

Kihon (basics) for Para Karate

Beginner/Novice Divisions

- Chudan Tsuki (choku zuki) -middle punch
- Jodan Uke (age uke) -upper block or rising block
- Chudan Soto Uke-inside middle block or inward block
- Chudan Uchi Uke-outside middle block or outside block
- Gedan Barai (Gedan Uke) -lower block or downward block
- Mae Geri-Front Kick

Techniques will be performed from a stationary position (standing or seated)

Athletes will perform 5 repetitions of the different techniques

Intermediate/Advance Divisions

- Oi zuki (tsuki) —stepping middle punch
- Jodan Uke (age uke)—stepping upper block or rising block
- Chudan Uchi Uke—stepping outside middle block or outward block
- Chudan Soto Uke—stepping inside middle block or inward block
- Mae Geri—stepping with front kick
- Gedan Barai (Gedan Uke) —stepping with lower block or downward block

Techniques will be performed moving forward

Athletes will perform 5 repetitions of the different techniques