

# The Basic Charts

## Hand Charts (Te Waza)

Start at the ready position. Return to ready position after each technique. Each technique done to the right is also done on the opposite side. This applies to both the hand and foot charts. Example after doing #1 Right foot forward then right punch to chest. Repeat the drill by stepping Left foot forward and punching left hand to chest. Each drill is often done with 10 counts for each hand or foot technique.

1. Right foot forward, right punch to chest
2. Right foot forward, right uppercut to chin
3. Left foot forward, right punch to chest
4. Left foot forward, right uppercut to chin
5. Right foot back, left hand leg block, right punch to chest
6. Right foot back, left hand chest block, right punch to chest
7. Right foot back, left hand open (shuto) block, right spearhand to upper abdomen
8. Right foot back, left hand head block, right uppercut to chin.
9. Right foot back, left hand (low 45 degree) head block, right punch to chest.
10. Right foot back, left hand backfist, right hand punch to chest
11. Left foot forward, left hand leg block, 5 continuous punches.
12. Left foot forward, left hand chest block, 5 continuous punches.
13. Left foot forward, left hand edge shuto block, right hand shuto down at 45 degree angle.
14. Left foot forward, left hand palm block, two low roundhouse punches very close in (Right then left)
15. Right foot back "Cat Stance," hip thrusts to rear right elbow strike to rear: Left arm clears to the front & ends in a position similar to a low head block.

## Leg Charts (Geri Waza)

1. Left foot forward, Front snap kick (Migi Mae Keage Geri)
2. Step left 45 angle, Right side thrust kick 45 degree angle to the right. (Migi Yoko Kekomi geri)
3. Left foot forward, Body to the front. Right side snap kick armpit high. (Yoko Keage Geri)
4. Left foot forward, Body front Cross body stamping kick (Fumikomi geri)
5. Left foot forward, Body front side thrust kick (Yoko Kekomi geri)
6. Walking forward, continuous front snap kicks. (Mae Keage Geri's)
7. Squat kicks, Step left lunge position, body 45 degree angle to mat kick a Migi Keage Geri on a 45 degree angle to the mat. Targeted groin high at the center line of starting point.
8. Left foot forward, Right front thrust kick striking with heel. (Migi Mae Kekomi Geri )
9. Done from Seiuchin Dachi, Stepping to the side Back kick to the side. Migi Ushiro Geri
10. Left foot forward, Right roundhouse kick to the front. (Migi Mae Mawashi Geri)
11. Jumping kick (Tobi Mae Keage Geri) Right foot forward, Bring left knee up as you jump then kick right.
12. Left foot forward Right thrust to stomach with tops of toes. (Tsuma Saki)
13. Left foot forward Right knee (Migi Hiza Geri)
14. Left foot forward, Roundhouse kick followed by a side thrust kick, both to the front. (Migi Mawashi Geri Foot to ground then Migi yoko Kekomi Geri.
15. Done from Seiuchin Dachi to the side, hooking heel kick (Migi Kake Kakato Geri)