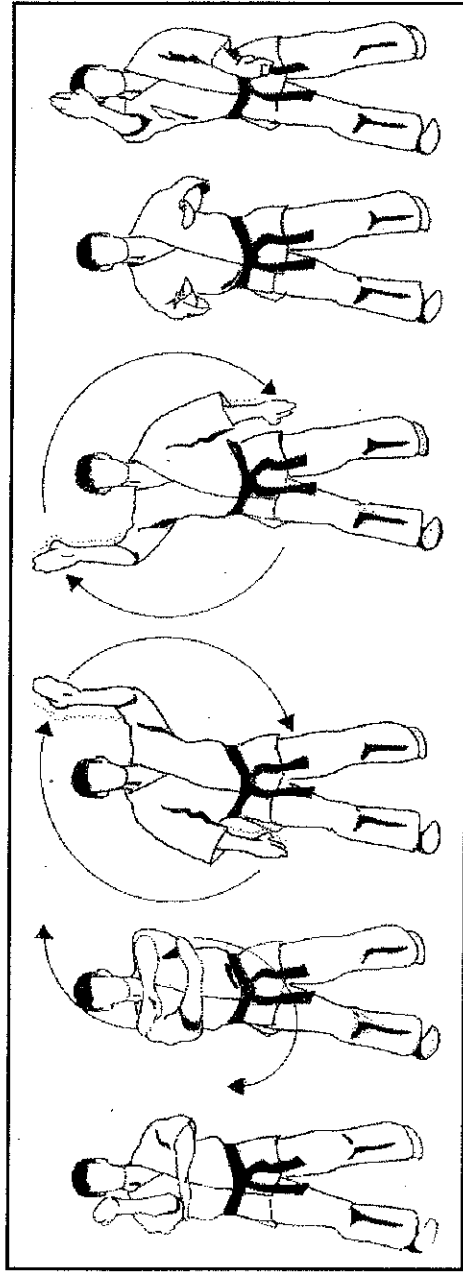


IFK KYOKUSHIN KARATE

Kihon

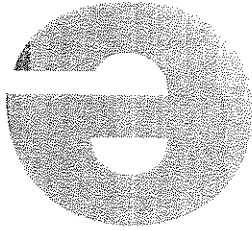
IFK KYOKUSHIN KARATE

Kihon

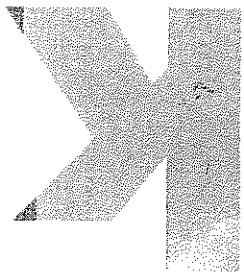


A pictorial manual of the
basic syllabus techniques
from 10th Kyu to 2nd Dan

By Hanshi Steve Arneil 8TH DAN



Kihon



Kihon

Kihon, or 'basics', is the very core of Karate. Only by practice and repetition can one ever develop the strength and reflexes necessary to become a true martial artist.

But constant repetition by its very nature may be considered boring and tedious and the student who feels this soon becomes demotivated and lethargic. Kihon alone is insufficient to keep the less focused mind stimulated. The student becomes distracted, their goal less clearly defined. It is therefore necessary for the instructor to be able to vary the way in which these exercises are taught in order to maintain the student's interest.

With this in mind **Hanshi Steve Arneil 8th Dan** has taken the BKK syllabus, established and developed over the last 30 years, and incorporated it into a series of semi-aerobic exercises.

The purpose of this is twofold;

Firstly, when used at the beginning of a training session, they serve as a useful series of warm-up exercises, providing excellent cardio-vascular work whilst simultaneously acquainting the student with the techniques necessary for each grade of the syllabus.

Secondly, they provide the instructor (or individual student) with a controlled introduction to kumite (fighting) through a series of co-ordinated movements that actually utilize the syllabus' techniques in a practical way. By alternating consecutive techniques from right to left the student learns to co-ordinate a series of attack or defense movements through the natural rhythms of the body.

I hope the benefits of such exercises are clear. For the beginner they demonstrate a concise pattern for learning the necessary techniques required to achieve higher grades. For the instructor and senior student they provide a platform on which to build a greater understanding of the martial arts.

With a little imagination the permutations within these exercises are endless.

Acknowledgements

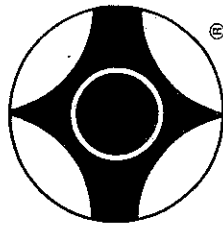
The author wishes to extend his sincere thanks to the serving members of the BKK technical committee for their help and assistance in the compilation of this manual and to Trevor Gorard 2nd Dan, for the layout and illustration of the diagrams.

A pictorial manual
of the basic syllabus
techniques from
10th Kyu to 2nd Dan

By Hanshi Steve Arneil 8th Dan



Hanshi Steve Arneil 8th Dan
is President and Chief
Instructor of the British
Karate Kyokushinkai.
He is also the founder and
President of the International
Federation of Karate



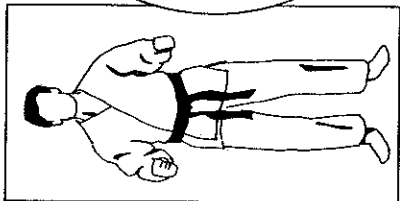
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10th KYU

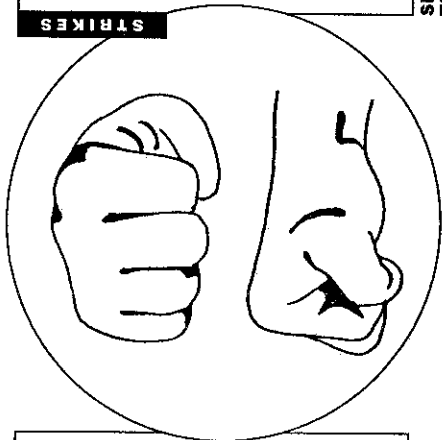
Seiken

10 Techniques

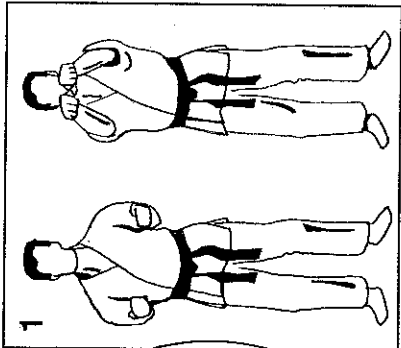
- Fudo Dachi
- Morote Tsuki
- Oi Tsuki
- Jodan Uke
- Mae Gedan Barai
- Hiza Gammen Geri
- Kin Geri



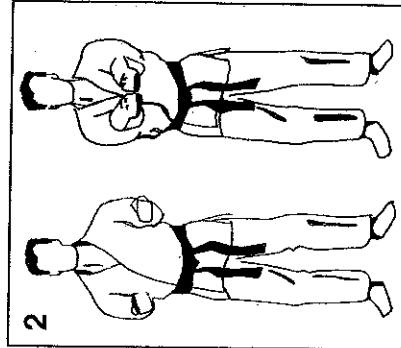
FUDO DACHI



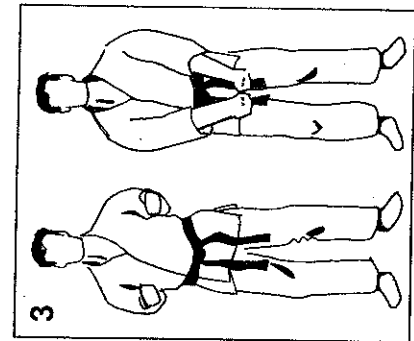
SEIKEN (FOREFIST)
Strike with the first 2 knuckles



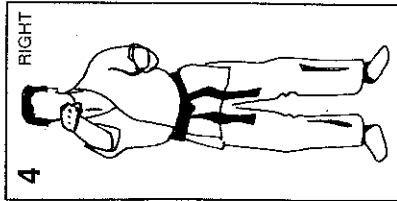
SEIKEN MOROTE
TSUKI JODAN



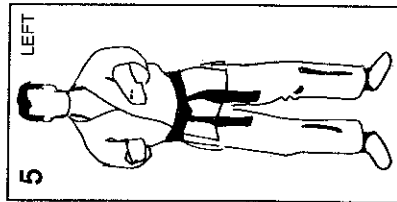
SEIKEN MOROTE
TSUKI CHUDAN



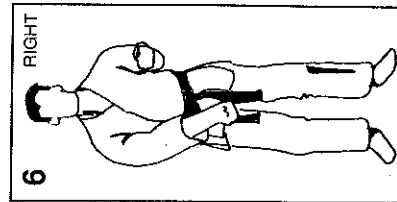
SEIKEN MOROTE
TSUKI GEDAN



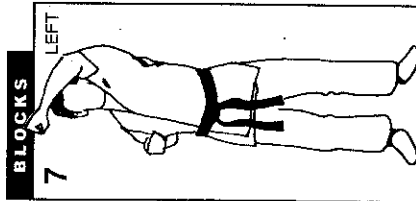
SEIKEN OI TSUKI
JODAN



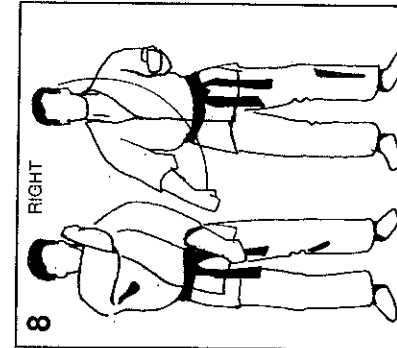
SEIKEN OI TSUKI
CHUDAN



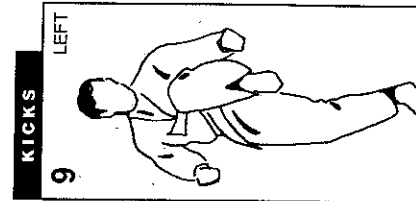
SEIKEN OI TSUKI
GEDAN



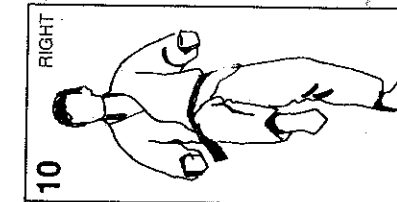
SEIKEN JODAN UKE



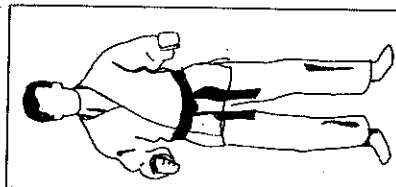
SEIKEN MAE GEDAN BARAI



HIZA GAMMEN GERI



KIN GERI



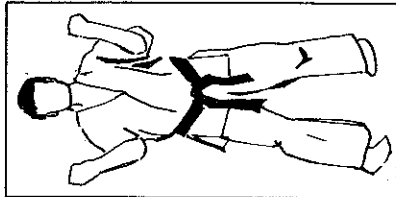
RETURN TO
FUDO DACHI

9th KYU

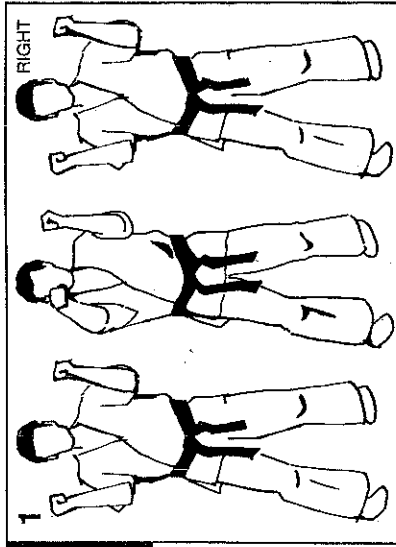
Seiken

7 Techniques

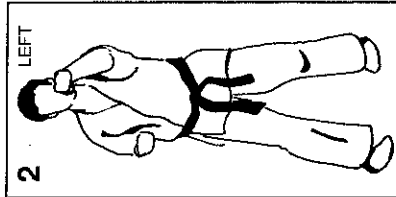
- Sanchin Dachi
- Ago Uchi
- Gyaku Tsuki
- Uchi Uke
- Soto Uke
- Mae Geri Chusoku



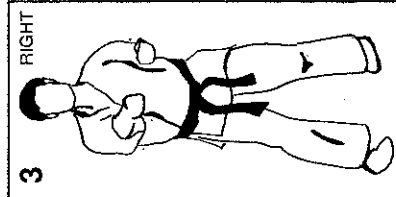
SANCHIN DACHI



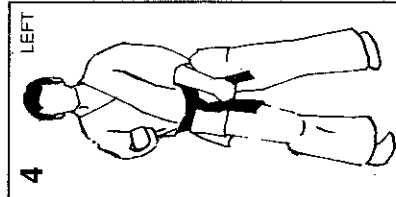
SEIKEN JODAN AGO UCHI



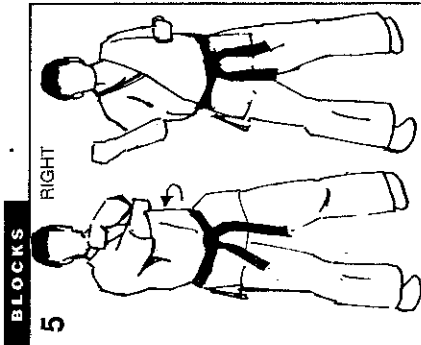
SEIKEN GYAKU TSUKI JODAN



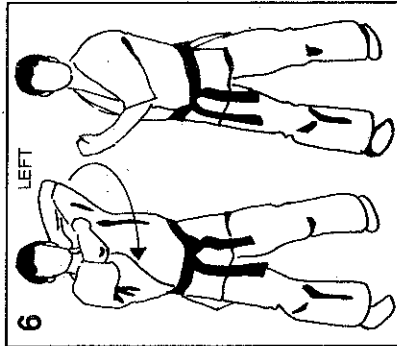
SEIKEN GYAKU TSUKI CHUDAN



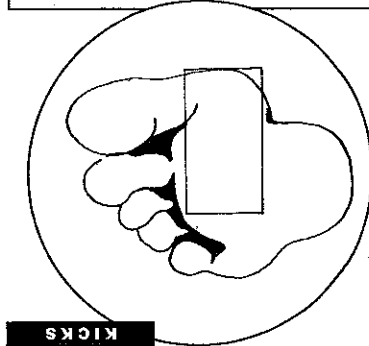
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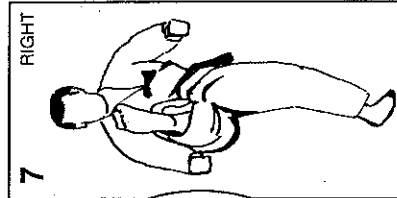
SEIKEN CHUDAN UCHI UKE



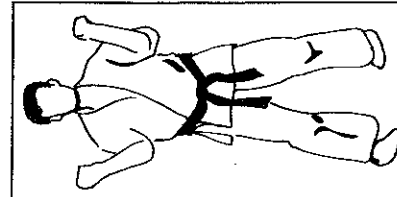
SEIKEN CHUDAN SOTO UKE



CHUSOKU
Ball of the foot



CHUDAN MAE GERI CHUSOKU



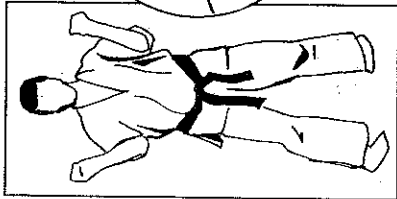
RETURN TO SANCHIN DACHI

7th KYU

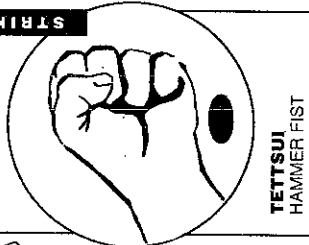
Tettsui

15 Techniques

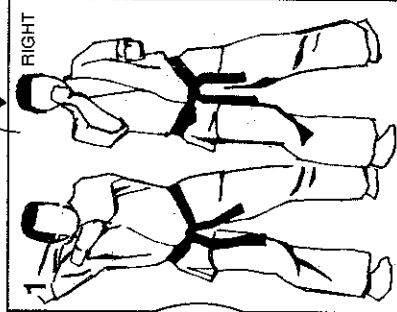
- Tettsui Uchi
- Mawashi Gedan Barai
- Shuto Mawashi Uke
- Ke age



SANCHIN DACHI

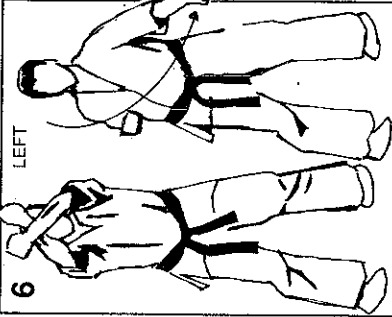


TETTSUI HAMMER FIST



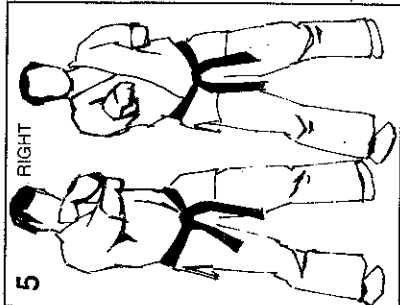
STRIKES

TETTSUI OROSHI GANMEN UCHI



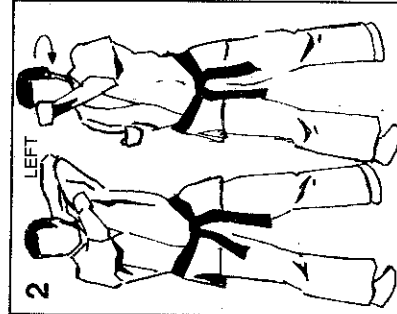
LEFT

TETTSUI MAE YOKO UCHI GEDAN



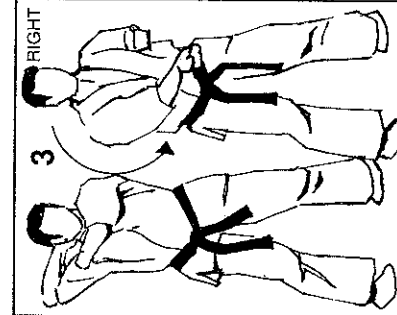
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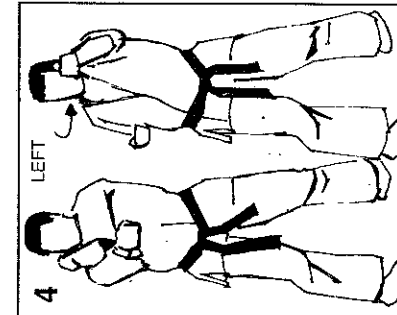
LEFT

TETTSUI KOME KAMI



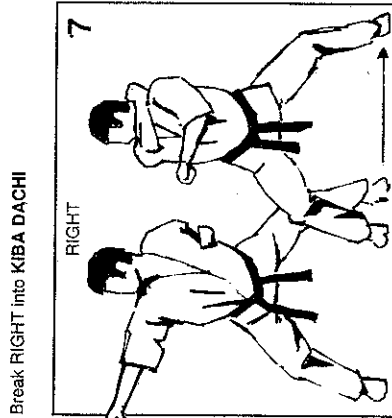
RIGHT

TETTSUI HIZO UCHI



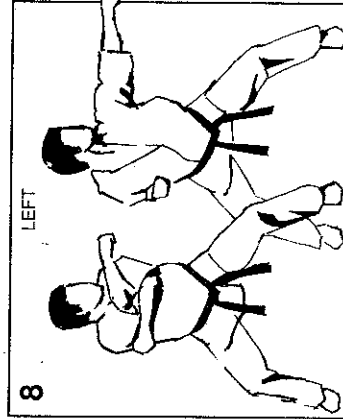
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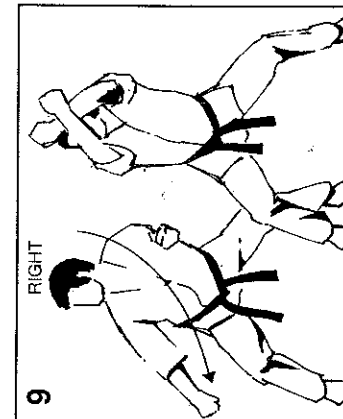
RIGHT

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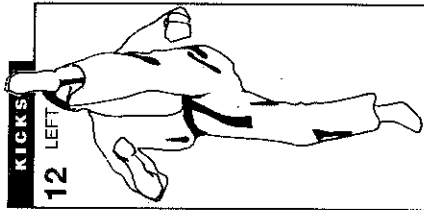
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TETTSUI YOKO UCHI CHUDAN



RIGHT

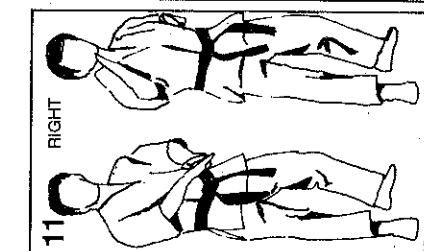
TETTSUI YOKO UCHI GEDAN



LEFT

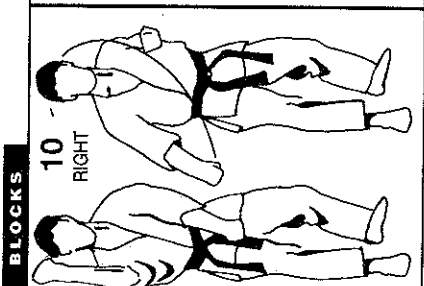
KICKS

MAE CHUSOKU KE AGE



RIGHT

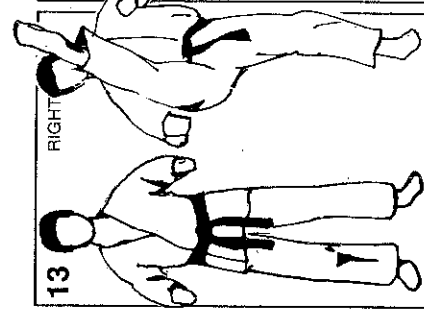
SHUTO MAWASHI UKE (IN KOKUTSU DACHI)



RIGHT

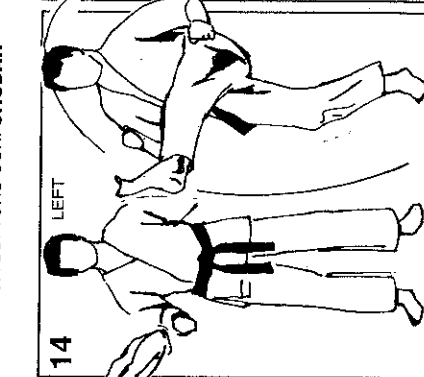
BLOCKS

SEIKEN MAWASHI GEDAN BARAI



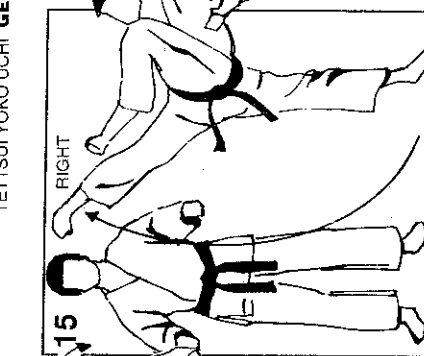
RIGHT

TEISOKU MAWASHI SOTO KE AGE



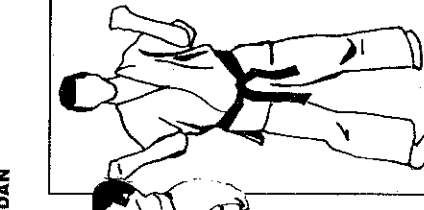
LEFT

HAIKOKU MAWASHI UCHI KE AGE



RIGHT

SOKUTO YOKO KE AGE



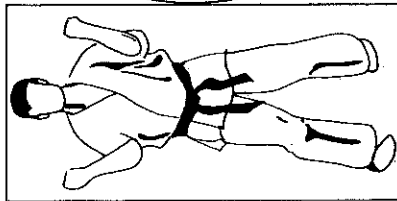
RETURN TO SANCHIN DACHI

6th KYU

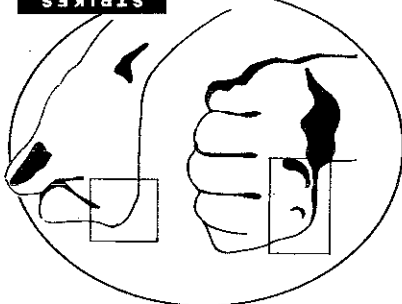
Uraken

14 Techniques

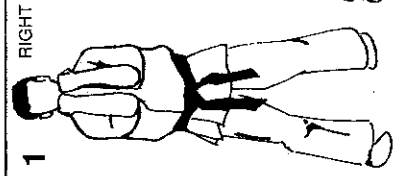
- Kiba Dachi
- Uraken Uchi
- Nukite
- Juji Uke
- Mawashi Geri Halsoku
- Mawashi Geri Chusoku
- Kansetsu Geri
- Yoko Geri



SANCHIN DACHI

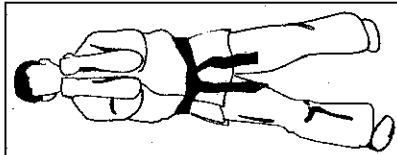


URAKEN (INVERTED FIST)
Strike with the first 2 knuckles



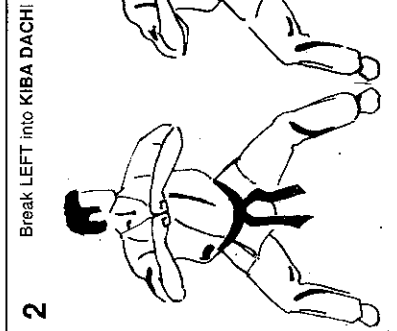
1 RIGHT

URAKEN GANNEN UCHI



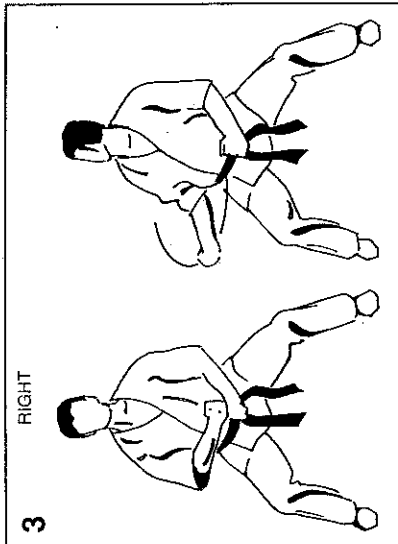
1 RIGHT

URAKEN GANNEN UCHI



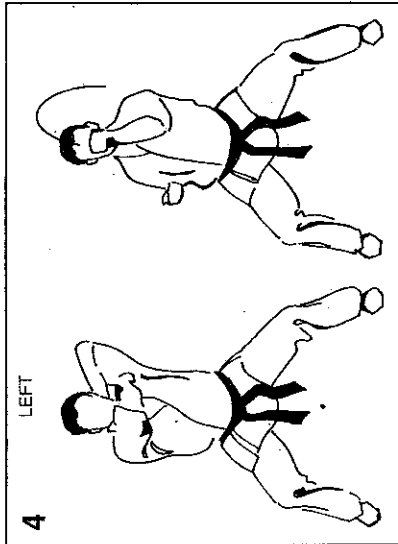
2 Break LEFT into KIBA DACHI

URAKEN SAYU GANNEN UCHI



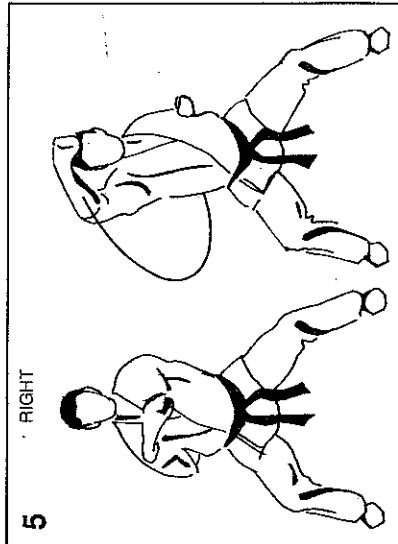
3 RIGHT

URAKEN HIZO UCHI



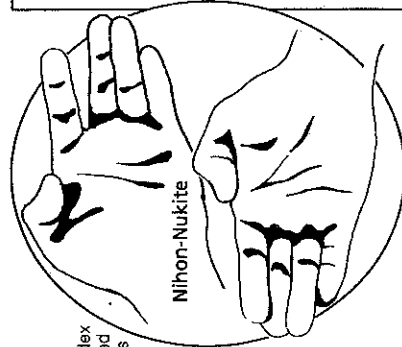
4 LEFT

URAKEN OROSHI GANNEN UCHI



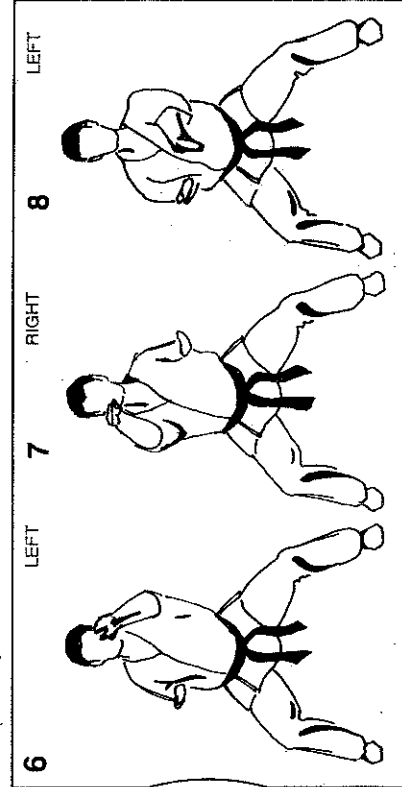
5 RIGHT

URAKEN MAWASHI UCHI



NIHON NUKITE
Thumb braced against index finger. Middle finger braced against remaining 2 fingers

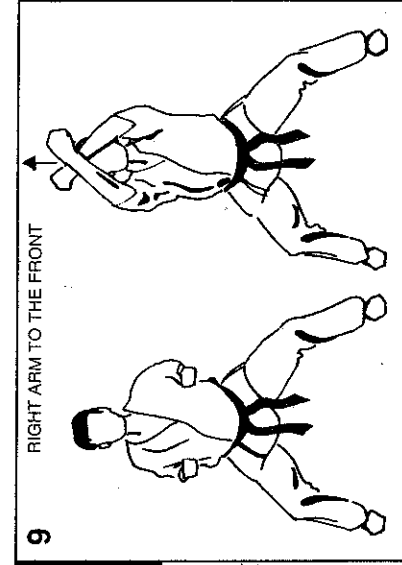
YON JON NUKITE
Fingers tips aligned, with fingers pulled tightly together and the palm broadened for strength



6 LEFT

NIHON NUKITE (ME TSUKI) YONHON NUKITE JODAN

YONHON NUKITE CHUDAN



9 RIGHT ARM TO THE FRONT

SEIKEN JUJI UKE JODAN

BLOCKS

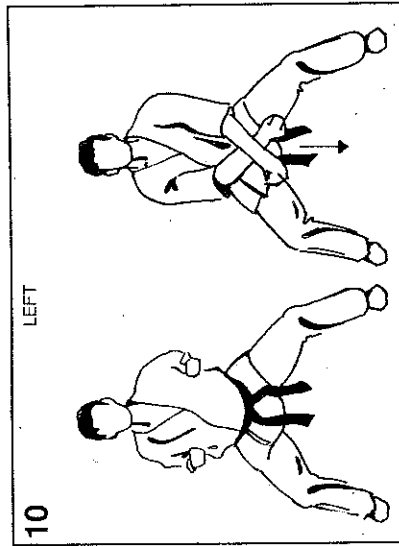


6th KYU

Uraken

14 Techniques

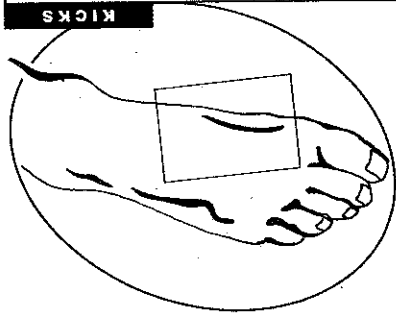
- Kiba Dachi
- Uraken Uchi
- Nukkkite
- Juji Uke
- Mawashi Geri Haisoku
- Mawashi Geri Chusoku
- Kansetsu Geri
- Yoko Geri



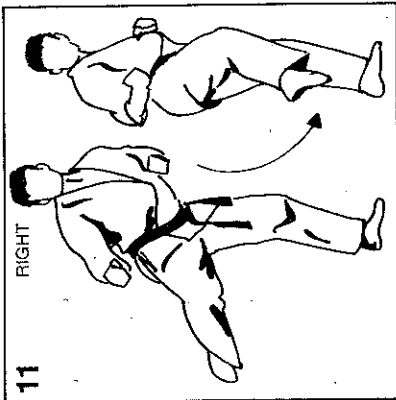
LEFT

10

SEIKEN JUJI UKE GEDAN



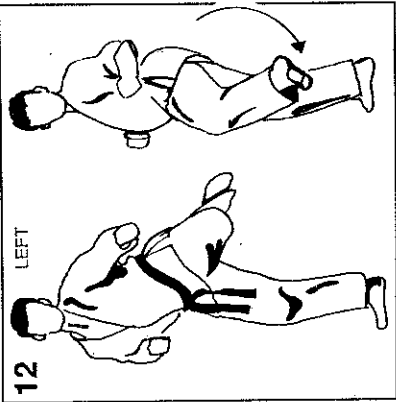
HAISOKU (INSTEP)



RIGHT

11

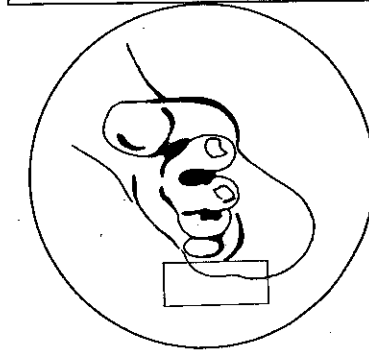
MAWASHI GEDAN GERI HAISOKU



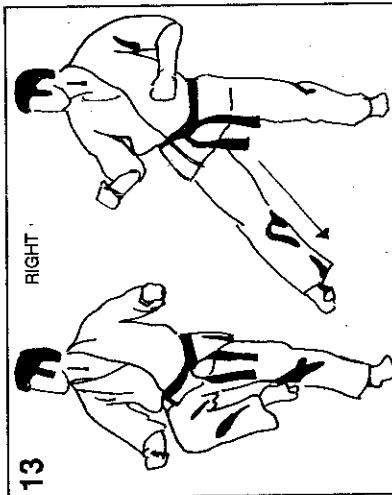
LEFT

12

MAWASHI GEDAN GERI CHUSOKU



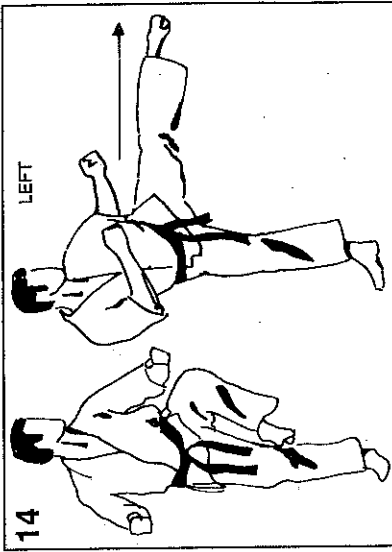
SOKUTO KNIFE FOOT
(ASHIGATANA)



RIGHT

13

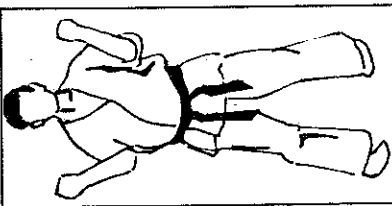
KANSETSU GERI (SOKUTO)



LEFT

14

CHUDAN YOKO GERI (SOKUTO)



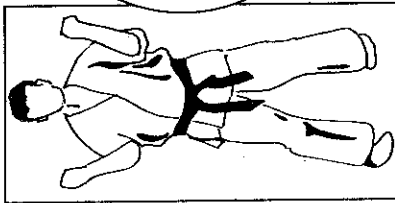
RETURN TO
SANCHIN DACHI

5th KYU

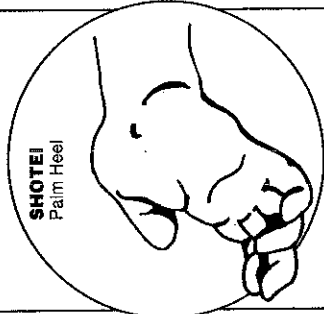
Shotei

12 Techniques

- Kake Dachi
- Shotei Uchi
- Hiji Ate
- Shotei Uke
- Mawashi Geri Haisoku
- Mawashi Geri Chusoku
- Ushiro Geri

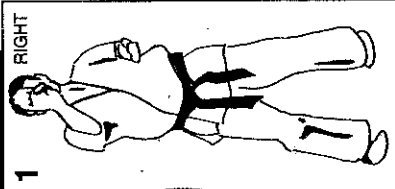


SANCHIN DACHI

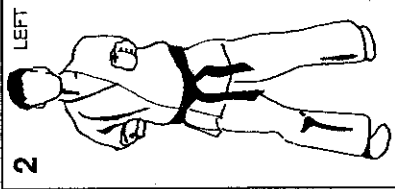


SHOTEI
Palm Heel

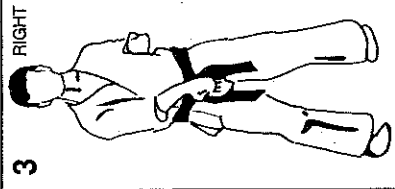
STRIKES



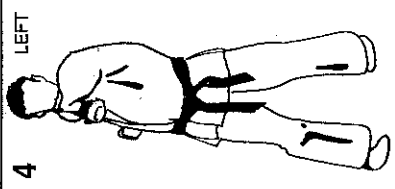
SHOTEI UCHI
JODAN



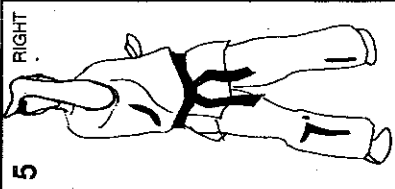
SHOTEI UCHI
CHUDAN



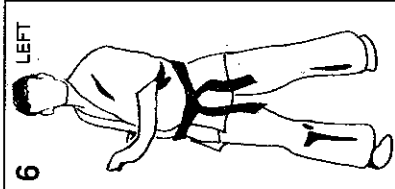
SHOTEI UCHI
GEDAN



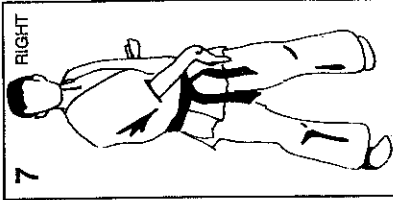
JODAN HIJI ATE



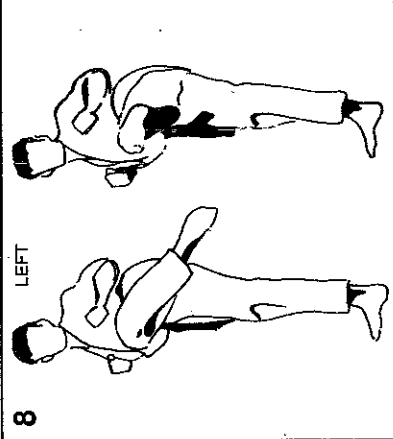
SHOTEI UKE JODAN



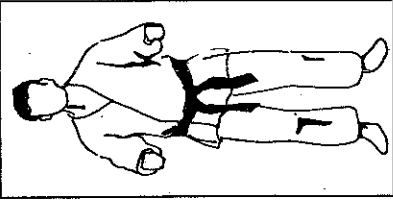
SHOTEI UKE CHUDAN



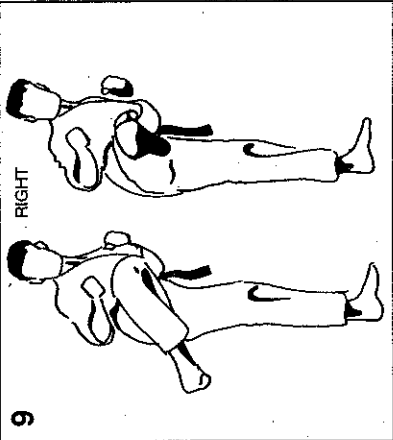
SHOTEI UKE GEDAN



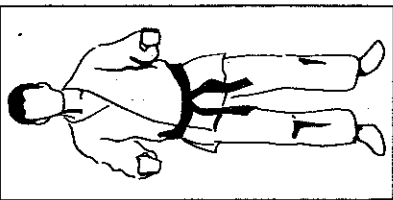
CHUDAN MAWASHI GERI HAISOKU



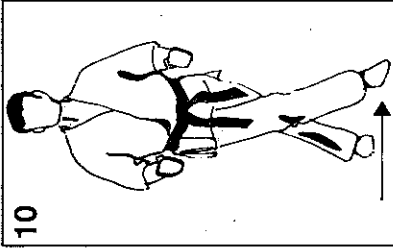
FUDO DACHI



CHUDAN MAWASHI GERI CHUSOKU



FUDO DACHI



USHIRO GERI CHUDAN
Method 1 Step across

KICKS

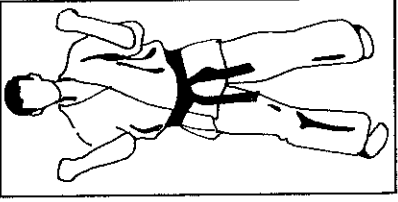
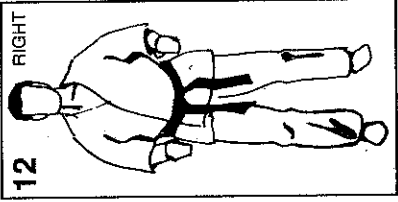
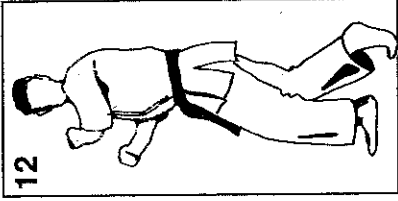
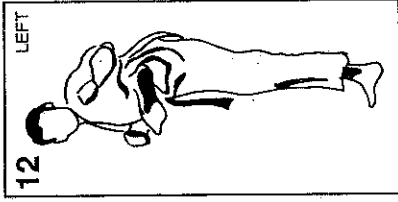
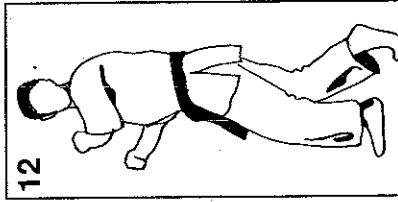
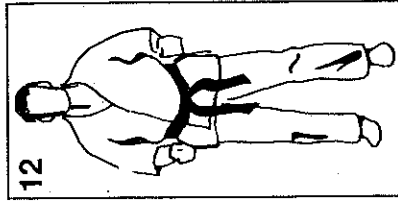
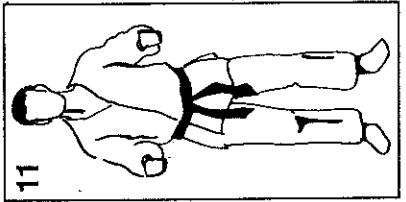
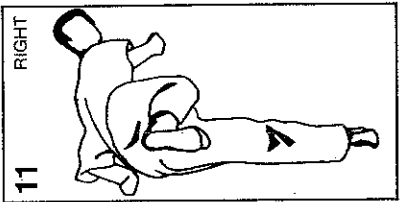
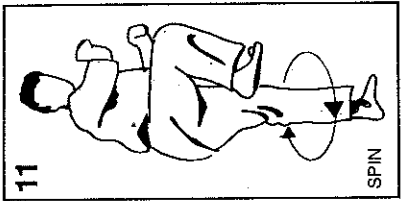
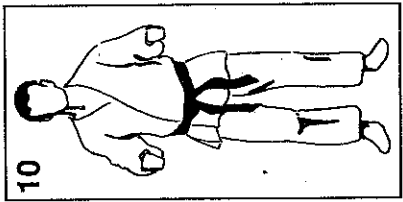
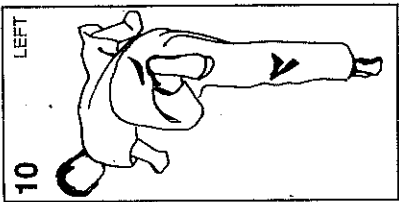
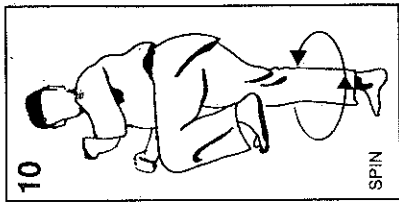


5th KYU

Shotai

12 Techniques

- Kake Dachi
- Moro Ashi Dachi
- Shotai Uchi
- Hiji Ate
- Shotai Uke
- Mawashi Geri Haisoku
- Mawashi Geri Chusoku
- Ushiro Geri



USHIRO GERI CHUDAN
Method 3 Kake Dachi

Step forward into
Kake Dachi

KICK

Step back into
Kake Dachi

Stepback into
Moro Ashi Dachi

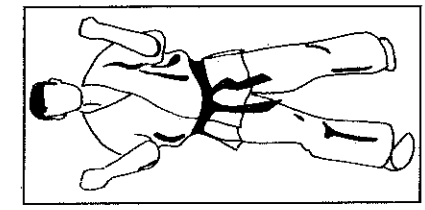
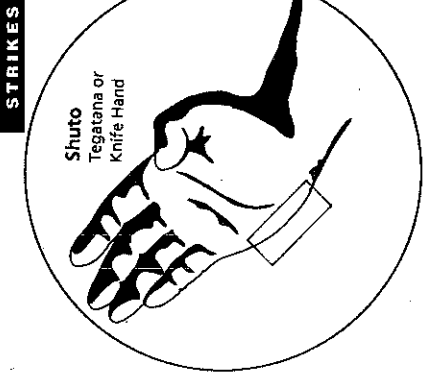
Return to
SANCHIN DACHI

4th KYU

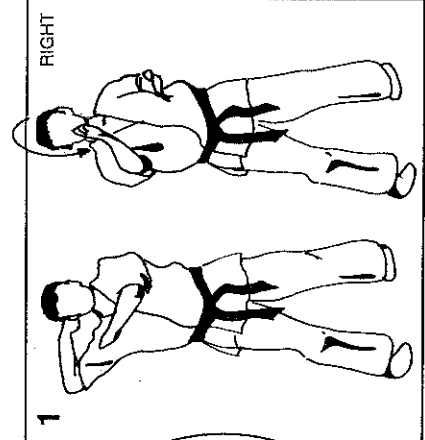
Shuto

15 Techniques

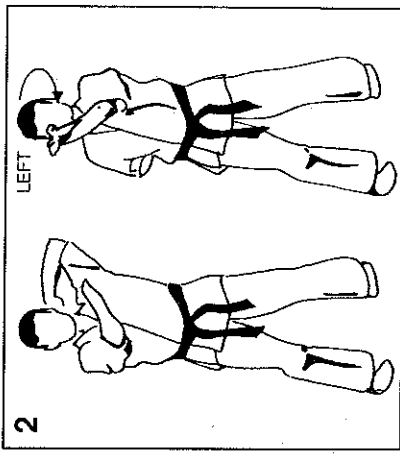
- Shuto Uchi
- Shuto Uke
- Yoko Geri
- Mawashi Geri Chusoku
- Mawashi Geri Haisoku
- Ushiro Geri



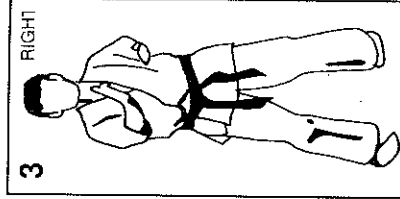
SANCHIN DACHI



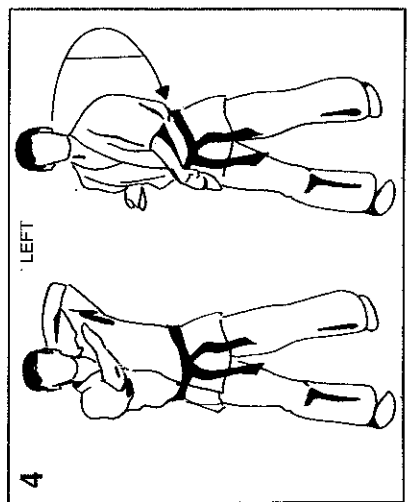
SHUTO SAKOTSU UCHI



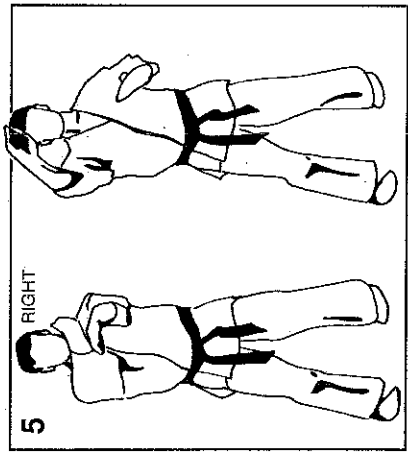
SHUTO YOKO GANNEN UCHI



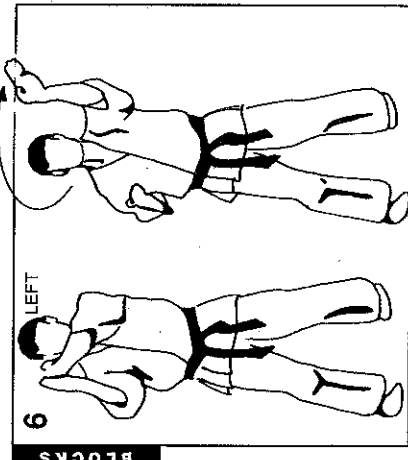
SHUTO UCHI KOMI



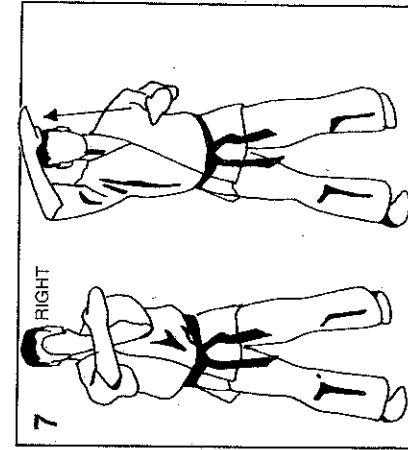
SHUTO HIZOI UCHI



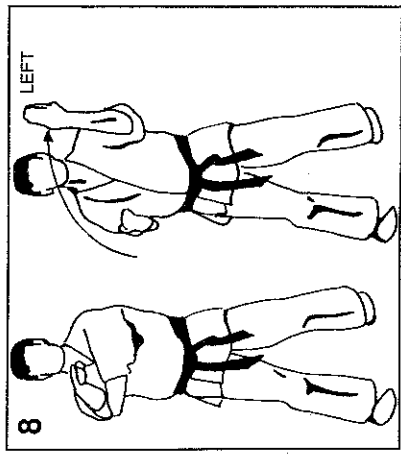
SHUTO JODAN UCHI UKE



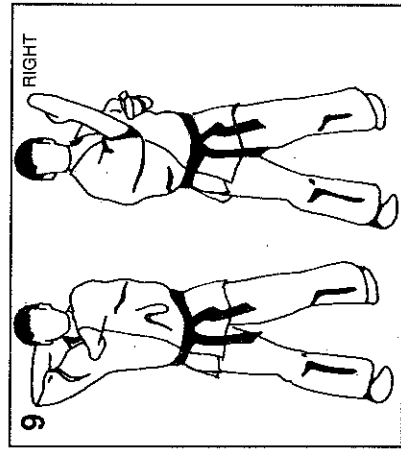
SHUTO JODAN UCHI UKE



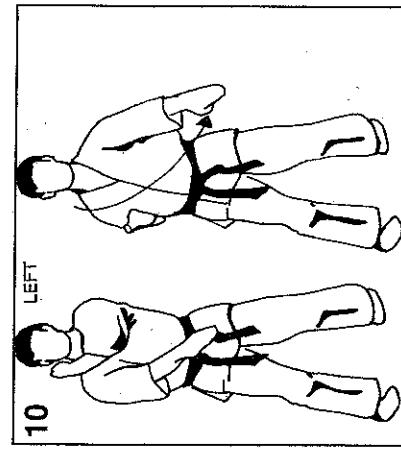
SHUTO JODAN UKE



SHUTO CHUDAN UCHI UKE

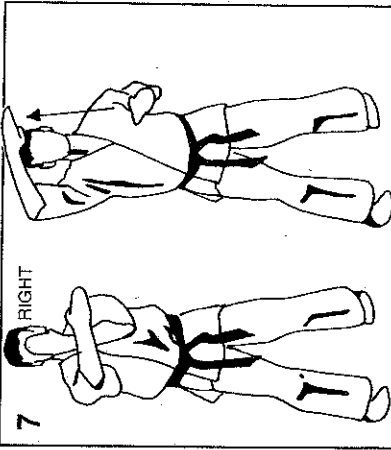


SHUTO CHUDAN SOTO UKE

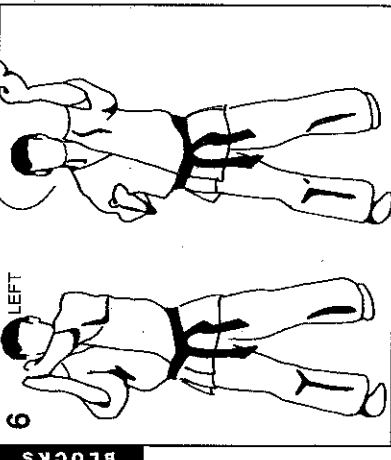


SHUTO MAE GEDAN BARAI

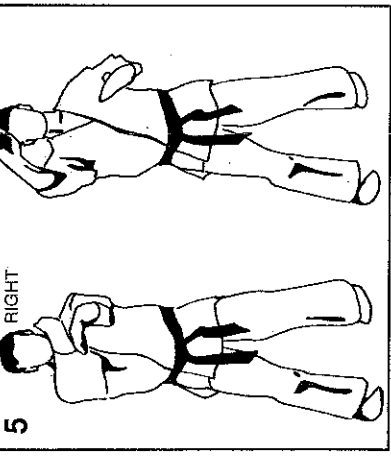
BLOCKS



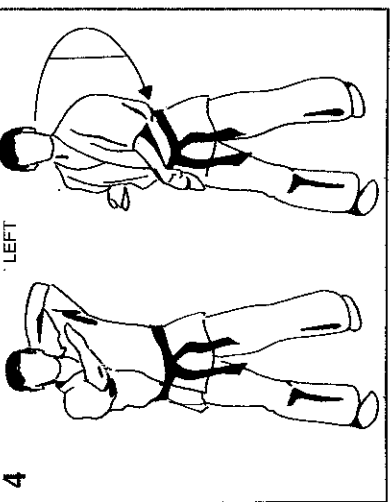
SHUTO JODAN UKE



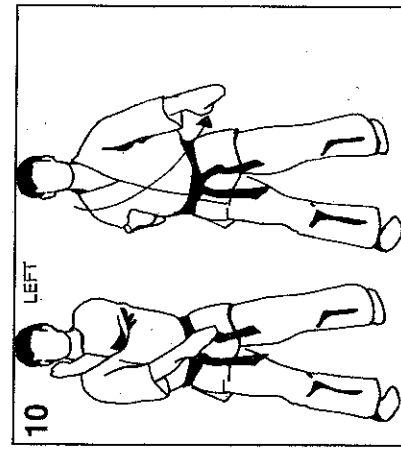
SHUTO JODAN UCHI UKE



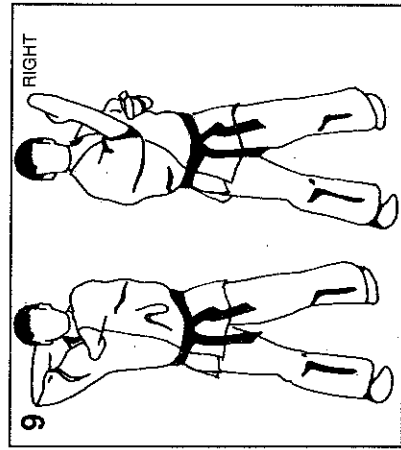
SHUTO JODAN UCHI UKE



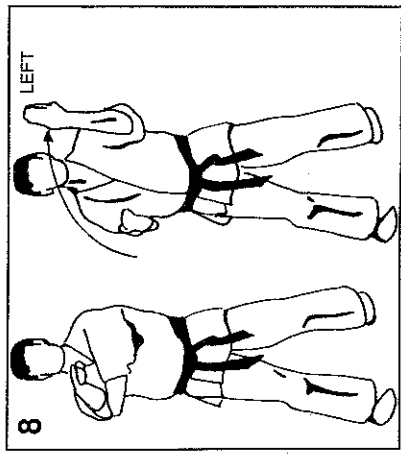
SHUTO HIZOI UCHI



SHUTO MAE GEDAN BARAI



SHUTO CHUDAN SOTO UKE



SHUTO CHUDAN UCHI UKE



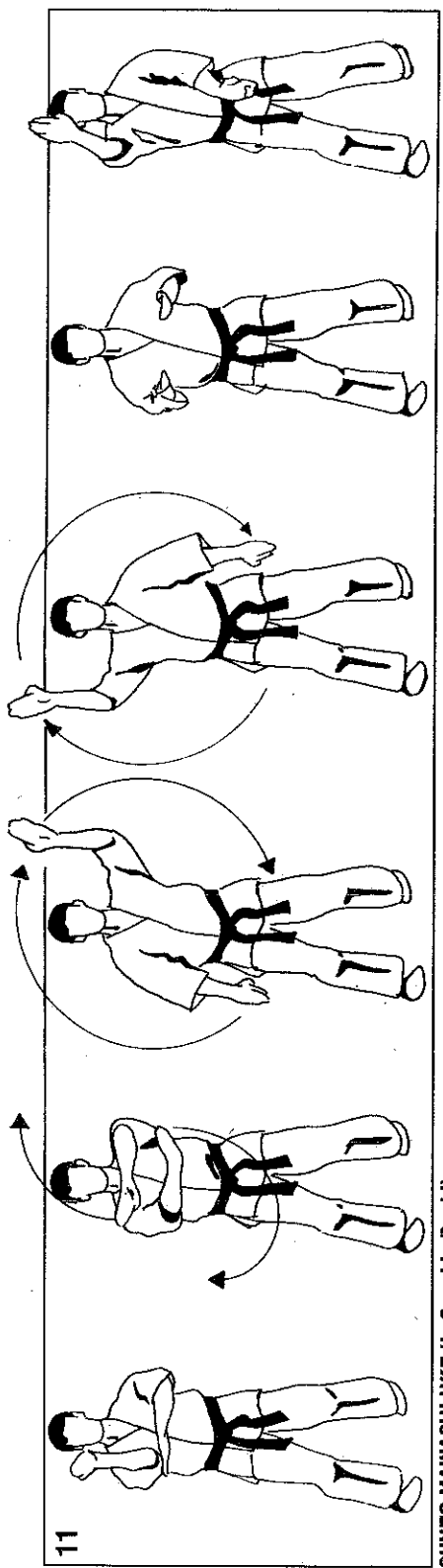
SHUTO CHUDAN UCHI UKE

4th KYU

Shuto

15 Techniques

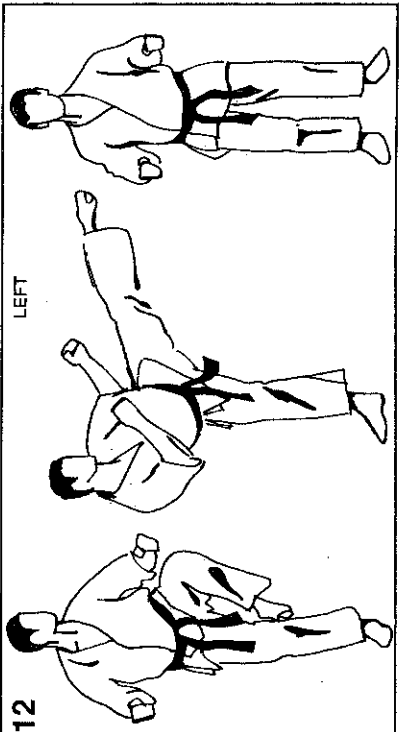
- Shuto Uchi
- Shuto Uke
- Yoko Geri
- Mawashi Geri Chusoku
- Mawashi Geri Haisoku
- Ushiro Geri



11 SHUTO MAWASHI UKE (In Sanchin Dachi)

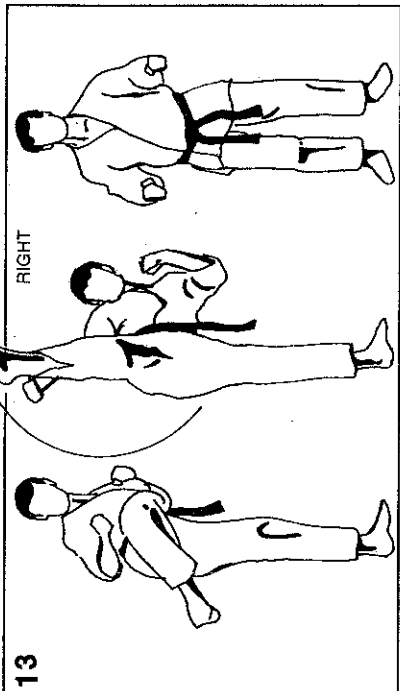
KICKS

12



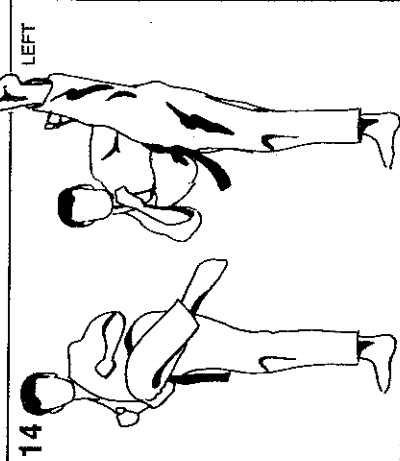
JODAN YOKO GERI

13



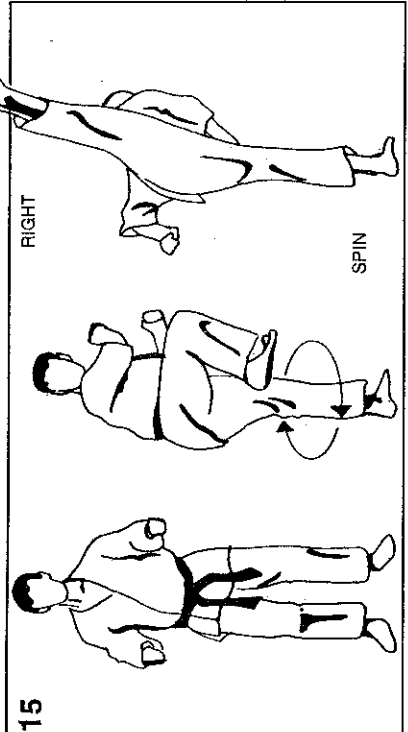
JODAN MAWASHI GERI CHUSOKU

14

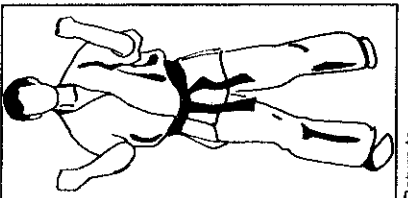


JODAN MAWASHI GERI HAIJOKU

15



JODAN USHIRO GERI



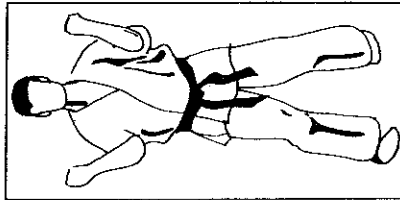
FUDO DACHI

Return to
SANCHIN DACHI

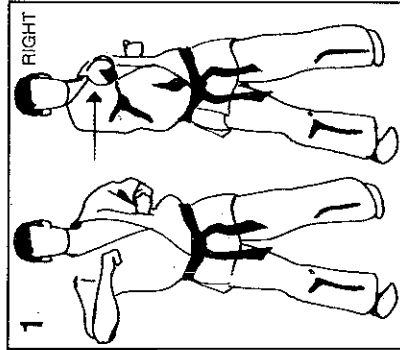
3rd KYU

Hiji or Empi 12 Techniques

Hiji Ate
Shuto Juji
Kakato Geri
Ago Geri

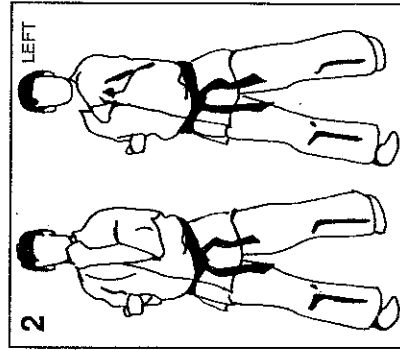


SANCHIN DACHI

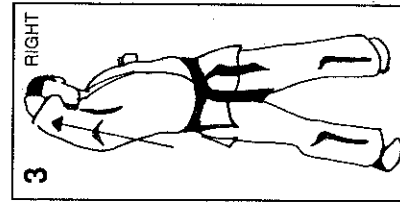


STRIKES

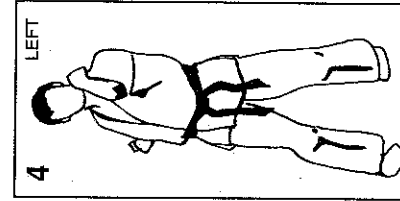
CHUDAN HIJI ATE



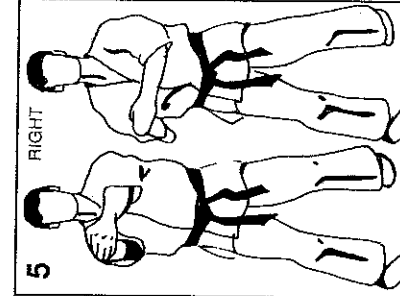
CHUDAN MAE HIJI ATE



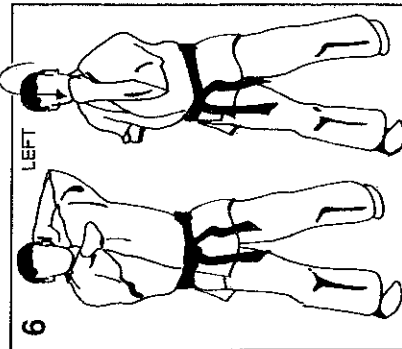
AGE HIJI ATE
JODAN



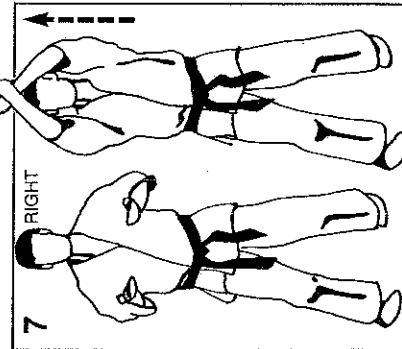
AGE HIJI ATE
CHUDAN



USHIRO HIJI ATE

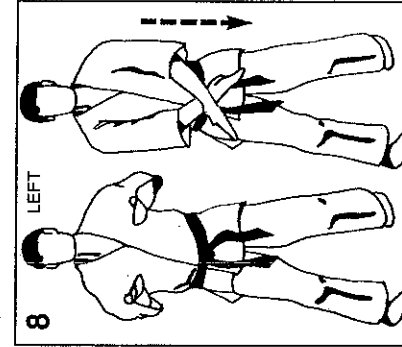


OROSHI HIJI ATE

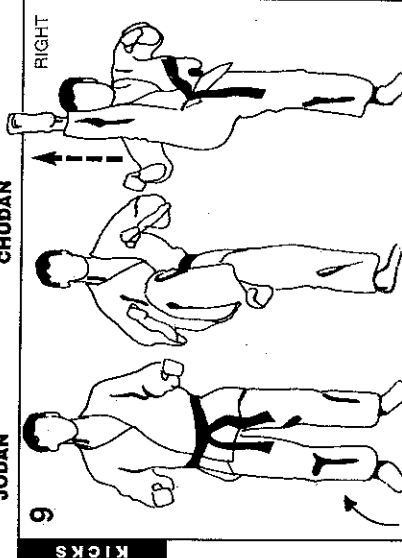


BLOCKS

SHUTO JUJI UKE JODAN

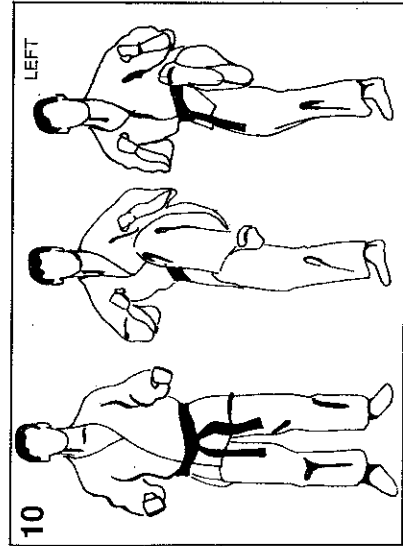


SHUTO JUJI UKE GEDAN

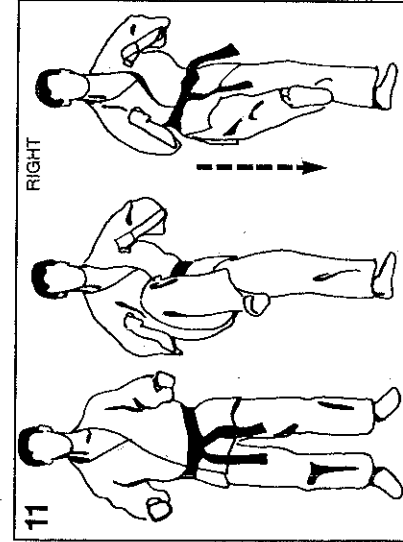


KICKS

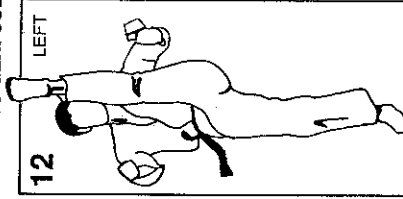
FUDO DACHI
MAE KAKATO GERI JODAN



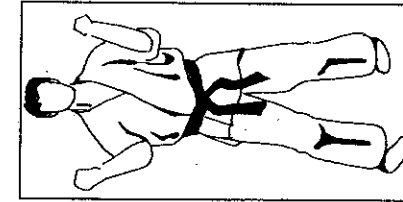
FUDO DACHI MAE KAKATO GERI CHUDAN



FUDO DACHI MAE KAKATO GERI GEDAN



JODAN AGO GERI



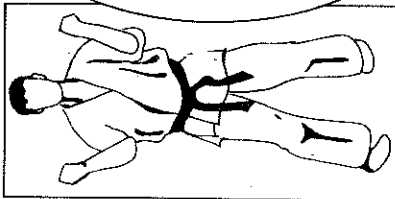
RETURN TO
SANCHIN DACHI

2nd KYU

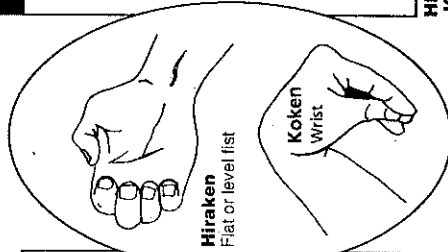
Hiraken

14 Techniques

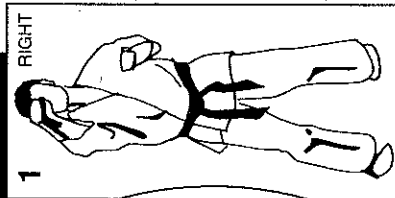
- Hiraken Tsuki
- Haisho Uchi
- Age Tsuki
- Koken Uke
- Tobi Nidan Geri
- Tobi Mae Geri



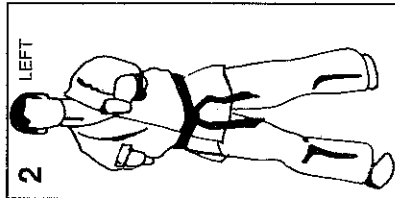
SANCHIN DACHI



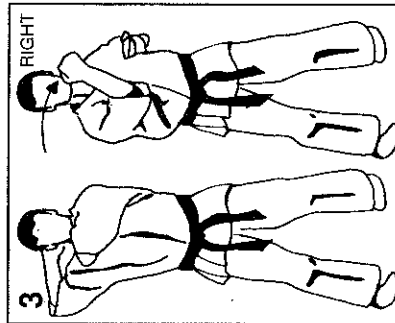
STRIKES



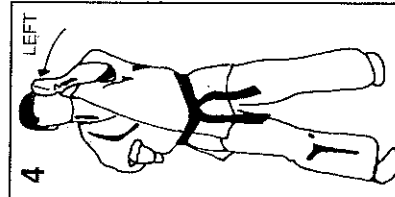
HIRAKEN TSUKI JODAN



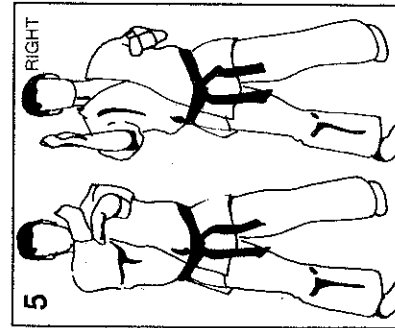
HIRAKEN TSUKI CHUDAN



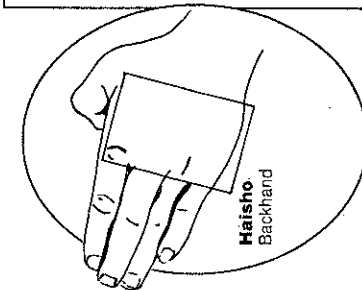
HIRAKEN OROSHI UCHI



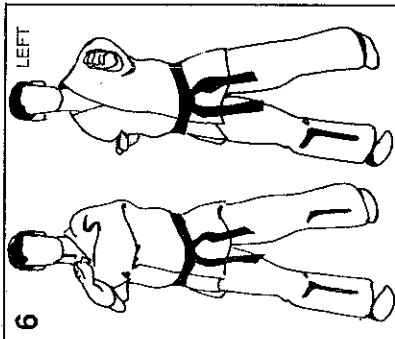
HIRAKEN MAWASHI UCHI



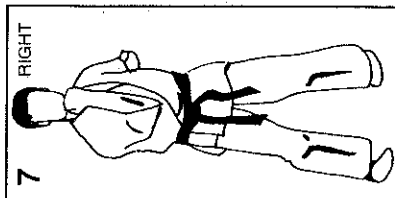
HAISHO JODAN



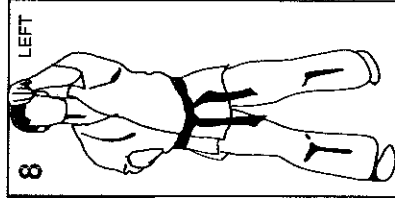
Haisho Backhand



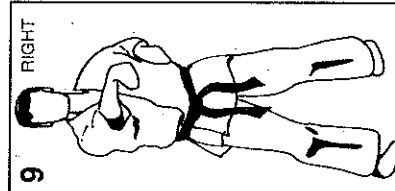
HAISHO CHUDAN



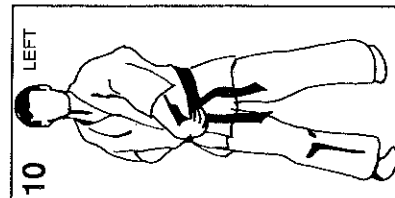
AGO JODAN TSUKI



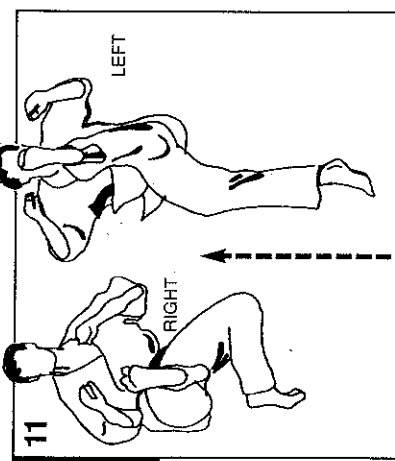
KOKEN UKE JODAN



KOKEN UKE CHUDAN

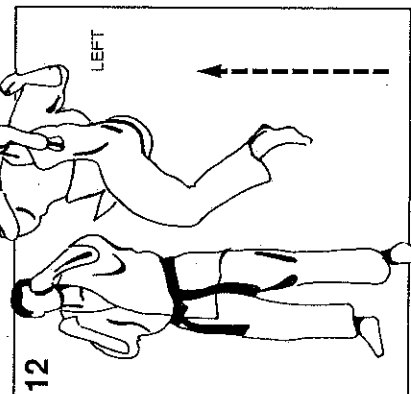


KOKEN UKE GEDAN

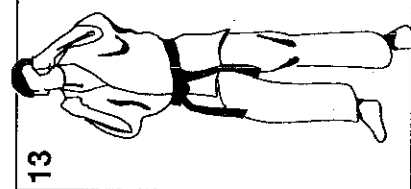


KICKS

TOBI NIDAN GERI



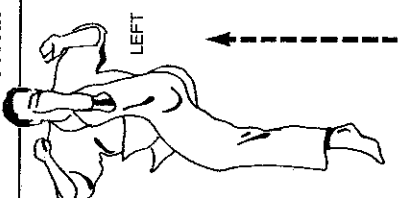
FIGHTING STANCE LEFT LEG FORWARD Front Leg for Height



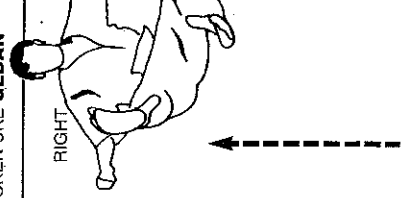
FIGHTING STANCE LEFT LEG FORWARD Back Leg for Distance



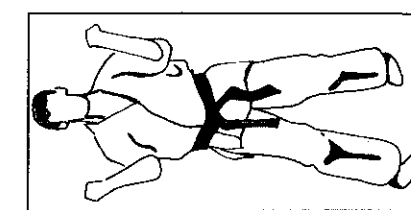
FIGHTING STANCE LEFT LEG FORWARD Back Leg



FIGHTING STANCE LEFT LEG FORWARD



FIGHTING STANCE RIGHT LEG FORWARD

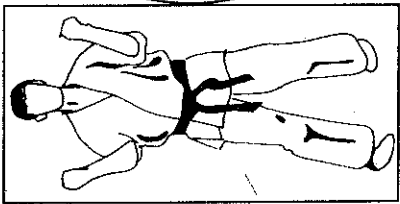


RETURN TO SANCHIN DACHI

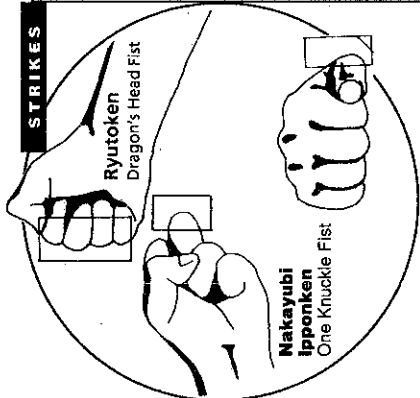
1st KYU

12 Techniques

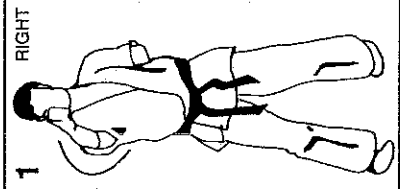
- Ryutoken Tsuki
- Nakayubi Ipponken
- Oyayubiken
- Kake Uke
- Haito Uchi
- Uchi Haisoku Geri
- Oroshi Kakato Geri
- Tobi Yoko Geri



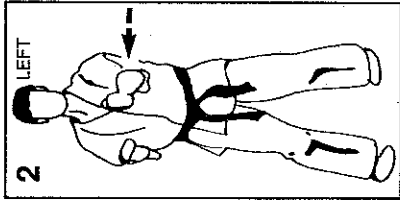
SANCHIN DACHI



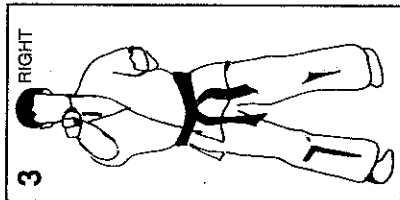
STRIKES



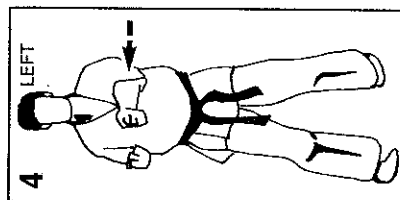
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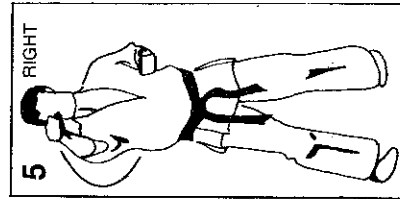
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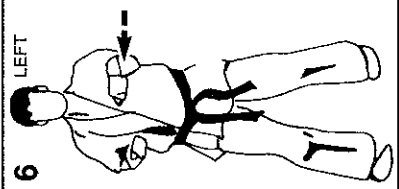
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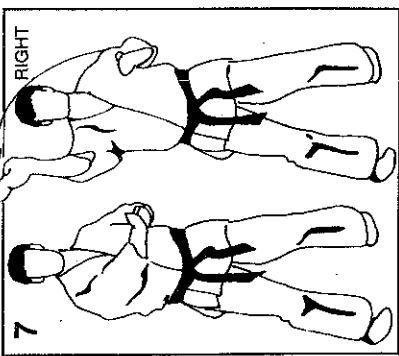
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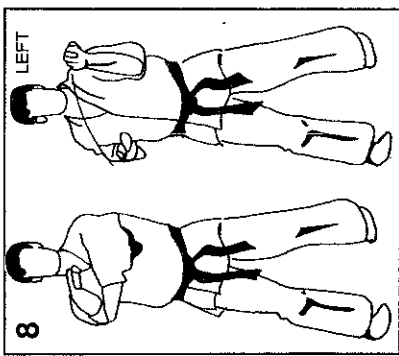
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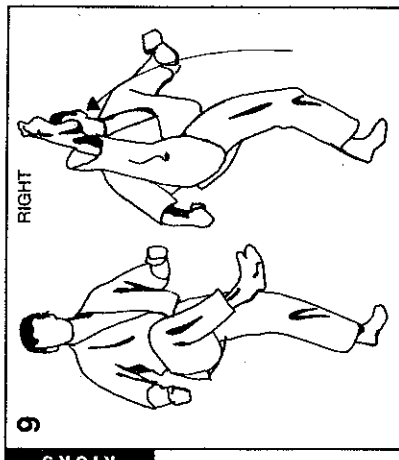
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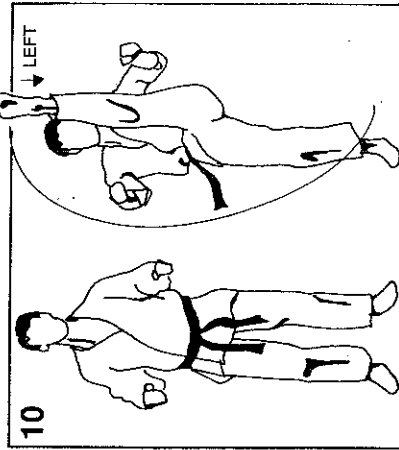
7 **KAKE UKE JODAN**



8 **CHUDAN HAITO UCHI UKE**

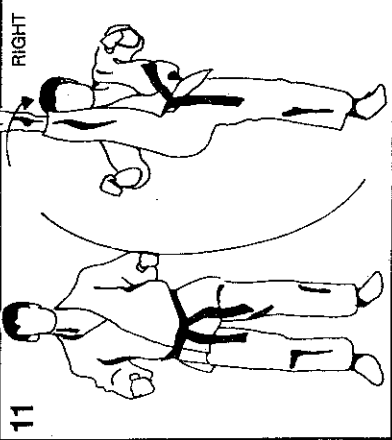


9 **JODAN UCHI HAIKOKU GERI**

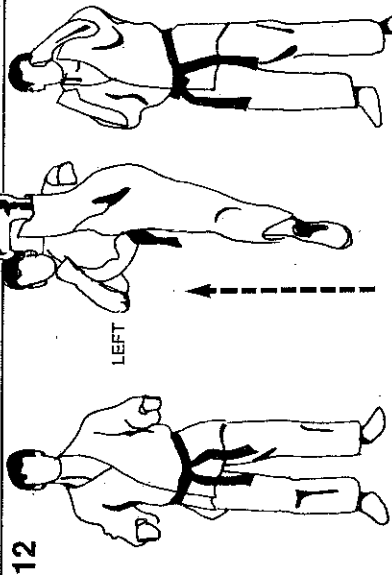


10 **OROSHI UCHI KAKATO GERI**

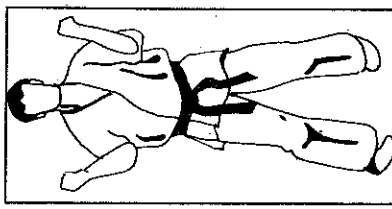
BLOCKS



11 **OROSHI SOTO KAKATO GERI**



12 **Tobi Yoko Geri into FIGHTING STANCE**



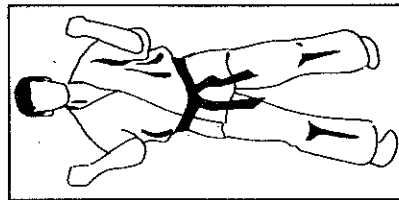
FUDO DACHI

RETURN TO **SANCHIN DACHI**

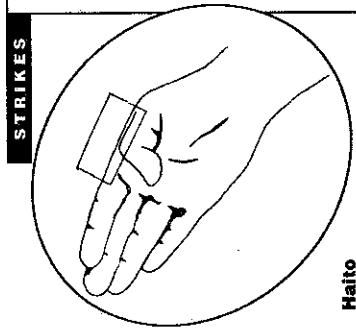
1st DAN SHODAN

14 Techniques

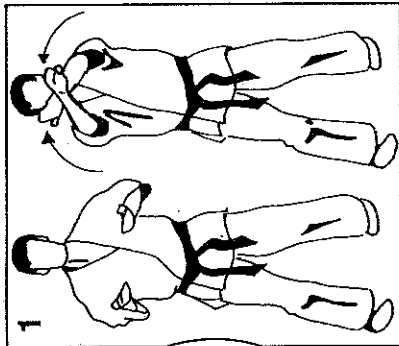
- Morote Haito Uchi
- Haito Uchi
- Morote Kake Uchi
- Osaie Uke
- Kake Geri Kakato
- Kakato Geri Chusoku
- Ushiro Mawashi Geri



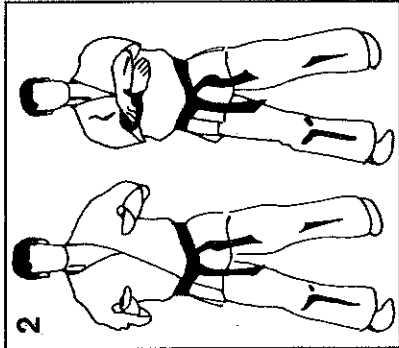
SANCHIN DACHI



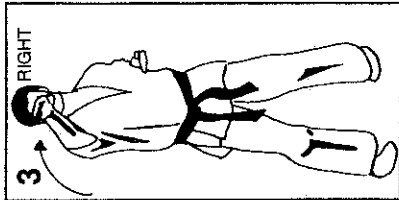
Haito
Inner Knife Hand



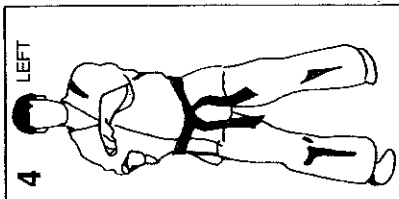
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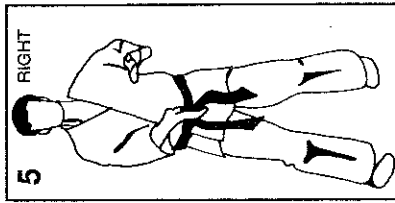
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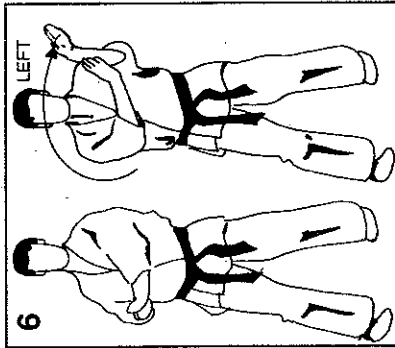
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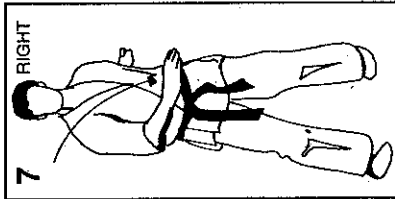
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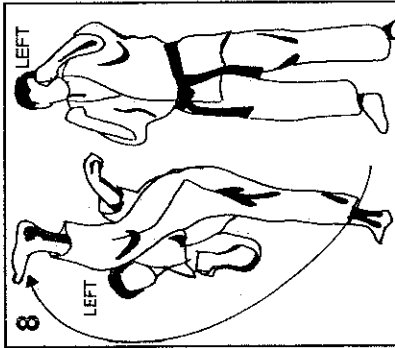
HAITO UCHI GEDAN



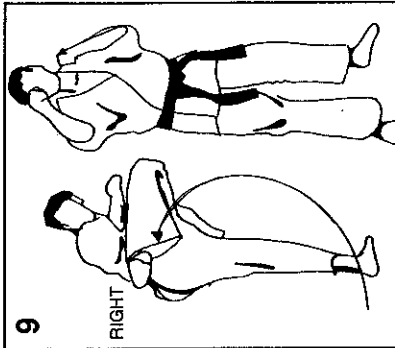
MOROTE KAKE UKE
JODAN



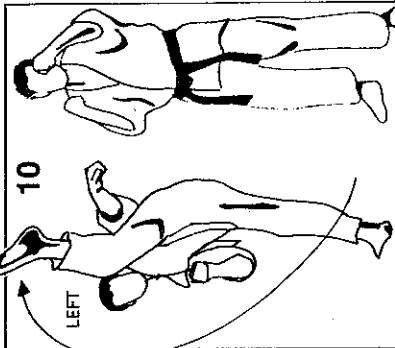
OSAE UKE



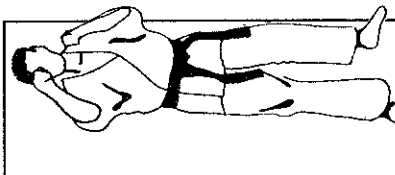
KICKS



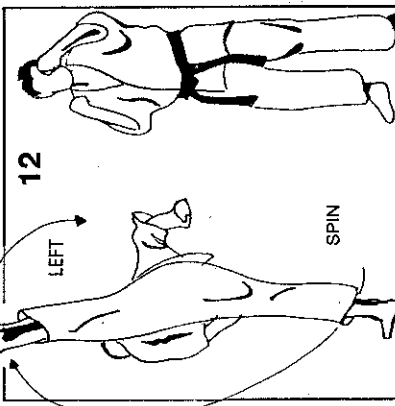
KAKE GERI KAKATO CHUDAN into
FIGHTING STANCE



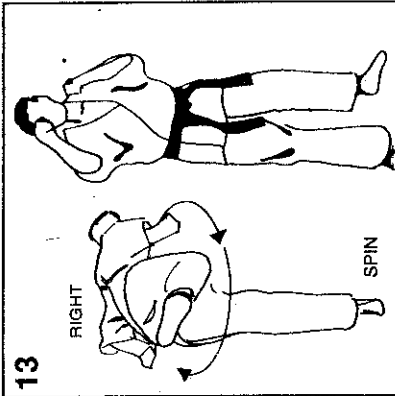
KAKE GERI CHUSOKU JODAN into
FIGHTING STANCE



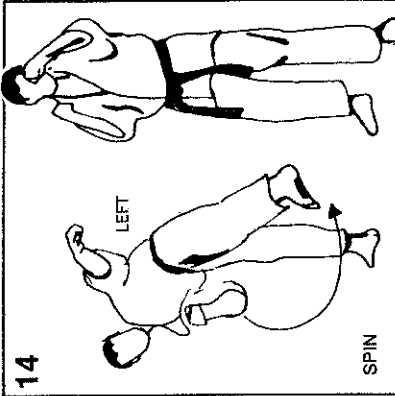
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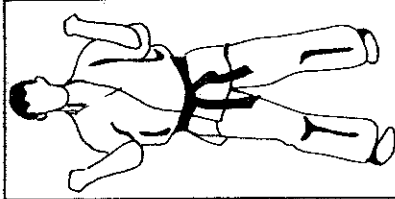
USHIRO MAWASHI GERI JODAN
FIGHTING STANCE



USHIRO MAWASHI GERI
CHUDAN
FIGHTING STANCE



USHIRO MAWASHI GERI GEDAN
FIGHTING STANCE

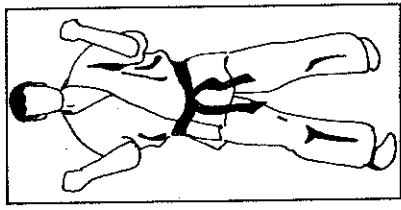
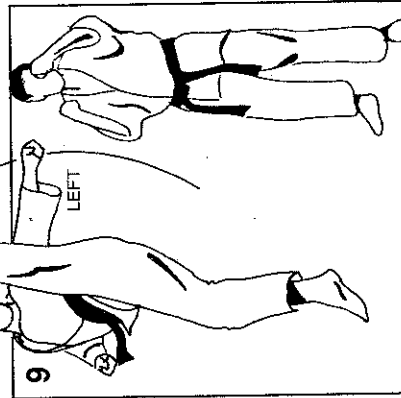
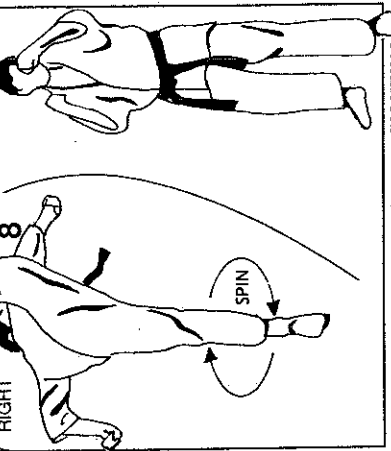
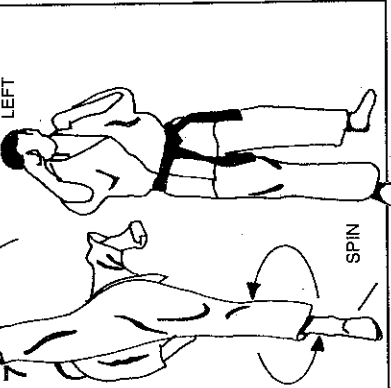
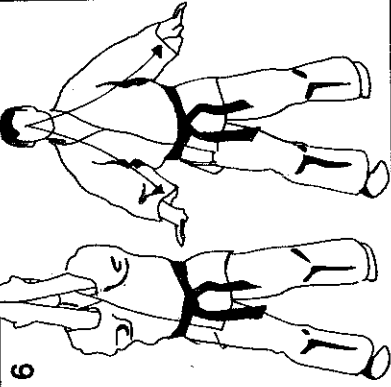
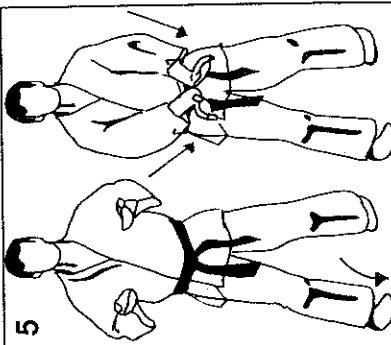
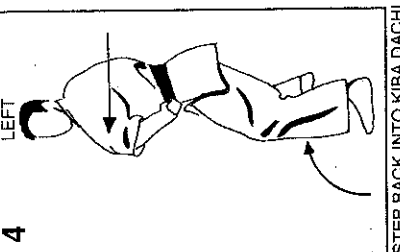
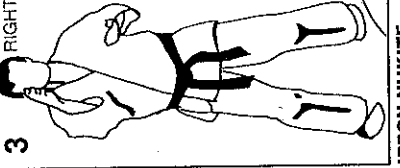
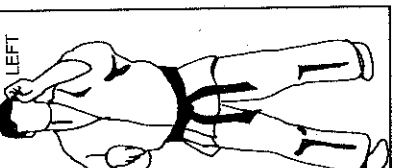
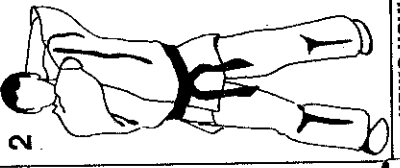
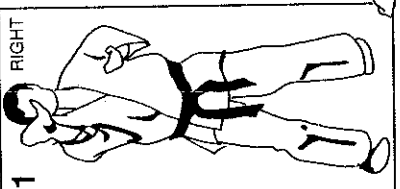
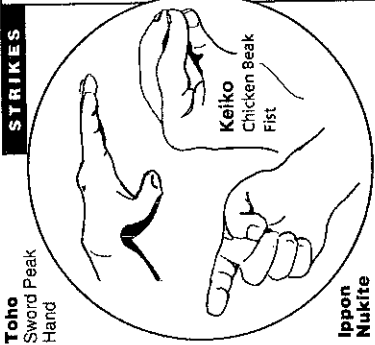
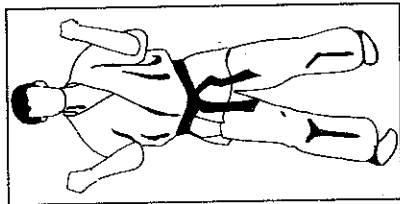


STEP BACK INTO
SANCHIN DACHI

2nd DAN NIDAN

10 Techniques

- Toho Uchi
- Keiko Uchi
- Ippon Nukite
- Hiji Uke
- Shotai Morote Uke
- Shuto Morote Uke
- Tobi Ushiro Geri
- Tobi Ushiro Mawashi Geri
- Tobi Mawashi Geri
- Age Kakato Ushiro Geri



Kihon

A pictorial manual of the basic syllabus techniques from 10th Kyu to 2nd Dan

Glossary of Terms

Stances

Yoi Dachi - Ready Stance
Fudo Dachi - Formal Stance
Zankutsu Dachi - Forward Leaning Stance
Uchi Hachiji Dachi - Figure of Eight Stance
Musubi Dachi - Open Toe Stance
Kokutsu Dachi - Back Leaning Stance
Sanchin Dachi - Three Point Stance
Kiba Dachi - Horse/Straddle Stance
Neko ashi Dachi - Cat Stance
Tsuru ashi Dachi - Crane Stance
Moro Ashi Dachi - One Foot Forward Stance
Haisoku Dachi - Parallel Closed Stance
Heiko Dachi - Parallel Stance
Kake Dachi - Hooked Stance

STRIKES

Level, Target or Direction

Age - Rising
Ago - Chin or Jaw
Chudan - Middle Level
Ganmen - Face
Gadan - Lower Level
Hizo - Spine
Jodan - Upper Level
Mae - Forward
Mawashi - Round House
Morote - Double
Oi - Lunge
Oroshi - Descending
Seyu - Left and Right
Shomen - Front
Ushiro - Back
Yoko - Side

Weapon or Technique

Haito - Inner Knife Hand
Haisho - Backhand
Hiraken - Flat Fist
Ippon Nukite - Single Finger Spearhand
Keiko - Chicken Beak
Koken - Wrist Top
Komekari - Temple
Nakayubi Ippon Ken - Middle Finger Knuckle Fist
Nihon Nukite (Me Tsuki) - Two Finger Spearhand
Nukite - Spearhand
Oyayubi Ippon Ken - Thumb Knuckle Fist
Ryutoken - Dragon's Head Fist
Shita - Lower
Shotai - Palm Heel
Seikan - Forefist
Hiji - Elbow
Shuto - Knife Hand
Sakotsu - Collarbone
Tate - Vertical
Tetsui - Bottom Fist or Fist Edge
Tsuki - Punch
Toho - Sword Peak Hand
Uchikomi - Thrust
Uraken - Back Fist
Uchi - Strike
Yonhon Nukite - Four Finger Spearhand

BLOCKS

Level, Target or Direction

Chudan - Middle Level
Gedan - Lower Level
Jodan - Upper Level
Mae - Forward
Mawashi - Roundhouse
Morote - Double
Uchi - Inside
Soto - Outside

Weapon or Technique

Barai - Parry
Haito - Inner Knife Hand
Hiji - Elbow
Juji - Crossed
Kake - Hooking
Koken - Wrist Top
Osae - Holding Down
Shotai - Palm Heel
Shuto - Knifehand
Uke - Block

KICKS

Level, Target or Direction

Age - Rising
Chudan - Middle Level
Ganmen - Face
Jodan - Upper Level
Kansetsu - Joint (Knee, Ankle etc.)
Oroshi - Descending
Gedan - Lower Level
Ke age - Rising
Kin - Groin (Testicles)
Mae - Front
Mawashi - Roundhouse
Soto - Outside
Tobi - Jumping
Yoko - Side
Uchi - Inside
Ushiro - Back

Weapon or Technique

Chusoku - Ball of the foot
Geri - Kick
Haisoku - Instep
Hiza - Knee
Kakato - Heel
Kake - Instep
Sokuto - Foot Edge
Sune - Shin
Taisoku - Arch of the foot

General Terminology

Hajime - Begin
Hidari - Left
Ibuki - Forced Tension Breathing
Kamaete - Take position
Kata - Formal Exercise
Kiai - Shout
Kihon - Basics
Mawatte - Turn
Migi - Right
Mugorei - No counting
Naore - Return to position
Rei - Bow
Ura - Reverse or backwards
Yakusoku - Pre-arranged
Yame - Stop
Yoi - Ready

Counting

Ichu - One
Ni - Two
San - Three
Shi (Yon) - Four
Go - Five
Roku - Six
Shichi - Seven
Hachi - Eight
Ku - Nine
Ju - Ten
Niju - Twenty
Sanju - Thirty
Yonju - Forty
Goju - Fifty
Hyaku - One Hundred

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Essex CM1 2NQ