

# BUSHIKEN KARATE

Orange – Green Belt 5<sup>th</sup> Kyu – 4<sup>th</sup> Kyu  
Terminology

## **Stances**

Neko Ashi Dachi – Cat stance

## **Punches/ Strikes**

Morote – Double hands

Morote Tsuki – Double handed punch

Hiji – Elbow

Enpi – Elbow strike

Kanzo Uchi – Liver shot

Hizou Uchi – Spleen strike

## **Kicks**

Kesa Geri – Diagonal roundhouse kick

Tate Geri – Vertical roundhouse kick

Mikazuki Geri – A kick between Mae Geri and Mawashi Geri

Kakato Otoshi Geri – Axe kick

Tobi Geri – Jumping kick

## **Commands**

Tenshin – Turning around without losing alignment of balance

## **Definitions**

Ibuki – Forced tension breathing

Tai Sabaki – Body movement to adjust yourself to be in a better position to counter attack

Hiji/Enpi – Elbow

Kaiten – Spinning

Morote – Both hands

Tanden – The center of the human body located between the naval and the groin. All human power, both physical and spiritual, originates in the Tanden.

Uke Kaeshi – Block and give back

Zanshin – When movement is completed, keep attention focused on our opponent. Do not let the mind relax.

Jissen – Full contact

Shotei – Palm Heel

Tsuki to Uke – Punch and Block

# BUSHIKEN KARATE

## Weapons

Bo – Staff (long)

Jo – Staff (short)

Tonfa – Okinawan Weapon, It consists of a stick with a perpendicular handle attached a third of the way down the length of the stick and it is about 15-20 inches long

Nunchaku – Okinawan Weapon, consisting of two sticks connected at one end by a short chain or rope

Tateburi – Vertical swing

Yokoburi – Horizontal swing

Kesaburi – Diagonal swing

Tsukikomi – Thrust

