

# ONE STEP COMBINATIONS



- 1A**- Stomp, step, and punch.
- 1B**- Superman Punch
- 2A**- Reverse Punch
- 2B**- Slide forward, reverse punch
- 2C**- Slide Back, reverse punch
- 3A**- Slide forward, front hand jab
- 3B**- Slide forward, tiger claw, slide forward, jab
- 4A**- Right front kick, right punch
- 4B**- Superman punch (show high right knee)
- 5A**- Skip front kick, reverse punch
- 5B**- Skip round kick, reverse punch
- 6A**- Step back, inside block, reverse punch
- 6B**- Step back, inside block, left elbow strike
- 7A**- Low Block, reverse punch
- 7B**- Slide back, front hand half circle block, reverse punch
- 8A**- Right hand palm strike, step forward reverse punch
- 8B**- Right hand palm strike, step forward left elbow strike
- 9A**- Stomp, right foot sweep, right punch
- 9B**- Stomp, right foot sweep, right side kick
- 9C**- Stomp, right foot sweep, right round kick
- 9D**- Stomp, right foot sweep, left round kick
- 10A**- Front leg sweep, right leg spin side kick
- 10B**- Front leg sweep, left hand jab

# JAPANESE TERMS TO KNOW

## Kicks:

Front Kick  
Side Kick  
Spin Side Kick  
Roundhouse Kick  
Hook Kick  
Spinning Hook Kick  
Flying Side Kick  
Front Flying/Jump Kick  
Foot Sweep  
Foot Work

## Geri:

Mae Geri  
Yoko Geri  
Ushiro Geri  
Mawashi Geri  
Ura Mawashi Geri  
Ushiro Mawashi Geri  
Tobi Yoko Geri  
Tobi Mae Geri  
Ashi-Barai  
Ashi-Sabaki

## Numbers

1 Ichi  
2 Ni  
3 San  
4 Shi  
5 Go  
6 Roku  
7 Shichi  
8 Hachi  
9 Ku  
10 Juu

## Punch:

Reverse Punch  
Jab  
Step Through Punch

## Zuki:

Gyaku zuki  
Kizami zuki  
Oi- zuki

## Kata Numbers

1<sup>st</sup> level Pinan Shodan  
2<sup>nd</sup> level Pinan Nidan  
3<sup>rd</sup> level Pinan Sandan  
4<sup>th</sup> level Pinan Yodan  
5<sup>th</sup> level Pinan Godan

## Blocks

High Block Age Uke  
Low Block Gedan Barai

## Misc.

Start/Begin Hajime  
Finish/Stop Yame

## Levels

Head Level Jodan  
Body Chuudon  
Below Waist Gedan

## Putting it together

Punch = Zuki      Kick = Geri  
Head level punch = Jodan Zuki  
Body Kick = Chudon Geri