



Congratulations on earning your Orange Belt! You are now at the head of the Novice Class. Remember that the higher you go in rank, the more responsibility you have to set a positive example for those coming up through the ranks behind you. You are a role model in the dojo!

Terms from Kihon (Basics): The Strikes

Seiken Tsuki /SĒ-kĕn TSŪ-kĕ/ *Front Punch.* (Strikes to solar plexus.)

Ura Ken /Ŭ-ră kĕn/ *1st Backfist.* (Strikes to bridge of nose.)

Ura Uchi /Ŭ-ră OOCH-ĕ/ *2nd Backfist.* (Strikes to bridge of nose.)

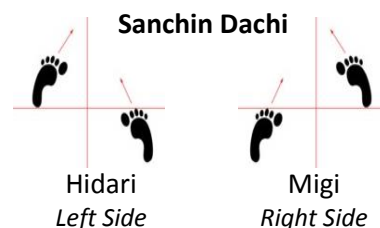
Hara Uchi /HĂ-ră OOCH-ĕ/ *3rd Backfist.* (Strikes to solar plexus.)

Fura Uchi /FŬ-ră OOCH-ĕ/ *Swing Strike.* (Strikes to temple.)

Shuto Uchi /SHŪ-tō OOCH-ĕ/ *Knife Hand Strike.* (Strikes to collarbone.)

Shita Tsuki /SHĒ-tă TSŪ-kĕ/ *Short punch.* (Strikes to floating rib.)

Tate Ken Tsuki /TĂ-tă kĕn TSŪ-kĕ/ *Vertical Fist Punch.* (Strikes to solar plexus or ribs.)



Belt Color Sequence
White
Purple
Yellow
Orange
Blue
Green
Brown
Black



Respect



- If you see someone (especially a higher rank) practicing during free time in the dojo, do not stare at them; respect their space.
- Never, ever try to learn technique by imitating higher-ranking students; your instructor will teach you when the time is right. Patience is a virtue.
- In karate, we trust our instructors to teach us in an appropriate manner. We never ask for rank, title or technique, but understand that these will come when the time is right and we are ready for them.



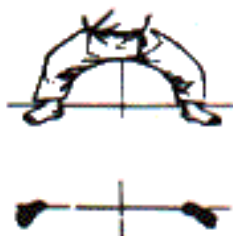
Hanshi Ron Martin
"The Technician"
June 15, 1944 – present
Captain of the 1st US Karate Team.
Teacher of Hanshi-Sei Bernard.

Karate ni Sente Nashi

In karate, there is no first attack.



Zenkutsu
Dachi



Shiko
Dachi



Neko Ashi
Dachi

Useful Terms to Know

Ashi /Ă-shĕ/ *Foot.*

Hiji /HĒ-jĕ/ *Elbow.*

Hiza /HĒ-ză/ *Knee.*

Ken /kĕn/ *Fist.*

Te /tă/ *Hand.*

Orange Belt = Hachikyu (8th Kyu)

Kyu = Ranks below Black Belt.

Kihon (Basics)

MUSUBI DACHI

formal attention stance

Blocks

MIGI SANCHIN DACHI

right side three battle stance

- 1) AGE UKE
- 2) YOKO UKE
- 3) JOGE UKE

upper block
middle block
middle-lower block

MIGI SHIKO DACHI

right side sumo stance (low stance)

- 4) HARAIOTOSHI UKE
- 5) GEDAN BARAI

lower block, downward sweeping
lower block, downward striking

Strikes

HIDARI SANCHIN DACHI

left side three battle stance

- 6) SEIKEN TSUKI
- 7) URA KEN
- 8) URA UCHI
- 9) HARA UCHI
- 10) FURI UCHI
- 11) SHUTO UCHI

basic thrust punch
back fist, upper lip area
back fist, bridge of nose
back fist, solar plexus
swing strike
open hand strike

HIDARI SHIKO DACHI

left side sumo stance (low stance)

- 12) URA KEN TSUKI
- 13) TATE KEN TSUKI

short thrust punch (half punch)
vertical fist punch (three-quarter punch)

Kicks

HEIKO DACHI

parallel stance

- 14) KOGEN (KIN) GERI
 - 15) MAE GERI
 - 16) MAWASHI GERI
 - 17) KANSETSU GERI
 - 18) SOKUTO GERI
-
- 19) YOKO GERI
 - 20) USHIRO GERI

instep kick (instep)
front thrust kick (ball of foot)
roundhouse kick (ball or instep)
knee joint kick (blade)
side thrust kick (knee chamber)
side kick (blade)(front chamber)
back thrust kick (heel)

Note: The command "NOALTE" is used as a formal closing between sections of Kihon.