

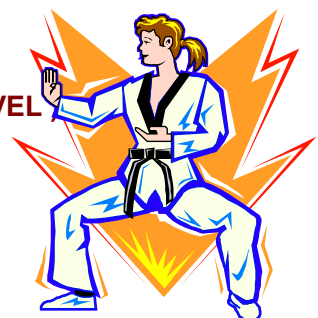
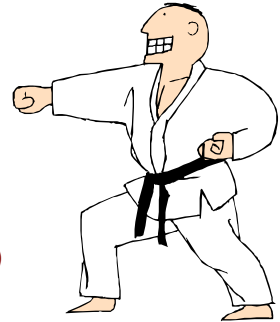


SHUKOKAI KARATE DO



COMBINATION IN ENGLISH

- ONE:**
- 1A.** SLIDE STEP FORWARD, FRONT LEADING PUNCH (HEAD LEVEL) LEFT HAND THRUST, BACK ON GUARD, STEP BACK.
 - 1B.** SLIDE STEP FORW, FRONT LEADING PUNCH (HEAD LEVEL) REVERSE PUNCH, BACK ON GUARD.
 - 1C.** SLIDE, ONE LEG PUNCH, LAND INTO OPP. STANCE, THRUST, BACK ON GUARD.
 - 1D.** SLIDE STEP FORW. FRONT LEADING PUNCH (HEAD LEVEL) STEP FORWARD INTO OPP.STANCE, REVERSE PUNCH.
- TWO:**
- 2A.** SLIDE FORWARD, REVERSE PUNCH.
 - 2B.** SLIDE FORW. REVERSE PUNCH, FRONT PUNCH (HEAD LEVEL)
 - 2C.** SLIDE FORW. FAKE FRONT PUNCH,(PUSHING HEAD LEVEL) REVERSE PUNCH
 - 2D.** SLIDE FORW. FRONT HAND BACKFIST BACK FIST, REVERSE PUNCH.
- THREE:**
- 3A.** SLIDE FORW. FRONT PUNCH (HEAD LEVEL) THRUST.
 - 3B.** SLIDE FORW. FRONT PUNCH (MIDDLE LEVEL) REVERSE PUNCH (HEAD LEVEL)
 - 3C.** SLIDE BACK FOOT TO (45* ANGLE)- FRONT PUNCH (HEAD LEVEL) THRUST.
 - 3D.** SLIDE FRONT FOOT FIRST, THAN MOVE BACK FOOT 45* ANGLE. FOLLOW BY FRONT HAND BACK FIST, THRUST.
- FOUR:**
- 4A.** SLIDE FORW. REAR LEG FRONT KICK. (BELT LEVEL) RIGHT STANCE FRONT PUNCH (HEAD LEVEL) THRUST.
 - 4B.** SLIDE REAR LEG FRONT KICK. RIGHT STANCE(CHANGE GUARD) REVERSE PUNCH.
 - 4C.** SLIDE REAR LEG SEMI ROUND HOUSE,(KICKING UNDER THE ARM) AS RECALLING THE LEG BACK, THROUGH ONE LEG PUNCH SIMULTANEOUSLY, RIGHT STANCE FORWARD THRUST.
 - 4D.** SLIDE REAR LEG FRONT KICK, FRONT LEG ROUND HOUSE (HEAD LEVEL) FRONT HAND BACK FIST,THRUST.
- FIVE:**
- 5A.** SLIDE UP BACK FOOT. FRONT KICK, (BELT LEVEL) REVERSE PUNCH.
 - 5B.** SLIDE, REVERSE PUNCH, SKIP UP FRONT KICK, (BELT LEVEL) REVERSE PUNCH.
 - 5C.** SLIDE, REVERSE PUNCH, SKIP UP FRONT LEG ROUND HOUSE, REVERSE PUNCH.
 - 5D.** SLIDE, ONE LEG PUNCH, FRONT LEG ROUNDHOUSE FRONT HAND BACK FIST, THRUST.



- SIX. 6A.** STEP BACK INTO RIGHT STANCE, FRONT HAND OPEN MIDDLE BLOCK (EDGE OF THE PALM) REVERSE PUNCH. STEP FORWARD, REPEAT.
- 6B.** STEP BACK IN RIGHT STANCE,FRONT HAND OPEN MIDDLE BLOCK, FRONT HAND BACK FIST, TRUST. STEP FORWARD, REPEAT.
- 6C.** SLIDE BACK IN LEFT STANCE, REAR HAND OPEN MIDDLE BLOCK, FRONT LEADING PUNCH (HEAD LEVEL)
- 6D.** SLIDE BACK IN LEFT STANCE, REAR HAND OPEN, HEAD LEVEL BLOCK, FRONT HAND OPEN, MIDDLE BLOCK , REVERSE PUNCH.
- SEVEN 7A.** SLIDE , FRONT HAND OPEN, DOWN BLOCK, REVERSE PUNCH.
- 7B.** SLIDE,FRONT HAND OPEN, DOWN BLOCK,FRONT LEADING PUNCH. (HEAD LEVEL) THRUST.
- 7C.** STEP BACK OPEN HAND DOWN BLOCK, REVERSE PUNCH, STEP FORWARD,& REPEAT.
- 7D.** STEP BACK CROSS OPEN HANDS DOWN BLOCK, FRONT HAND BACK FIST, THRUST STEP FORW, CROSS OPEN HANDS DOWN BLOCK, REVERSE PUNCH.
- EIGHT 8A.** SLIDE FORW. ONE LEG PUNCH, LAND RIGHT STANCE, REVERSE PUNCH.
- 8B.** SLIDE FORW. ONE LEG PUNCH LAND RIGHT STANCE, REVERSE PUNCH, FRONT LEADING PUNCH (HEAD LEVEL) THRUST.
- 8C.** SLIDE FORW. ONE LEG PUNCH, FRONT HAND BACK FIST, THRUST.
- 8D.** SLIDE FORW. ONE LEG PUNCH, FRONT HAND BACK FIST, REVERSE PUNCH THRUST.
- NINE: 9A.** SLIDE REAR LEG SWEEP, FRONT LEADING PUNCH (HEAD LEVEL) THRUST.
- 9B.** SLIDE, REVERSE PUNCH, FRONT LEG SWEEP, REVERSE PUNCH.
- 9C.** SLIDE ONE LEG PUNCH, FRONT LEG SWEEP, REVERSE PUNCH.
- 9D.** SLIDE REAR LEG SWEEP, FRONT HAND BACK FIST, THRUST.
- TEN: 10A** SLIDE REAR LEG FRONT KICK, REAR LEG ROUND HOUSE REVERSE PUNCH.
- 10B.** SLIDE REAR LEG FRONT KICK,REAR LEG SPIN BACK KICK, REVERSE PUNCH.
- 10C.** SLIDE REAR LEG FRONT KICK, SKIP UP FRONT LEG SIDE KICK, REVERSE PUNCH.
- 10D.** SLIDE REAR LEG SPIN BACK KICK, STEP UP FRONT LEG HOOK KICK, REVERSE PUNCH.

