

# Hojoundo-Karate Exercises

Japanese	Movements	English
Sokuto geri	knife-edge kick, alternating sides	Side-of-Foot Kick
Shomen geri	front kick, alternating sides	Front Kick
Mawashi tsuki	circle block,roundhouse punches, alternating sides	Hook Punch
Shomen tsuki	wauke block, front punch, palm block,front punch	Front Punch
Soto uke, shuto uchi, ira uchi, shoken tsuki	circle block, chop, backfist, one-knuckle punch	Same
Hajki uke hiraken tsuki	four-knuckle-fist blocks and strikes	Same
Hiji tsuki	elbow strikes	Same
Shomen hajiki	fingertip eye strikes	Same
Koino shipo uchi, tate uchi	fish-tail wrist blocks in four directions	Wrist Blocks-Four Directions
Koino shipo uchi, yoko uchi	fish-tail wrist blocks side-to-side	Wrist Blocks-Two Directions
Tenshin zensoku geri	front-leg angle kicks	Same
Tenshin kosoku geri	rear-leg angle kicks	Same
Tenshin Shoken Nuki	circular block, skoken punch, circular block, shoken punch	Same
Shinko kyu	feet together, reach up, fan arms out, breathing	Deep Breathing



