

## Goya-Ra-Ru Martial Arts

### Guide to BGA Yellow Belt Syllabus - The basic techniques

(Handout Number 9)



#### Classical Front Kick

Usually delivered from the rear leg for power, the weapon is the ball of the foot (exposed by pointing the foot forward whilst curling up the toes).

To deliver the kick, firstly bring up the knee of the kicking leg so that the thigh points towards the intended target. Keeping the thigh stationary, extend the leg out into the target. Recall the leg, again keeping the thigh pointing towards the target to maintain a momentary leg guard position. Finally return to a suitable stable stance.

#### Freestyle Round Kick

Usually delivered from the front leg for speed rather than power. Point the foot and toes forward to expose the top of foot, instep or shin.

Whilst standing side-on to the target, firstly bring up the knee of the kicking leg so that the thigh points towards the intended target. The leg is also raised so that the foot is only slightly lower than the knee. Extend the leg out towards the target. Recall the leg, again keeping the thigh pointing towards the target to maintain a momentary leg guard position. Finally return to a suitable stable stance.



### Closed Fist Head Block

Raise the blocking arm up and outwards covering the upper-chest and head areas. Finally rotate both forearms.

The blocking part of the arm is the outer (bony) part of the forearm.



### Closed Fist Chest Block

Bring the blocking arm across the lower chest, palm-of-fist facing down.

Pivot on the elbow, sweeping the chest with the blocking arm. Rotate on the end to expose the inner forearm as the contact area.



### Closed Fist Leg (or 'lower body') Block

Start by placing the 'hammer-fist' of the blocking hand on the middle of the opposite arm.

Sweep the entire lower body area and rotate on the end to expose the outer forearm (bony part) as the contact area.



### Thrust Punch



Starting from the 'chambered' position (palm of fist up), push out in a straight line keeping the elbow close to the body. Just before full extension, rotate the forearm 180 degrees (palm of fist down). The reverse arm does the same in reverse. The 'weapon' is the first two (big) knuckles.

### Reverse Punch

When delivered from a front stance for example, the reverse punch defines the punch as described above except delivered from the rear hand.



### Heel of Palm Strike

Similar to a punch (of any type) except the striking contact area is the 'heel' of the palm of the hand.

### Front Posture

Starting with the feet shoulder width apart, take one of the legs back through a distance of about 2 shoulder widths.

The front leg is bent (knee just over the ankle) and the rear leg is straight.

Both feet are flat on the floor.



### Freestyle Fighting Stance

Turn side-on to the opponent and move the feet apart by a distance just wider than shoulder length.

The stance is close to that adopted by a western boxer.





### Horse Posture

Standing square on, take the feet about double shoulder width apart with the feet pointing ahead.

Apply a bend to the knees and keep the back straight.

### Ready Position

Feet shoulder width apart with the heels pointing slightly outwards and the knees slightly bent.

This posture places the practitioner in a state of alert, ready to move into another posture or perform a technique.



### Sequence number 1 (explained on the 'left' side of the body)

Start in ready position

1. Take the right leg back into front posture – leg block with the left hand.
2. Reverse punch (right hand) using the hips and correct rotation.
3. Thrust punch
4. Front kick from the rear (right) leg and back to ready position.

**1<sup>st</sup> Kata** -A further handout guide is available for describing the kata.

Visit the members section on [www.gokarate.co.uk](http://www.gokarate.co.uk) for animations of some of the above techniques.