

## **Basics - Training Tips**

A reference for working the fundamentals of Karate

- Recoils: Extension and Retraction.
- Recoils to be done for all karate waza. kicking, punching, blocking and striking
- 4 Count basic blocking waza drill- in sequence
- Rising block - Outside middle block - Down Block - Inside middle block
- Single and multiple count punching, blocking, striking, kicking in ready stance, moving forward and backward to be done in various fundamental and natural stances.

### **Single stepping drills from ready stance:**

- Stepping forward
- Stepping backward
- Shifting laterally

### **Stationary waza and stepping drill**

- Focus attention on transition into stance during one drill, then focus on hand techniques with stance during an additional drill, moving on to a third drill with focus on kicking while still using the same stance during all three drills.
- Return to ready stance after completing a single technique, then work the opposite side in the same technique. Keep knees bent, and arm extended during transitions.

### **Stance – Tachi kata - 2 types of stances:**

- Stances with knees pushing out (back stance, forward stance)
- Stance with knees pushing in (hourglass stance, half moon stance)

### **Movement in Stance Defined**

**Stepping thru-** Back foot moves beyond the front foot into stance.

**Shuffle** - Back foot moves up to front foot, front foot moves forward to complete stance .

**Shift** - Entire body moves simultaneously, the distance roughly of the individuals foot length, both feet sliding in tandem.

**Pivot** - Body turning in place without the feet moving from their original position – however feet may move or turn in place.

**Turning** – Requires the complete removal of one foot from its original position into stance in another position.

## **Hip Rotation, There are 2 kinds of hip rotation used in karate stances –**

**Jun Kaiten** – Standard rotation, hip rotation in same direction as the technique being executed (outside middle block)

**Gyaku Kaiten** – Reverse rotation, hip rotation is opposite the direction of the technique being executed (down block)

### **Hip Rotation Drills:**

- Forward stance in place pivots, thrust rear foot into floor while returning to full forward position.
- Forward stance down block position, recoil hip and thrust into full forward position from ½ forward (drive rear heel into the ground simultaneously)
- Half forward stance oi tsuki position, thrust gyaku tsuki fast, recoil to io tsuki position and load hips slowly.
- Alternate punching from straddle stance using the hips to project the technique.
- Shifting, stepping through and step behind using straddle stance, keeping one level – break gravity at center, push off with toes or front third of foot and land on the front third of foot.

### **Kicking:**

- Kicking from stance : Ready, Forward, Straddle, Back
- Recoil kicking (out slow, fast back and out fast ,slow back – do all kicks from a variety of stances.
- Break down kicks into multiple count and put emphasis on correct form. Use both slow and fast counts.
- Use body contact drills to develop focus, distance, timing, confidence. Start slow and relaxed, then fast and relaxed – then fast and focused contact.

Note body contact drills should be used where ever possible – not just for kicking but for punching and striking as well.

### **Body Contact Drills:** (just a few)

- Shuffle up reverse punch.
- Shuffle up front leg front snap kick.
- Back leg front snap kick, stepping in & in place.
- Step up front leg side thrust kick.
- Back leg side thrust kick.
- Lateral, outside middle block reverse punch.
- RH kick to Buttocks.
- RH kick to Abs.