

# **Grey/Bruce Ryusei Karate-Do**

## **Waza (Techniques)**

### **Stances: Tachi (Dachi)**

**Heisoku-dachi** - Attention Stance - Toes and heels together.

**Musubi-dachi** - V stance - Heels together and toes out at a 90 degree angle.

**Heiko-dachi** - Feet shoulder width apart and parrallel.

**Soto-hachiji-dachi** - Feet shoulders width apart with toes pointing out 45 degrees.

**Naka-hachi-dachi** - Feet shoulders width apart with toes pointing in slightly.

**Shiko-hachiji-dachi** – Horse stance, a low stance with the toes pointed out

**Hangetsu-dachi** - Forward stance/fighting stance

**Kosa-dachi** - Hooked stance, front foot turned at 180 degrees thighs locked together, back leg lined up with front foot's heel.

**Neko-ashi-dachi** - Cat stance, back foot at a 45 degree angle with leg bent and underneath you, front foot lined up with back foot's heel with just the ball of the foot on the ground

### **Kicks: Keri (Geri)**

1. **Mae-geri** - Front kick
2. **Yoko-geri** - Side kick
3. **Mae-ashi-geri** - Front leg kick
4. **Ushiro-geri** - Back kick
5. **mawashi-geri** - Inward round kick, kicking from the outside inwards
6. **Mawari-ushiro-geri** – Spinning back Kick, a back kick performed while turning.
7. **Ura-mawashi-geri** – hook kick, hitting with your heal
8. **Ni-dan-geri** - Double kick, jump in the air and do a front kick then another front kick before you land.
9. **Yoko-tobi-geri** - Jumping side kick, jump in the air and do a side kick.
10. **Uchi-mikazuki-geri** - Crescent kick, striking with the inner edge of your foot
11. **Soto-mikazuki-geri** - Crescent kick, striking with the outer edge of your foot.

### Punches: Tsuki (Zuki)

1. **Choku-zuki** - Straight punch, done with either hand from any neutral position.
2. **San-ren-zuki** - Three alternate punches, done in succession as one move.
3. **Shiko-zuki** - A punch to the side from shiko-hachiji-dachi.
4. **Oi-zuki** - A stepping forward lunge punch.
5. **Mae-zuki** - Front hand punch, done with the hand that is on the same side as the front foot.
6. **Gyaku-zuki** - Reverse punch, done with the hand that is opposite of the front foot.
7. **Kagi-zuki** - Hook punch, arm is slightly bent at the elbow with the punch usually coming from the side.
9. **Tate-zuki** - Vertical fist punch, punch straight out but have your elbow bent slightly so your arm isn't fully extended and have your fist vertical.
11. **Oshi-zuki** - Pushing/spearing punch, very forceful punch that knocks the opponent back to set him up for another punch.
12. **Kizami-zuki** - Jab, punch with your forward hand then snap it back immediately.
13. **Ippon-ken-zuki** - One knuckle punch, the middle of your index finger is protruding from your fist and supported using your thumb.

### Blocks: Uke

1. **Jodan -uke** - Upper rising block, arm bent at the elbow with your forearm just above your head on a slight angle.
2. **Soto-uke** - Inside to Outside block, arm comes from the inside to the outside crossing your centre line in front of your body.
3. **Uchi-uke** - Outside to Inside block, arm comes from the side of your body and crosses to the inside across your centre line in front of you.
4. **Gedan-barai** - Low block, your fist comes from your opposite shoulder sweeping down in front of your centre line and in front of your groin.
5. **Shuto-uke** - Edge of hand block (karate chop block ).
6. **Haishu-uke** - Back of hand block,
7. **Kose-uke** - Cross block, using both of your hands cross them over each other by your wrists to block an attack
- 8.. **Shotei-uke** - Palm block, using the heel of your palm to block an attack.
9. **Mawashi-uke** - a round sweeping block done in Shime-no-kata

## **Strikes: Uchi**

1. **Shuto-uchi** – Striking with a flat hand pinky side,
2. **Uraken-uchi** - Back fist strike,
3. **Empi-uchi** - Elbow strike
  - a) **Tate-empi** - Rising elbow strike, elbow swings from the hip and comes straight up with your fist resting right by your shoulder.
  - b) **Yoko-empi** - Side elbow strike, elbow goes straight out to the side from the hip.
  - c) **Mawashi-empi** - Round house elbow, from shiko dachi, pivot to Hangetsu-dachi.
  - d) **Jodan-ushiro-empi** - High backwards elbow strike.
  - e) **Ryote-ushiro-empi** - Double backwards elbow, both elbows thrusting backwards from the hips. (As if you were doing hikite).
  - f) **Otoshi-empi** - Dropping elbow, elbow descends vertically while your fore arm remains perpendicular to the ground.
4. **Shotei-uchi** - Heel palm strike, strike with heel palm of your hand.
5. **Haito-uchi** - Striking with a flat hand thumb side.
6. **Kentsui-uchi** - Hammer strike, strike using the pinky finger side of your fist.
7. **Nukite** - Spear hand, strike using the tips of your fingers.
8. **Ura-Kentsui-uchi** - Hammer strike, strike using the thumb side of your fist.