

## Basic Techniques

### Basic Stances

- Attention stance - musubi dachi
- Natural stance - hachiji dachi
- Cat stance - neko ashi dachi
- Straddle stance - shiko dachi
- Forward stance - zenkutsu dachi
- Horse riding stance - kiba dachi
- Leaning back stance - kokutsu dachi

### Basic Blocks

- High block - jodan uke
- Outside block - chudan uke
- Inside block - chudan soto uke
- Low block - gedan barai

### Basic Punches & Strikes

- High punch - jodan zuki
- Middle punch - chudan zuki
- Knife hand strike - shuto uchi

### Basic Kicks

- Front kick - mae geri
- Side kick - yoko geri
- Roundhouse kick - mawashi geri
- Back thrust kick - ushiro geri