

# FUGATE'S MARTIAL ARTS CENTER

## Basic Study Guide

### Upper Body Exercises

1. Seiken oi tsuki --- Straight punch
2. Jodan oi tsuki --- Upper cut
3. Seiken gyaku tsuki --- Reverse punch
4. Jodan gyaku tsuki --- Reverse upper cut
5. Gedan barai seiken tsuki --- Low block/straight punch
6. Chudan uke seiken tsuki --- Middle block/straight punch
7. Tegata barai nukite --- Open hand block/fingertip strike
8. Jodan tegata uke jodan tsuki --- Open hand upper block/upper cut
9. Jodan uke seiken tsuki --- Upper block/Straight punch
10. Ura uchi seiken tsuki --- Upper block/back fist/straight punch
11. Gedan barai go den choku tsuki --- Low block/5 straight punches
12. Chudan uke go den choku tsuki --- Middle block/5 straight punches
13. Shuto Uchi Shuto Uchi --- Low knife hand strike/knife hand strike
14. O-Uchi O-Uchi --- Palm heel deflection/ 2 roundhouse punches
15. Hije no ato tsuki --- Step back/elbow strike (bear hug break)

### Lower Body Exercises

1. Mae Geri --- Front Kick with the ball of the foot
2. Mae Konate -- Front thrust kick using heel of the foot
3. Shoba geri --- Front kick to the side with ball of the foot
4. Shoba konate --- Knee thrust kick using blade of the foot
5. Hiza geri --- Knee to groin kick
6. Fumikomi --- Cross over stomp kick
7. Yoko geri --- Side kicks with blade edge of the foot
8. Otoshi geri --- Squat kick with the ball of the foot