachi hiza-dachi	<u>Double-Hand Blocks</u> morote-uke kosa-uke (juji-uke) kakewake-uke manji-uke bo-uke awase-uke hasami-uke oshi-uke	<u>Fore-Knuckle Punches</u> ippon-ken nakadaka-ippon-ken hiraken <u>Spear-Hand</u> ippon-nukite nihon-nukite tate-nukite (shihon-nukite) hira-nukite (shihon-nukite)	<u>Non-Traditional Kicks</u> ushiro-ura-mawashi-geri ura-mikazuki-geri kagi-geri otoshi-kakato-geri tsumasaki-geri sune-geri kin-geri naname-geri	