

# HORIUCHI KODENKAN

## KORYU WAZA

NO.	WAZA (Techniques)		KATA (Forms)
1	OJIREI	bow	SEIZA(kneeling), TACHI (standing)
2	SEIZA	kneeling	SUWARI (sitting), TACHI (standing)
3	ORIME KEIKOGI	folding gi	ZUBON (pants), SHATSU (shirt)
4	MOKUSO	contemplation	SEIZA (kneeling)
5	JIKISHIN	direct mind	SEIZA (kneeling)
6	SHIKKOU	samurai walk	MASUGU (straight)
7	SHIKKOU	samurai walk	KAITEN (turn)
8	SHIKKOU UKEMI	breakfall (roll, slap)	MAE (Forward), USHIRO (Backward)
9	USHIRO UKEMI	backfall	TACHI (standing)
10	ORIME OBI	folding belt	OBI (belt)
11	CHUGAERI	breakfall (somersault, roll, slap)	TACHI (standing)
12	YOKO UKEMI	breakfall (side)	UKU (floating)
13	SUTEMI	breakfall (sacrifice)	MAE (Forward), USHIRO (Backward)
14	USHIRO OTOSHI	back drop	TACHI (standing)
15	<b>SHISEI</b>	stances	
	SHIZEN TAI	ready stance	
	HEISOKU DACHI	formal stance	
	MUSUBI DACHI	musubi stance	
	HEIKO DACHI	parallel stance	
	SOTO HACHIJI DACHI	outside figure 8 stance	
	UCHI HACHIJI DACHI	inside figure 8 stance	
	SANCHIN DACHI	hourglass stance	
	MORO ASHI DACHI	many leg stance	
	KOKUTSU DACHI	back stance	
	NEKO DACHI	cat stance	

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	KAKE DACHI	hook stance	
	ZENKUTSU DACHI	forward stance	
	KIBA DACHI	horse riding stance	
	SHIKKOU DACHI	square stance	
	TSURU ASHI DACHI	crane stance	
16	<b>UCHI WAZA</b>	striking techniques	
	SEIKAN TSUKI	basic thrust	
	SEIKAN SHITA TSUKI	from below thrust	
	OI TSUKI	lunge thrust	
	MAE TE TSUKI	front hand thrust	
	TEISHO TSUKI	palm heel thrust	
	KENTSUI UCHI	bottom fist thrust	
	SHUTO UCHI	knife (chopping)thrust	
	HIJI TSUKI	elbow thrust	
	HIJI SHITA TSUKI	elbow thrust from below	
	HIJI UE TSUKI	elbow thurst from above	
17	<b>UKE WAZA</b>	blocking techniques	
	SEIKAN GEDAN BARAI	lower parry	
	SEIKAN JODAN UKE	upper block	
	SEIKAN UCHI UKE GEDAN BARAI	inside lower parry	
	SEIKEN CHUDAN SOTO UKE	outside block	
	SEIKEN CHUDAN UCHI UKE	inside block	

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18	<b>KERI WAZA</b>	kicking techniques	
	MAE KEAGE	high front kick	
	USHIRO GERI	back kick	
	MAWASHI GERI	roundhouse kick	
	UCHI MAWASHI GERI	inside roundhouse kick	
	SOTO MAWASHI GERI	outside roundhouse kick	
	HIZA GERI	knee kick	
	KINTEKI GERI	groin kick	
19	<b>KATA</b>	form	<b>KIHON KATA</b>
			1, 2, 3, 4
20	<b>BOKKEN kata</b>	bokken techniques	<b>HAPPO GIRI, suburi</b>
21	<b>JO kata</b>	jo techniques	<b>13, 22, 31</b>
22	<b>KANTOKU</b>	perceived virtue	
		grace, composure, awareness, controlled powerful vigor	
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