



Stand in sanchin-dachi, hands held up to guard face



CONTINUING with the *ido-kihons*, we're discussing *yoko-giri* from *sanchin-dachi* this week. Stand in *sanchin-dachi*, hands held up to guard the face. Then, swivelling the front foot almost 135°, lift the back leg while forming a knife edge with the edge of the foot.

Keeping the hands up to protect the face, swivel the grounded foot even more (so that it faces in the opposite direction from where it started) and kick at the neck region, the chin or

Kick at the neck or chin, making contact with edge of foot

KARATE

THE POWER OF THE EMPTY HAND



Lift back foot, swivelling grounded foot 135°

even the space between the upper lip and the nose. Keep the kicking leg's ankle twisted in knife edge formation so that you make contact with the outside of the foot.

On completion of the kick, bring the kicking

leg down and place it on the ground in front of you, moving smoothly into *sanchin-dachi* again in preparation for another kick.