

Nihon Goshin Karate Do

Dewey's Martial Arts Academy

A Dojo for the Whole Family

Basic Self defense #1

White Belt

**10th
Kyu**

1. left foot back into front leaning stance (zenkutsu dachi), right middle outside in block (chudan soto uke);
2. right inverted fist strike to front (uraken shomen uchi);
3. left forefist middle area reverse punch (seiken chudan gyaku tsuki), KIAI

Basic Self defense #2

White Belt

**10th
Kyu**

1. left foot back into front leaning stance (zenkutsu dachi), right middle outside in block (chudan soto uke);
2. right outer knife hand temple strike (shuto uchi uchi);
3. left forefist middle area reverse punch (seiken chudan gyaku tsuki), KIAI.

Basic Self defense #3

White Belt

**10th
Kyu**

1. right foot back into front leaning stance (zenkutsu daehi), left middle outside in block (chudan soto uke);
2. slide right foot up to left foot then left foot out 45° into horse stance (kiba dachi),
3. right forefist middle area punch (seiken chudan tsuki) to opponent's kidney area, KIAI

Basic Self defense #4

White Belt

**10th
Kyu**

1. right foot back into front leaning stance (zenkutsu dachi), left middle outside in block (chudan soto uke);
2. slide right foot up to left foot then left foot out 45° into horse stance (kiba dachi),
3. right forefist high area punch (seiken jodan tsuki) to opponent's head,
4. followed by left/right forefist middle area punches (seiken chudan tsuki) to opponent's kidney area, KIAI.

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