



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 braced.
- 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.
- Pulling the hip away from the blocking side.

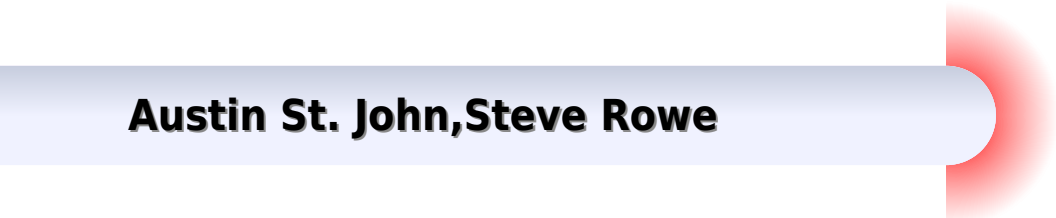


AGE-UKE (RISING BLOCK)

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

Martial Arts Beginners Guide

Austin St. John, Steve Rowe



Martial Arts Beginners Guide:

Beginner's Guide to Martial Arts Evan T. Hayes, 2025-11-04 Discover the power of focus respect and confidence through martial arts perfect for kids ages 6 12 Is your child full of energy and in need of a positive outlet Looking for a fun screen free activity that builds discipline boosts confidence and teaches real life skills Beginner's Guide to Martial Arts Forms Focus Discipline is the perfect introduction to the exciting world of martial arts for kids and families alike Written in a kid friendly step by step format and aligned with top martial arts for children including Karate Taekwondo Judo and Kung Fu this engaging guide teaches more than just kicks and punches It introduces the martial arts mindset respect focus teamwork and self control Inside this book young readers and parents will learn What martial arts is really about and why it's more than just fighting The core stances forms kicks and punches explained in simple language Warm ups balance drills and reaction time exercises made fun How martial arts helps with school focus emotional control and leadership The story of a beginner's first class to inspire kids to take action Activities like Create Your Own Martial Arts Pledge and Confidence Walk to reinforce learning at home Whether your child wants to try martial arts for fitness confidence or self defense this book makes the journey approachable safe and exciting It's ideal for beginners no matter the style or belt level Join thousands of families who are choosing martial arts to build focus confidence and strength from the inside out Your child's journey starts now **The**

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