

FUGATE'S MARTIAL ARTS CENTER

STUDY GUIDE

Basic Exercises - Upper Body

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| 1 Seiken Oi Tsuki | Lunge Punch |
| 2 Jōdan Oi Tsuki | Uppercut |
| 3 Seiken Gyaku Tsuki | Reverse Punch |
| 4 Jōdan Gyaku Tsuki | Reverse Uppercut |
| 5 Gedan Barai; Seiken Tsuki | Low Body Sweeping Block; Straight Punch |
| 6 Chūdan Uke; Seiken Tsuki | Middle Body Block; Straight Punch |
| 7 Tegata Barai; Nukite | Open Hand Middle Body Sweeping Block; Spear Hand |
| 8 Jōdan Tegata Uke; Jōdan Tsuki | Open Hand Head Block; Uppercut |
| 9 Jōdan Uke; Seiken Tsuki | Head Block; Straight Punch |
| 10 Ura Uchi; Seiken Tsuki | Back Fist; Straight PUnch |
| 11 Gedan Barai; Go Den Choku Tsuki | Low Body Sweeping Block; Five Punches |
| 12 Chūdan Uke; Go Den Choku Tsuki | Middle Body Block; Five Straight Punches |
| 13 Shutō Uchi; Shutō Uchi | Chop Low; Chop High |
| 14 O-Uchi; O-Uchi | Open Hand Block Center Chest; Two Hook Punches |
| 15 Hiji No Ato Tsuki | Backward Elbow Strike |

Basic Exercises - Lower Body

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| 1 Mae Geri | Forward Kick, Striking With The Ball Of The Foot (Koshi) |
| 2 Mae Konate | Front Thrust Kick, Striking With Heel (Kakato) |
| 3 Shoba Geri | Side Kick With Ball Of Foot (Koshi), Starting From Same Stance As Mae Geri |
| 4 Shoba Konate | Thrust Kick To Opponent's Knee, Striking With The Edge Of Foot (Sokutō) |
| 5 Hiza Geri | Knee Strike |
| 6 Fumikomi | Stomp Kick |
| 7 Yoko Geri | Side Kick, Striking With The Edge Of The Foot (Sokutō) |
| 8 Otoshi Geri | Squat Kick, Stepping On A 45° Angle And Striking The Opponent With The Ball Of The Foot (Koshi) |
| Bonus Kics | |
| 9 Sokuto Geri | Sokutō Geri Like Shoba Konate, But Thrown As A Snap Kick (Retracted More Quickly) |
| 10 Ushiro Geri | Ushiro Geri Reverse Kick With The Heel (Kakato); Think Mule Kick. |