

Karate Basics- Intermediate

(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 Hook Hook x2
4. Front Kick Single x1
5. Front Kick Three in a Row Balancing x1
6. Back leg crescent kick x2
7. Switch your ready stance
8. Jab Cross Hook Hook x2
9. Front Kick Single x1
10. Front Kick Three in a Row Balancing x1
11. Back leg crescent kick x2
12. Horse Stance- fold and shuto x 2 each side
13. Sumo stance with fists retracted- rising block, punch x 2 each side
14. Jumping Front Kick, Crane Kick, or Tornado Kick (student choice) x2
15. 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! 👍

