



SHUKOKAI KARATE DO



COMBINATION IN JAPANESE

ICHI BAN

- 1A. SLIDE STEP FORWARD, JODAN OITZUKI.
- 1B. SLIDE STEP FORW, JODAN OITZUKI, CHUDAN GYAKU ZUKI.
- 1C. SLIDE, ONE LEG PUNCH, LAND INTO OPP.STANCE,THRUST.
- 1D. SLIDE STEP FORW. JODAN OITZUKI. STEP FORWARD CHUDAN GYAKU ZUKI.

NI BAN

- 2A. SLIDE FORWARD,CHUDAN GYAKU ZUKI.
- 2B. SLIDE FORW. CHUDAN GYAKU ZUKI, JODAN MAEKEN ZUKI.
- 2C. SLIDE FORW.FAKE JODAN MAEKEN ZUKI,
CHUDAN GYAKU ZUKI
- 2D. SLIDE FORW. JODAN URAKEN, CHUDAN GYAKU ZUKI.



SAN BAN

- 3A. SLIDE FORW. JODAN MAEKENZUKI.THRUST.
- 3B. SLIDE FORW. CHUDAN MAEKENZUKI, JODAN GYAKU ZUKI.
- 3C. SLIDE BACK FOOT TO (45* ANGLE)- JODAN MAEKENZUKI.
- 3D. SLIDE FRONT FOOT FIRST, THAN MOVE BACK FOOT 45* ANGLE.
FOLLOW BY JODAN URAKEN., THRUST.

YON BAN

- 4A. SLIDE FORW. REAR LEG CHUDAN MAEGERI. JODAN OITZUKI.
- 4B. SLIDE REAR LEG CHUDAN MAEGERI, (CHANGE GUARD)
CHUDAN GYAKU ZUKI.
- 4C. SLIDE REAR LEG CHUDAN MAEASHI GERI,
AS RECALLING THE LEG BACK, THROUGH JODAN ONE LEG PUNCH
SIMULTANEOUSLY.
- 4D. SLIDE REAR LEG CHUDAN MAE GERI, JODAN MAWASHI GERI.
JODAN URAKEN.,THRUST.



GO BAN

- 5A. SLIDE, BACK FOOT UP. FRONT CHUDAN MAE GERI.CHUDAN GYAKU ZUKI.
- 5B. SLIDE, CHUDAN GYAKU ZUKI, SKIP UP, CHUDAN MAEGERI.
- 5C. SLIDE, CHUDAN GYAKU ZUKI, SKIP UP, FRONT JODAN MAWASH IGERI .
CHUDAN GYAKU ZUKI.
- 5D. SLIDE IN, ONE LEG PUNCH, FRONT JODAN MAWASHI GERI, JODAN URAKEN.



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ROKU BAN

- 6A. STEP BACK RIGHT JODAN SHUTO UKE, LEFT CHUDAN GYAKU ZUKI, THEN STEP FORWARD LEFT JODAN SHUTO UKE, RIGHT GYAKU ZUKI.
- 6B. STEP BACK RIGHT JODAN SHUTO UKE, RIGHT JODAN URAKEN, THEN STEP FORWARD LEFT JODAN SHUTO UKE, LEFT JODAN URAKEN.
- 6C. SLIDE BACK RIGHT JODAN SHOTEI, LEFT JODAN MAEKEN ZUKI.
- 6D. SLIDE BACK RIGHT JODAN SHOTEI, LEFT CHUDAN SHOTEI, RIGHT CHUDAN GYAKU ZUKI.



NANA BAN

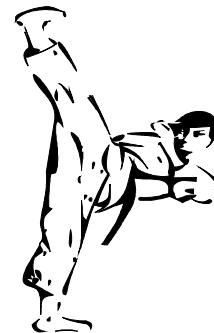
- 7A. SLIDE IN LEFT SHUTO GEDAN BARAI, RIGHT CHUDAN GYAKU ZUKI.
- 7B. SLIDE IN LEFT SHUTO GEDAN BARAI, LEFT MAEKEN ZUKI.
- 7C. STEP BACK RIGHT GEDAN BARAI, LEFT CHUDAN GYAKU ZUKI, STEP FORWARD AND REPEAT.
- 7D. STEP BACK JUJI UKE, RIGHT URAKEN, STEP FORWARD JUJI UKE, RIGHT CHUDAN GYAKU ZUKI.

HACHI BAN

- 8A. SLIDE FORWARD JODAN ONE LEG PUNCH, LEFT CHUDAN GYAKU ZUKI.
- 8B. SLIDE FORWARD JODAN ONE LEG PUNCH, LEFT CHUDAN GYAKU ZUKI, RIGHT CHUDAN MAEKEN ZUKI.
- 8C. SLIDE FORWARD ONE LEG PUNCH, RIGHT URAKEN.
- 8D. SLIDE FORWARD JODAN ONE LEG PUNCH, RIGHT JODAN URAKEN, THEN LEFT CHUDAN GYAKU ZUKI.

KYU BAN

- 9A. SLIDE IN RIGHT ASHI BARAI, RIGHT JODAN OI ZUKI.
- 9B. SLIDE IN RIGHT JODAN GYAKU ZUKI, LEFT ASHI BARAI, THEN RIGHT CHUDAN GYAKU ZUKI.
- 9C. SLIDE IN RIGHT JODAN 1 LEG PUNCH, RIGHT ASHI BARAI, THEN LEFT CHUDAN GYAKU ZUKI.
- 9D. SLIDE IN RIGHT ASHI BARAI, RIGHT JODAN URAKEN.



JU BAN

- 10A. SLIDE IN RIGHT CHUDAN MAE GERI, LEFT JODAN MAWASHI GERI, RIGHT CHUDAN GYAKU ZUKI.
- 10B. SLIDE IN RIGHT CHUDAN MAE GERI, LEFT CHUDAN USHIRO GERI.
- 10C. SLIDE IN RIGHT CHUDAN MAE GERI, STEP THROUGH RIGHT CHUDAN YOKO GERI, LEFT CHUDAN GYAKU ZUKI.
- 10D. SLIDE IN RIGHT USHIRO GERI, THEN RIGHT JODAN URA MAWASHI GERI LEFT CHUDAN GYAKU ZUKI.