

Karate Moves for Beginners

Stances *Tachikata*



Musubi Dachi



Natural Stance
Hachiji Dachi



Horse Riding Stance
Kiba Dachi



Front Stance
Zenkutsu Dachi

Punches *Tsuki*



Straight Punch
Choku Zuki



Front Lunge Punch
Oi Zuki



Reverse Punch
Gyaku Zuki

Kicks *Geri*



Front Kick
Mae Geri



Roundhouse Kick
Mawashi Geri



Side Kick
Yoko Geri

Blocks *Uke*



Inward Block



Outward Block



Upper Block



Lower Block

Kenpo Karate Basic Moves

G Psacharopoulos



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