

# 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

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## 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

