



# Huntsville School of Karate

Established by Scott Messina

Style: Shotokan

Gichin Funakoshi is the founder of Shotokan karate. He was born in Okinawa Japan in 1868 and died in 1957. Master Funakoshi formally established the style of Shotokan in Japan in 1921.

## 1<sup>st</sup> degree White Belt (Ju Kyu)

Karate (Empty Hand)

Gichin Funakoshi (Founder of Shotokan)

Shotokan (Hall of Shoto)

Shoto (Whispering Pines -Gichin Funakoshi's pen name)

## 16 Basics (Kihon)

### STANCES

Ready Stance (Yoi)

Attention Stance (Ski)

Forward Stance (Zenkutsu Dachi)

Horse Stance (Kiba Dachi)

### STRIKES

Forward Punch (Choku Zuki)

Reverse Punch (Gyako Zuki)

Back Fist (Uraken Uke)

Knife Hand (Shuto Uke)

### BLOCKS

Upward Block (Age Uke)

Downward Block (Gedan Barai)

Outward Block (Soto Ude Uke)

Inward Block (Uchi Ude Uke)

### KICKS

Front Snap Kick (Mae Geri)

Roundhouse Kick (Mawashi Geri)

Side Thrust Kick (Yoko Kekomi Geri)

Back Thrust Kick (Ushiro Geri)

## 2<sup>nd</sup> Degree White Belt (Ku Kyu)

Kata: Taikyoku Shodan (First Cause)

Back Stance (Kokutsu Dachi)

Ridge Hand (Haito Uke)

## 3<sup>rd</sup> Degree White Belt (Hachi Kyu)

Kata: Heian Shodan (Peaceful Mind #1)

First Break Hold