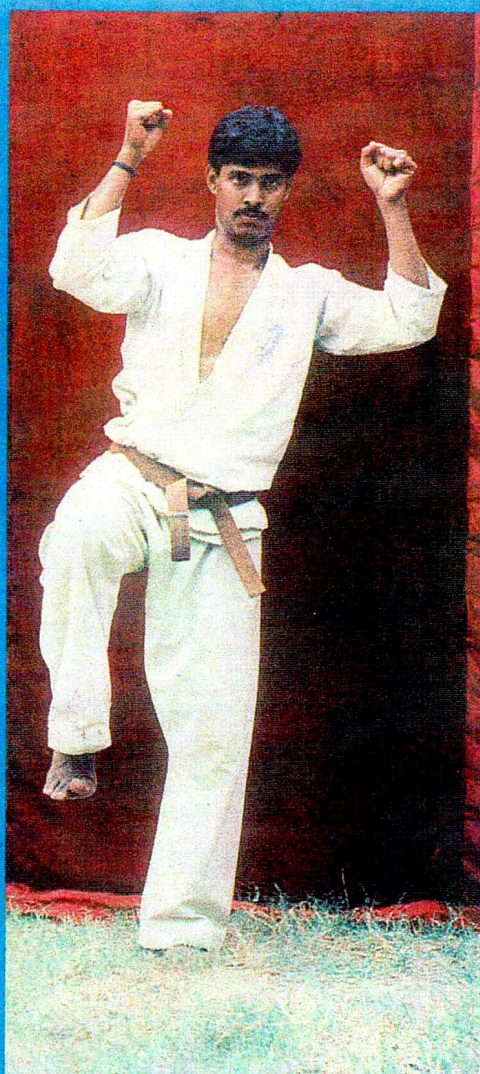


Stand in kokutsu-dachi, hands held up to guard face



Lift back leg, toes curled up to expose ball of foot



Kick at chin, swivelling grounded foot almost 90°

MOVING onto *ido-kihons* from *kokutsu-dachi* (the stance where 70% of the bodyweight is on the back foot, which is placed on the ground at a 45° angle while the front foot points straight ahead) let's discuss the first of the kicking-while-stepping-forward routines.

Stand in *kokutsu-dachi*, hands held up to guard face. Then, shifting the bodyweight onto the front foot, lift the back leg bringing the knee up in front of you. At this stage the foot of the kicking leg should be held with the toes

KARATE

THE POWER OF THE EMPTY HAND



curled up and the ankle flexed so as to expose the ball of the foot to take the impact.

Swivelling the grounded foot almost 90°, kick out in front of

you aiming for the chin of the opponent and making contact with the ball of the foot. On completion of the kick, bring the kicking leg down in front of you and land

softly, automatically transferring the bulk of the weight on the back foot.

The Kyokushin-kai karate Headquarters is organising an All India Instructors' Camp at Calcutta in February, 1990. Kyokushin-kai karatekas of brown belt grading and above as well as others with a good background in martial arts are welcome to join this camp. Interested persons can write to Shivaji Ganguly, 4th Degree Black Belt, Branch Chief Kyokushin-kai karate HQ, 136 Harish Mukherjee Road, Calcutta 700 025.