































# ISSHINRYU LOWER BODY BASICS - NARRATIVE

1 <b>Mae Geri Kiage Koshi</b> , <i>Front Snap</i> <i>Kick to the groin – Ball of the Foot</i>	Front	Side
a, Starting from Left Seisan Dachi - Guard position		
b, Raise the right knee high		
c, Lower the knee while extending the foot forward, striking with the ball of the foot to the groin		
d, Retract the foot bringing the knee back to the high position		
e, Set the foot down to Right Seisan Dachi - Guard position		
f, Raise the left knee high chest		
g, Lower the knee while extending the foot forward, striking with the ball of the foot to the groin		







<p>h, Retract the foot bringing the knee back to the high position</p>		
<p>i, Set the foot down to Left Seisan Dachi - Guard position</p>		
<p>j, Repeat</p>		

















2 <b>Shoba Konate</b> , <i>Outside Angle Push Kick to the knee</i> – Edge of heel	Front	Side
a, Starting from Left Seisan Dachii - Guard position		
b, Raise the right knee high		
c, Push down and outward at an oblique angle, striking to the medial side of the knee joint with the edge of the heel		
d, Retract the foot bringing the knee back to the high position		
e, Set the foot down to Right Seisan Dachii - Guard position		
f, Raise the left knee high		
g, Push down and outward at an oblique angle, striking to the medial side of the knee joint with the edge of the heel		
h, Retract the foot bringing the knee back to the high position		







i, Set the foot down to Left Seisan  
Dachi - Guard position

























j, Repeat

















3 <b>Hizu Geri</b> , <i>Knee Kick</i> – Top of Knee	Front	Side
a, Starting from Left Seisan Dachii - Guard position		
b, Scratch back with the right foot flexed to the rear		
c, Drive straight forward striking with the right knee to the groin or upper leg		
d, Set the foot down to Right Seisan Dachii - Guard position		
e, Scratch back with the right foot flexed to the rear		
f, Drive straight forward striking with the right knee to the groin or upper leg		
g, Set the foot down to Left Seisan Dachii - Guard position		
h, Repeat		

4 <b>Shoba Geri</b> , <i>Outside Angle Snap Kick to the groin – Ball of the Foot</i>	Front	Side
a, Starting from Left Seisan Dachi - Guard position		
b, Look to the right, Reset the right foot to a Right Neko Ashi Dachi facing to the right, Stack hands at the left hip		
c, Raise the right knee high		
d, Lower the knee while extending the foot forward, striking with the ball of the foot to the groin		
e, Retract the foot bringing the knee back to the high position		
f, Set the foot down to Right Seisan Dachi - Guard position, Facing forward		
g, Look to the left, Reset the left foot to a Left Neko Ashi Dachi facing to the left, Stack hands at the right hip		
h, Raise the left knee high		

<p>i, Lower the knee while extending the foot forward, striking with the ball of the foot to the groin</p>		
<p>j, Retract the foot bringing the knee back to the high position</p>		
<p>k, Set the foot down to Left Seisan Dachi - Guard position, Facing forward</p>		
<p>l, Repeat</p>		

5 <b>Yoko Geri Kiage</b> , <i>Side Snap Kick to the knee – Edge of heel</i>	Front	Side
a, Starting from Left Seisan Dachi - Guard position		
b, Look to the right		
c, Raise the right knee high		
d, Extend the foot downward and out to the side, striking with the edge of the foot two inches above the anterior side of the knee, driving through		
e, Retract the foot bringing the knee back to the high position		
f, Set the foot down to Right Seisan Dachi - Guard position, Facing forward		
g, Look to the left		
h, Raise the left knee high		

















<p>i, Extend the foot downward and out to the side, striking with the edge of the foot two inches above the anterior side of the knee, driving through</p>		
<p>j, Retract the foot bringing the knee back to the high position</p>		
<p>k, Set the foot down to Left Seisan Dachi - Guard position, Facing forward</p>		
<p>l, Repeat</p>		







6 <b>Fumi Komi Geri, Inside Angle</b> <i>Stomp Kick to the knee – Heel</i>	Front	Side
a, Starting from Left Seisan Dachii - Guard position		
b, Raise the right knee high and outside		
c, Push down and inward across in front of the left leg, striking to the lateral side of the knee joint with the heel		
d, Retract the foot bringing the knee back to the high position		
e, Set the foot down to Right Seisan Dachii - Guard position		
f, Raise the left knee high and outside		
g, Push down and inward across in front of the right leg, striking to the lateral side of the knee joint with the heel		
h, Retract the foot bringing the knee back to the high position		

















i, Set the foot down to Left Seisan  
Dachi - Guard position

























j, Repeat







7 <b>Mae Konate</b> , <i>Front Push Kick – Heel</i>	Front	Side
a, Starting from Left Seisan Dachi - Guard position		
b, Reach with both hands grabbing under the elbows		
c, Raise the right knee high		
d, Lower the knee while pushing the foot forward, striking with the heel to the lower abdomen		
e, Retract the foot bringing the knee back to the high position		
f, Set the foot down to Right Seisan Dachi - Guard position		
g, Reach with both hands grabbing under the elbows		
h, Raise the left knee high		

















<p>i, Lower the knee while pushing the foot forward, striking with the heel to the lower abdomen</p>		
<p>j, Retract the foot bringing the knee back to the high position</p>		
<p>k, Set the foot down to Left Seisan Dachi - Guard position</p>		
<p>l, Repeat</p>		







8 <b>Otoshi Geri</b> , <i>Squat Kick to the groin</i> – Ball of the foot	Front	Side
a, Starting from Left Seisan Dachi - Guard position		
b, Lift left foot, Drop foot into a left squat stance - Stacking hands on the left hip		
c, Move the right foot in a straight line, from the ground striking to the groin with the ball of the foot	 	 
d, Retract the foot to a position beside the hip		
e, Set the foot down to Right Seisan Dachi - Guard position		
f, Lift right foot, Drop foot into a right squat stance - Stacking hands on the left hip		
g, Move the left foot in a straight line, from the ground striking to the groin with the ball of the foot		

















		
h, Retract the foot to a position beside the hip		
i, Set the foot down to Left Seisan Dachi - Guard position		
j, Repeat		







9(a) <b>Mawashi Geri</b> , <i>Roundhouse Kick</i> – Ball of the foot	Front	Side
a, Starting from Left Seisan Dachi - Guard position		
b, Pivot left foot 90 degrees to the left		
c, Raise right knee, Position lower right leg parallel to the ground at hip height, Move the right foot in a straight line, from the hip striking to the ribs with the ball of the foot	 	 
d, Retract the foot to a position beside the hip		
e, Set the foot down to Right Seisan Dachi - Guard position		
f, Pivot right foot 90 degrees to the right		
g, Raise left knee, Position lower left leg parallel to the ground at hip height, Move the left foot in a straight line, from the hip striking to the ribs with the ball of the foot		

		
h, Retract the foot to a position beside the hip		
i, Set the foot down to Left Seisan Dachi - Guard position		
j, Repeat		

9(b) <b>Yoko Geri Kekomi</b> , <i>Side Thrust Kick</i> – Edge of heel	Front	Side
a, Starting from Right Heiko Dachi - Guard position		
b, Step left foot behind right into Chinto Dachi		
c, Raise the right knee high		
d, Thrust the foot out, striking with the edge of the foot to the lower abdomen		
e, Retract the foot bringing the knee back to the high position		
f, Set the foot back to Left Heiko Dachi - Guard position		
g, Step right foot behind left into Chinto Dachi		
h, Raise the left knee high		

<p>i, Thrust the foot out, striking with the edge of the foot to the lower abdomen</p>		
<p>j, Retract the foot bringing the knee back to the high position</p>		
<p>k, Set the foot down to Right Heiko Dachi - Guard position, Facing forward</p>		
<p>l, Repeat</p>		

9(c) <b>Ushiro Geri Kekomi</b> , <i>Back Thrust Kick – Heel</i>	Front	Side
a, Starting from Left Seisan Dachi - Guard position		
b, Look to the rear over left shoulder		
c, Raise the left knee in front of the chest		
d, Thrust the foot back, striking with the heel of the foot to the groin or lower abdomen		
e, Retract the foot bringing the foot back to the high position in front of the chest		
f, Set the foot down to Right Seisan Dachi - Guard position		
g, Look to the rear over right shoulder		
h, Raise the right knee in front of the chest		

<p>i, Thrust the foot back, striking with the heel of the foot to the groin or lower abdomen</p>		
<p>j, Retract the foot bringing the foot back to the high position in front of the chest</p>		
<p>k, Set the foot down to Left Seisan Dachi - Guard position</p>		
<p>l, Repeat</p>		