



SHIZENTAI (NATURAL STANCE)

- Relaxed posture.
- Feet shoulder width apart.
- Toes forward.



CHOKU-ZUKI (STRAIGHT PUNCH)

- Tighten core.
- Strike with two largest knuckles.
- Inactive hand at the ready.
- Practiced in shizentai.



OI-ZUKI (FRONT LUNGE PUNCH)

- Back straight, torso bladed.
- Push front hip forward.
- Front knee bent.
- Step forward into zenkutsu-dachi (front stance).



GYAKU-ZUKI (REVERSE PUNCH)

- Big rotation from the torso into the punch.
- Back hip follows the direction of the punch.
- Stance is zenkutsu-dachi.



GEDAN BARRAI (DOWN BLOCK)

- Blocking with the ulna bone (forearm).
- About 3 fists length above the leg.
- Putting the hip away from the blocking side.



AGE-UKE (RISING BLOCK)

- Forearm is angled.
- Palm facing out.
- Align body behind the block.
- Powerful front stance (60% of weight is on front leg).

Complete Shotokan Karate

Didier Musso



Complete Shotokan Karate:

The Top Books of the Year Complete Shotokan Karate The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have charmed audiences this year. Complete Shotokan Karate : Colleen Hoover "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Complete Shotokan Karate : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and suspenseful novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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