


























ISSHINRYU UPPER BODY BASICS - NARRATIVE (Novice Level)















1	Front	Side
<p>Oi Zuki, <i>Lunge Punch</i> a, Starting from Heiko Dachi - hands at ready position</p>		
b, Circle stepping forward with right foot		
punching to heart with right hand while setting foot down		
retract punch slightly		
c, Circle stepping forward with left foot		
punching to solar plexus with left hand while setting foot down		
retract punch slightly		
d, Repeat		















2 Jodan Oi Zuki , <i>Lunging Uppercut</i>	Front	Side
a, Starting from Heiko Dachi - hands at ready position		
b, Circle stepping forward with right foot		
Turn palm facing up punching to the chin with right hand while setting foot down		
retract punch slightly		
c, Circle stepping forward with left foot		
Turn palm facing up punching to the chin with left hand while setting foot down		
retract punch slightly		
d, Repeat		















3 Gyaku Zuki , <i>Reverse Lunge Punch</i>	Front	Side
a, Starting from Heiko Dachi - hands at ready position		
b, Circle stepping forward with right foot		
punching to solar plexus with left hand while setting foot down		
retract punch slightly		
c, Circle stepping forward with left foot		
punching to heart with right hand while setting foot down		
retract punch slightly		
d, Repeat		















4 Jodan Gyaku Zuki, Reverse Lunging Uppercut	Front	Side
a, Starting from Heiko Dachi - hands at ready position		
b, Circle stepping forward with right foot		
Turn palm facing up punching to the chin with left hand while setting foot down		
retract punch slightly		
c, Circle stepping forward with left foot		
Turn palm facing up punching to the chin with right hand while setting foot down		
retract punch slightly		
d, Repeat		















5(a) Gedan Barai Uke , <i>Leg Block</i>	Front	Side
a, Starting from Heiko Dachi - hands at ready position		
b, Stack hands on the left hip		
c, Circle step right foot forward		
d, Raise right hand to left shoulder - Sweep right hand down across body stopping in front of the right leg (hand closed, knuckles pointing to the right)		
e, Stack hands on the right hip		
f, Circle step left foot forward		
g, Raise left hand to right shoulder - Sweep left hand down across body stopping in front of the left leg (hand closed, knuckles pointing to the left)		
h, Repeat		















5 Gedan Barai Uke -- Gyaku Zuki, Leg Block -- Reverse Punch	Front	Side
a, Starting from Heiko Dachi - hands at ready position		
b, Stack hands on the left hip c, Circle step right foot forward		
d, Raise right hand to left shoulder - Sweep right hand down across body stopping in front of the right leg (hand closed, knuckles pointing to the right)		
e, Punch to the solar plexus with left hand – retract punch slightly		
f, Stack hands on the right hip g, Circle step left foot forward		
h, Raise left hand to right shoulder - Sweep left hand down across body stopping in front of the left leg (hand closed, knuckles pointing to the left)		
i, Punch to the heart with right hand – retract punch slightly		
j, Repeat		















6(a) Chudan Uke , <i>Chest Block</i>	Front	Side
a, Starting from Heiko Dachi - hands at ready position		
b, Stack hands on the left hip		
c, Circle step right foot forward		
d, Move the right hand in a straight line from the left hip stopping in front of the right shoulder (elbow in, arm bent at a 45 degree angle, hand closed, knuckles pointing to the right)		
e, Stack hands on the right hip		
f, Circle step left foot forward		
g, Move the left hand in a straight line from the right hip stopping in front of the left shoulder (elbow in, arm bent at a 45 degree angle, hand closed, knuckles pointing to the left)		
h, Repeat		















6 Chudan Uke -- Gyaku Zuki, <i>Chest Block -- Reverse Punch</i>	Front	Side
a, Starting from Heiko Dachi - hands at ready position		
b, Stack hands on the left hip c, Circle step right foot forward		
d, Move the right hand in a straight line from the left hip stopping in front of the right shoulder (elbow in, arm bent at a 45 degree angle, hand closed, knuckles pointing to the right)		
e, Punch to the solar plexus with left hand – retract punch slightly		
f, Stack hands on the right hip g, Circle step left foot forward		
h, Move the left hand in a straight line from the right hip stopping in front of the left shoulder (elbow in, arm bent at a 45 degree angle, hand closed, knuckles pointing to the left)		
i, Punch to the heart with right hand – retract punch slightly		
j, Repeat		















7(a) Chudan Tegata Uke , <i>Open Chest Block</i>	Front	Side
a, Starting from Heiko Dachi - hands at ready position		
b, Stack hands on the left hip		
c, Circle step right foot forward - Open right hand		
d, Move the right hand in a semicircle from the left hip stopping in front of the right shoulder (elbow in, arm bent at a 45 degree angle, blocking with knife edge of hand)		
e, Stack hands on the right hip		
f, Circle step left foot forward - Open left hand		
g, Move the left hand in a semicircle from the right hip stopping in front of the left shoulder (elbow in, arm bent at a 45 degree angle, blocking with knife edge of hand)		
h, Repeat		

















7 Chudan Tegata Uke -- Nukite, <i>Open Chest Block -- Gouge</i>	Front	Side
a, Starting from Heiko Dachi - hands at ready position		
b, Stack hands on the left hip c, Circle step right foot forward - Open right hand		
d, Move the right hand in a semicircle from the left hip stopping in front of the right shoulder (elbow in, arm bent at a 45 degree angle, blocking with knife edge of hand)		
e, Open finger punch to the solar plexus with the left hand – retract punch slightly		
f, Stack hands on the right hip g, Circle step left foot forward - Open left hand		
h, Move the left hand in a semicircle from the right hip stopping in front of the left shoulder (elbow in, arm bent at a 45 degree angle, blocking with knife edge of hand)		
i, Open finger punch to the solar plexus with the left hand – retract punch slightly		
j, Repeat		







8(a) Jodan Tegata Uke , <i>Open Head Block</i>	Front	Side
a, Starting from Heiko Dachi - hands at ready position		
b, Stack hands on the left hip		
c, Circle step right foot forward - Open right hand		
d, Move the right hand in a semicircle from the left hip stopping in front of and above the head (blocking with knife edge of hand)		
e, Stack hands on the right hip		
f, Circle step left foot forward - Open left hand		
g, Move the left hand in a semicircle from the right hip stopping in front of and above the head (blocking with knife edge of hand)		
h, Repeat		

















8 Jodan Tegata Uke – Gyaku Jodan Zuki , <i>Open Head Block – Reverse Uppercut</i>	Front	Side
a, Starting from Heiko Dachi - hands at ready position		
b, Stack hands on the left hip c, Circle step right foot forward - Open right hand		
d, Move the right hand in a semicircle from the left hip stopping in front of and above the head (blocking with knife edge of hand)		
e, Uppercut to the chin with the left hand		
f, Stack hands on the right hip g, Circle step left foot forward - Open left hand		
h, Move the left hand in a semicircle from the right hip stopping in front of and above the head (blocking with knife edge of hand)		
i, Uppercut to the chin with the right hand		
j, Repeat		















9(a) Jodan Uke, Head Block	Front	Side
a, Starting from Heiko Dachi - hands at ready position		
b, Stack hands on the left hip		
c, Circle step right foot forward		
d, Move the right hand in a straight line from the left hip stopping in front of and slightly above the head (hand closed, knuckles pointing upward)		
e, Stack hands on the right hip		
f, Circle step left foot forward		
g, Move the left hand in a straight line from the right hip stopping in front of and slightly above the head (hand closed, knuckles pointing upward)		
h, Repeat		

















9 Jodan Uke – Gyaku Zuki, Head Block – Reverse Punch	Front	Side
a, Starting from Heiko Dachi - hands at ready position		
b, Stack hands on the left hip c, Circle step right foot forward		
d, Move the right hand in a straight line from the left hip stopping in front of and slightly above the head (hand closed, knuckles pointing upward)		
e, Punch to the solar plexus with the left hand		
f, Stack hands on the right hip g, Circle step left foot forward		
h, Move the left hand in a straight line from the right hip stopping in front of and slightly above the head (hand closed, knuckles pointing upward)		
i, Punch to the heart with the right hand		
j, Repeat		















10 Uriken Uchi – Gyaku Zuki, <i>Deflect Backfist – Reverse Punch</i>	Front	Side
a, Starting from Heiko Dachi - hands at ready position		
b, Stack hands on the left hip c, Circle step right foot forward		
d, With the right hand sweep upward straightening the elbow, arcing above the head		
e, Reset the right hand so that the forearm is vertical on the right side of the head		
f, Extend the right arm out striking with the backfist to the bridge of the nose		
g, Punch to the solar plexus with the left hand		
h, Stack hands on the right hip i, Circle step left foot forward		
j, With the left hand sweep upward straightening the elbow, arcing above the head		















<p>k, Reset the left hand so that the forearm is vertical on the left side of the head</p>		
<p>l, Extend the left arm out striking with the backfist to the bridge of the nose</p>		
<p>m, Punch to the heart with the right hand</p>		
<p>n, Repeat</p>		

















11 Gedan Barai Uke – Go Den Choku Zuki , Leg Block – 5 Punches	Front	Side
a, Starting from Heiko Dachi - hands at ready position		
b, Stack hands on the left hip c, Circle step right foot forward		
d, Raise right hand to left shoulder - Sweep right hand down across body stopping in front of the right leg (hand closed, knuckles pointing to the right)		
e, Punch to the sternum with left hand		
f, Punch to the sternum with right hand		
g, Punch to the sternum with left hand		
h, Punch to the sternum with right hand		
i, Punch to the sternum with left hand		

<p>j, Stack hands on the right hip k, Circle step left foot forward</p>		
<p>l, Raise left hand to right shoulder - Sweep left hand down across body stopping in front of the left leg (hand closed, knuckles pointing to the left)</p>		
<p>m, Punch to the sternum with right hand</p>		
<p>n, Punch to the sternum with left hand</p>		
<p>o, Punch to the sternum with right hand</p>		
<p>p, Punch to the sternum with left hand</p>		
<p>q, Punch to the sternum with right hand</p>		
<p>r, Repeat</p>		

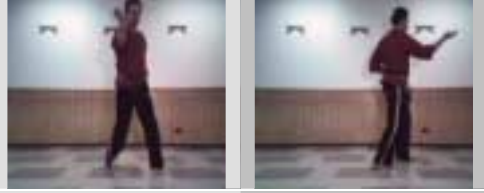
12 Chudan Uke – Go Den Choku Zuki , Leg Block – 5 Punches	Front	Side
a, Starting from Heiko Dachi - hands at ready position		
b, Stack hands on the left hip c, Circle step right foot forward		
d, Move the right hand in a straight line from the left hip stopping in front of the right shoulder (elbow in, arm bent at a 45 degree angle, hand closed, knuckles pointing to the right)		
e, Punch to the sternum with left hand		
f, Punch to the sternum with right hand		
g, Punch to the sternum with left hand		
h, Punch to the sternum with right hand		
i, Punch to the sternum with left hand		

<p>j, Stack hands on the right hip k, Circle step left foot forward</p>		
<p>l, Move the left hand in a straight line from the right hip stopping in front of the left shoulder (elbow in, arm bent at a 45 degree angle, hand closed, knuckles pointing to the left)</p>		
<p>m, Punch to the sternum with right hand</p>		
<p>n, Punch to the sternum with left hand</p>		
<p>o, Punch to the sternum with right hand</p>		
<p>p, Punch to the sternum with left hand</p>		
<p>q, Punch to the sternum with right hand</p>		
<p>r, Repeat</p>		











13(a) Gedan Tegata Uke , <i>Open Low Block</i>	Front	Side
a, Starting from Heiko Dachi - hands at ready position		
b, Stack hands on the left hip		
c, Circle step right foot forward		
d, Open right hand - Raise right hand to left shoulder - Move right hand down in a straight line across body stopping at the inside of the right leg (blocking with knife edge of hand)		
e, Stack hands on the right hip		
f, Circle step left foot forward		
g, Open right hand - Raise left hand to right shoulder - Move left hand down in a straight line across body stopping at the inside of the left leg (blocking with knife edge of hand)		
h, Repeat		

















13 Shuto Uchi – Shuto Uchi , Double Knifehand Strikes	Front	Side
a, Starting from Heiko Dachi - hands at ready position		
b, Stack hands on the left hip c, Circle step right foot forward		
d, Open right hand - Raise right hand to left shoulder - Move right hand down in a straight line across body stopping at the inside of the right leg (blocking with knife edge of hand)		
e, Set left hand open, fingers next to the left ear, with the elbow pointing to the rear		
f, Swing the left hand in a semicircular path, striking to the side of the neck with the knife edge of the hand		
g, Stack hands on the right hip h, Circle step left foot forward		
i, Open left hand - Raise left hand to right shoulder - Move left hand down in a straight line across body stopping at the inside of the left leg (blocking with knife edge of hand)		
j, Set right hand open, fingers next to the right ear, with the elbow pointing to the rear		

f, Swing the right hand in a semicircular path, striking to the side of the neck with the knife edge of the hand

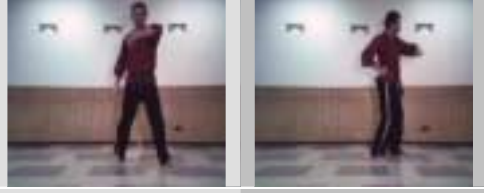


j, Repeat















14(a) Teisho Uke, Palm Block	Front	Side
a, Starting from Heiko Dachi - hands at ready position		
b, Side step right foot forward - Set right hand open on right side of chest or head		
c, Push across in front of chest or head with palm of right hand		
d, Side step left foot forward - Set left hand open on left side of chest or head		
e, Push across in front of chest or head with palm of left hand		
h, Repeat		

14 O-Uchi – O-Uchi, Palm Block – 2 <i>Circle Punches</i>	Front	Side
a, Starting from Heiko Dachi - hands at ready position		
b, Side step right foot forward - Set right hand open on right side of chest c, Push across in front of chest with palm of right hand		
d, Following a high arcing path circle punch to the chest with the left hand	 	 
e, Following a high arcing path circle punch to the chest with the right hand	 	 
f, Side step left foot forward - Set left hand open on left side of chest g, Push across in front of chest with palm of left hand		
h, Following a high arcing path circle punch to the chest with the right hand		

i, Following a high arcing path circle punch to the chest with the left hand



j, Repeat

15 Hige No Ate Zukai , <i>Bear Hug Break</i>	Front	Side
a, Starting from Heiko Dachi - hands at ready position		
b, Raise arms crossed in front of chest (touching the chest)		
c, Step right foot forward into Neko Ashi Dachi (Cat Stance)		
d, Set right foot (front foot) down - Twist shoulders and hips so that the right Shoulder points forward and the left shoulder points to the rear - Drive the right elbow forward and the left elbow to the rear		
e, Raise arms crossed in front of chest (touching the chest)		
f, Step left foot forward into Neko Ashi Dachi (Cat Stance)		
g, Set left foot (front foot) down - Twist shoulders and hips so that the left Shoulder points forward and the right shoulder points to the rear - Drive the left elbow forward and the right elbow to the rear		
h, Repeat		