

BASIC PUNCHES

- 1. Straight punch to solar plexus.
Seiken oitzuki.**
- 2. Uppercut to chin.
Jodan oitzuki.**
- 3. Reverse punch to solar plexus.
Seiken gyaku zuki.**
- 4. Reverse uppercut to chin.
Jodan gyaku zuki.**
- 5. Upper area block, punch to solar plexus.
Jodan uke seiken zuki.**
- 6. Middle area block, punch to solar plexus.
Chudan uke seiken zuki.**
- 7. Lower area block, punch to solar plexus.
Gedan barai seiken zuki.**

BASIC PUNCHES (continued)

- 8. Upper area openhand block, uppercut to chin.
Jodan tegata uke jodan zuki.**
- 9. Middle area openhand block, openhand strike to solar plexus.
Chudan tegata barai, nukite.**
- 10. Back fist to bridge of nose, punch to solar plexus.
Ura uchi, seiken zuki.**
- 11. Upper arm block, 5 punches to solar plexus.
Jodan uke, go den joku zuki.**
- 12. Middle area block, 5 punches to solar plexus.
Chudan uke, go den joku zuki.**
- 13. Lower area block, 5 punches to solar plexus.
Gedan barai, go den joku zuki.**
- 14. Open hand strike to lower area, followed by open hand strike to side of neck.
Shuto uchi, shuto uchi.**
- 15. Deflection followed by two punches.
O uchi.**
- 16. Elbow strike.
Higa no ato zuki.**
- 17. Elbow techniques.
Empi waza.**