



Shitoryu/Shukokai Karate Basic Combinations

These combinations are part of the Shitoryu/Shukokai grading syllabus and as such you will need to know them for each grade you attempt. There are nine combinations to learn, two of which have two elements to them. This means that you actually have to learn eleven separate combination techniques.

For your first grade, yellow/8th kyu, you will need to know combinations 1 to 4a.
For all other grades, orange/7th kyu and above, you will need to know combinations 1 to 9.

All combinations start from and end in left foot forward 'standard stance' position.

- 1a. Ichiban A** Step in with right foot and perform a right hand punch (oi-tsuki) to the face, withdraw the hand and without moving the feet perform a left open-handed thrust to the opponent's collar bone. Step back.
- 1b. Ichiban B** Right hand punch to the face, step forward (one legged punch) with the right foot and perform a left thrust. Step back.
- 2. Niban** Right hand punch to the body (gyaku-tsuki) then left thrust to the body. (Note: the feet do not move in this combination).
- 3. Sanban** Front hand punch (left mae-ken tsuki) to the face, right thrust to the body, left open hand block in front of the body (shuto-uke).
- 4a. Yonban A** Kick to the front (mae-geri) with the right foot, keeping the hands in position step forward with the kicking foot and punch to the face with the right hand (oi-tsuki), then left thrust to the body. Step back.
- 4b. Yonban B** Kick to the front (mae-geri) with the right foot, withdraw the leg and punch to the face with the right hand (still balancing on the left foot), step forward with the right foot and perform a left thrust. Step back.
- 5. Goban** Right hand punch to the body (gyaku-tsuki), step forward with the right foot, left thrust to the body, keeping hands in position kick with the left foot (mae-geri) to the body and place the foot down to your front, punch to the face with the right hand, left thrust, step back with the left foot and perform right open hand block (shuto-uke) in front of the body, step back with the right foot and perform left open hand block (shuto-uke) in front of the body.
- 6. Rokuban** Step back with the left foot, block at face level with the edge of the right hand (shuto-uke), punch to the body with the left hand (gyaku-tsuki), right thrust, step forward with the left foot and perform left hand open block (shuto-uke) in front of the body.

- 7. Nanaban** Perform open hand downward block with the left hand (gedan-barai) making sure you block with the edge of the hand, hips must twist as you block. Punch to the body with the right hand (gyaku-tsuki); perform left thrust to the body. (Note: the feet do not move).
- 8. Hachiban** Thrust to the face with the edge of the right hand then step forward with the right foot, punch to the body with the left hand (gyaku-tsuki), thrust to the body with the right hand, step back with the right foot and perform left open hand block (shuto-uke) in front of the body.
- 9. Kyuban** Sweep the right foot forward, scooping the opponent's ankle with the sole (ashi-barai), place the foot down to your front and punch to the face (oi-tsuki) with the right hand, left thrust to the body. Step back.

Along with all the basic techniques done in 'yoi dachi' these combinations form the foundations of your entire karate learning process. They teach movement, balance, focus and form in the basic karate 'standard stance', they should be practised correctly and on a regular basis in the dojo and elsewhere if possible. When learned, these combinations will assist you greatly as you progress through your training syllabus because you will have already learned how your body can move and balance. This is the basis of good and correct karate and is of the utmost importance whether you are practising basics, combinations, kata, kumite or self-defence.

