

# FUGATE'S MARTIAL ARTS CENTER

## ISSHINRYU KARATE DO KIHON

### Chart 1 - 15 Basic Upper Body Exercises

- 1. RFF-RH Straight Punch**  
*Chudon Oi-Tsuki*
- 2. RFF-RH Straight Uppercut**  
*Jodan Oi-Tsuki*
- 3. LFF-RH Straight Punch**  
*Chudan Oi-Tsuki*
- 4. LFF-RH Straight Uppercut**  
*Jodan Oi-Tsuki*
- 5. RFB-LH Down Block - RH Reverse Punch**  
*Gedanbarai Chudan-Tsuki*
- 6. RFB-LH Side Block - RH Reverse Punch**  
*Chudan-Uke Chudan-Tsuki*
- 7. RFB-LH Open Side Block - RH Nukite (gouge)**  
*Chudan-Tegatobarai Tegata-Nuki*
- 8. RFB-LH Open Head Block - RH Reverse Uppercut**  
*Jodan-Tegatbarai Jodan-Tsuki*
- 9. RFB-LH Closed Head Block - RH Reverse Punch**  
*Jodan-Uke Chudan-Tsuki*
- 10. RFB-LH Bridge Of Nose Strike - RH Revers Punch**  
*Chudan-Ura-Uchi Chudan Tsuki*
- 11. LFF-LH Down Block - 5 Punches**  
*Gedanbarai Renzoku-Tsuki Go-Kai*
- 12. LFF-LH Side Block - 5 Punches**  
*Chudan-Uke Renzoku-Tsuki Go-Kai*
- 13. LFF-LH Shuto To Midsection - RH Open Shuto To Base Of Neck**  
*Tegata-No Tsukaikata*
- 14. LFF-LH Open Palm Chest Block - RH Hook Punch - LH Hook Punch**  
*Oouchi*
- 15. RFB Cat Stance -R Arm Elbow Strike**  
*Kiza-No-Atotsuki Neko Ashi-Dachi*

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## ISSHINRYU KARATE DO KIHON

### Chart 2 - 15 Basic Lower Body Exercises

**1. Bend Over - Touch Floor Five Times**

*Ashi-No Sujinobe*

**2. Back Bend - Exhale Five Times**

*Ashi-No Sujinobe (cont.)*

**3. Balance Stretch - LH Grab Right Heel - RH Push Right Knee Down**

*Kata-Ashi Sjuinobe*

**4. Squat Stretch From Side To Side**

*Yoko-Ni Sjuinobe*

**5. RL Front Snap Kick**

*Mae-Geri Keage*

**6. RL Cross Kick**

*Fumikomi*

**7. RL Forward On Angle Kick**

*Sokuto Keage*

**8. RL Side Kick - Heel Of Foot**

*Yoko-Geri Keage*

**9. RL Side Kick - Ball Of Foot**

*Yoko-Shoba-Geri*

**10. LFF Step To The Side - RL Kick Forward**

*Otoshi-Geri*

**11. RL Heel Thrust Kick**

*Mae-Geri Kekomi*

**12. RL Knee Lift Kick**

*Hiza-Geri*

**13. Knuckle Push Ups**

*Udetate-Fuse*

**14. Body Side Twists**

*Zyunan-Taisho*

**15. Breathing**

*Shinkokyu*

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## ISSHINRYU KARATE DO KIHON

### ISSHINRYU KARATE DO'S 30 BASIC UPPER & LOWER BODY EXERCISES

Isshinryu's 15 Basic lower body-conditioning exercises and kicking techniques and 15 basic upper body blocks and strikes are the basis of the entire system. They were specifically designed by Master Tatsuo Shimabuku to build a strong foundation for all advanced techniques and kata to follow. It is only through the daily practice of the basics that you can acquire the proper balance, speed, power, accuracy, flexibility, mobility and endurance needed to execute a karate technique correctly. *When a student's basics are strong, his or her kata, sparring and self-defense will also be strong.* The thirty Isshinryu basics are the very first thing that should be taught in training. Whether teaching beginners or Black Belts, the basics should always be drilled to warm-up and bring the student into the spirit of the class. When practicing the basics, look at it as life or death because more than likely it will be a basic strike that will disable your attacker and not some flashy but ineffective technique. I would also like to mention that the 30 basics do not include all of Isshinryu Karate's hand and foot techniques. There are hundreds of such techniques within the Isshinryu system with the basics being the important first step towards their mastery. As a rule workouts begin with the upper body basics.

### UPPER & LOWER BODY BASIC EXERCISES - KEY POINTS

1. When moving forward or back, do so smoothly and quietly, lifting your foot only an inch or two from the ground. Place your foot down toe first, then heel, and always set in your stance firmly before striking.
2. Keep your eyes focused on your opponent's eyes. This will enable you to observe any hand or foot movements, while at the same time allowing you to "read" any facial expressions that might give away their intentions.
3. When training without a partner, do so in front of a mirror occasionally; using your own image as a target, to check your form.
4. **It is important that you make the Isshinryu fist properly!** In making the Isshinryu fist, always keep your thumb positioned on top of the fist properly. **Do it each and every time you make a fist, without fail!**
5. As a beginner, concentrate on developing proper form first, speed second, power last. Work hard to develop good balance on all techniques. Good balance is the key to good Isshinryu.
6. Coordinate your breathing with the execution of your technique. Always inhale through the nose as you begin the technique, exhale through the mouth slightly before the technique lands. **Kiai strongly and with spirit on the appropriate techniques.** Never, ever hold your breath during a technique.
7. Always be alert and ready for the next exercise. Never let your hands drop between techniques. Remember that this is a formal exercise that develops discipline among other qualities. If you act sharp, look sharp, and feel sharp, you will be!

***Remember, the basics are the foundation of Isshinryu Karate. Practice the basics every day with spirit and enthusiasm! You will get out of Isshinryu Karate exactly what you put in!***

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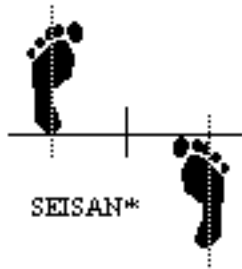
## ISSHINRYU STANCES



NEUTRAL STANCES



NATURAL STANCES



SEISAN\*

Master Shimabuku created this stance



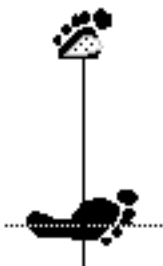
SANCHIN



NAIHANCHI



SEIUCHIN



T - Stance



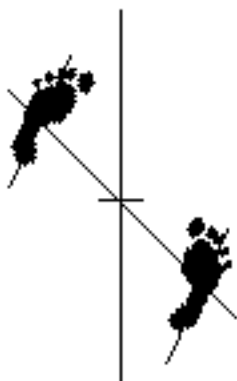
CHINTO  
"Reverse T"



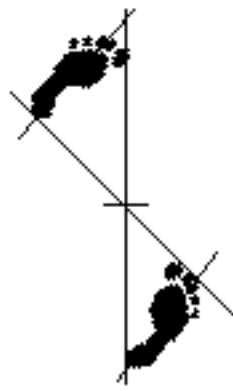
CAT



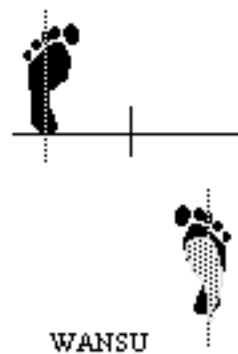
Reverse  
CAT



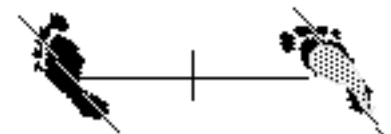
ZENKUTSU  
"Stable"



DIAGONAL SEISAN  
Master Shimabuku  
natural stance



WANSU



SIDE STANCE  
SQUAT STANCE

# FUGATE'S MARTIAL ARTS CENTER

## ISSHINRYU KARATE DO KIHON

### Basic Exercises - Upper Body

- |                                    |  |
|------------------------------------|--|
| 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

- |                |   |
|----------------|---|
| 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.                               |

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## ISSHINRYU KARATE DO KIHON

### Basic Vocabulary Words

Dōjō.....	Training Hall
Gi .....	Uniform
Karate .....	Empty (Kara) Hand (Te)
Kiai .....	Spirit Yell
Kiotsuke!.....	“Attention!”
Obi.....	Belt
Rei.....	Bow
Sensei .....	Teacher

### Intermediate Vocabulary Words

Gyaku .....	Reverse Or Opposite
Hajime.....	“Begin!”
Kata.....	Formal Exercises
Kumite.....	Sparring:
Kyū.....	Rank Under Black Belt
Tsuki.....	Punch
Uke .....	Block
Uchi .....	Strike
Ushiro.....	Reverse Kick

### Advanced Vocabulary Words

Bo.....	Wooden Staff
Dan .....	Black Belt Holder
Sai .....	Pronged Weapon
Shiai.....	Contest
Tachi Rei .....	Informal Bow
Kime .....	Focus
Za Rei .....	Formal Bow

### Creed Of Karate

“I come to you with only karate, empty hands. I have no weapons but should I be forced to defend myself, my honor or my principles; should it be a matter of life or death, of right or wrong, then here are my weapons, my empty hands.”

### Codes Of Karate

A person's heart is the same as Heaven & Earth

The blood circulating is similar to the Moon & Sun

A manner of drinking & spitting is either Hard or Soft

A person's unbalance is the same as a Weight

The body should be able to change directions at any time

The time to strike is when opportunity presents itself

The eye must see all sides

The ear must listen in all directions