



## EUROKAI KARATE CLUB



### SHUKOKAI BASIC COMBINATIONS

All movements are described for a left hand and foot forward position.

1a)	<b>Ichiban A</b>	Step or jump in with right foot and perform a right hand punch (oi-tsuki) to the face, withdraw the hand and without moving the feet perform a left open handed thrust to the opponent's collar bone.
1b)	<b>Ichiban B</b>	One legged punch to the face, then step forward with the right foot and perform a left thrust.
2	<b>Niban</b>	Counter to the opponent's body with a right hand punch (gyaku-tsuki) and a left thrust. It is preferable to slide in about 9 inches or so as the punch is performed.
3	<b>Sanban</b>	Slide in and punch with the left hand (mae-ken) to the opponent's face, follow with a right thrust.
4a	<b>Yonban A</b>	Kick to the front (mae-geri) with the right foot, keeping the hands in position, step forward with the kicking foot and punch with the right hand (oi-tsuki) to the opponent's face, left thrust.
4b	<b>Yonban B</b>	Kick to the front with the right foot (mae-geri) but keep the weight on the left foot, withdraw the leg and punch to the face (still balancing on the left foot) and perform a left thrust.
5	<b>Goban</b>	Punch with the right hand, then step forward with the right foot, Thrust with the left hand and kick with the left foot (mae-geri) put the left foot down to your front and punch to the body with the right hand then left thrust.
6	<b>Rokuban</b>	Step back with the left foot, block at face level with the edge of the right hand (shuto-uke) punch to the body with the left hand (gyaku-tsuki) then thrust with the right.
7	<b>Nanaban</b>	Block with the edge of the left hand (gedan-barai) punch to the body with the right, thrust with the left.
8	<b>Hachiban</b>	Punch to the opponent's face with the right hand then step forward with the right foot, punching to the body with the left (gyaku-tsuki) then thrust with the right.
9	<b>Kyuban</b>	Sweep the right foot forward scooping the opponent's ankle with the sole, place the foot down to your front, punching to his face with your right hand, left thrust (ashi-barai and oi-tsuki).