

Karate Basics- Beginner

(These will be called out by Sensei)

1. Kiotsuke (attention, feet together, hands alongside). Rei (bow)
2. Step back into ready stance
3. Jab Cross x2
4. Front Kick x2
5. Switch your ready stance
6. Jab Cross x2
7. Front Kick x2
8. Horse Stance with fists retracted- rising blocks x4 (switching hands)
9. Sumo stance with fists retracted- elbows x4
10. Jumping Front Kick or Crane Kick (student choice) x2
11. Kiotsuke, Rei

Tips for a Great Basics

- ★ Be speedy!
- ★ Be accurate- make sure your strikes, blocks, and kicks go towards their targets
- ★ Be strong- solid ready, sumo and horse stances make your moves stronger
- ★ Don't forget to keep your guards up in ready stance at all times
- ★ Be focused and confident- use a serious focused face and take a few focus breaths before you begin. Use a loud karate yell on each single move, or on the last move of a combination.
- ★ Have fun! Great work challenging yourself and building up your body and mind! 👍