

KARATE

THE POWER OF THE EMPTY HAND

CARRYING on with the *ido-kihons* that we have been discussing, let's move onto the basic leg movement with *ushiro-giri* or the back kick.

Stand in *zen-kutsu-dachi*, hands held up in preparation to guard your face. Then, bring the front foot slightly inward and swivel the toes 180° so that your body faces the other way, the hips lining up to face the opponent. Even as you are swivelling the front foot, lift

the other leg such that the heel almost touches the buttocks. Then, turning your head to sight your opponent, kick out with force to make contact with your heel.

On completion of the kick—the target area being the chin, the solar plexus or the rib area—land the kicking leg in front of you, automatically moving into *zen-kutsu-dachi* in preparation for another kick.



Stand in *zen-kutsu-dachi*, hands up to guard face



Swivel the grounded foot 180°, raising other leg



Kick at the target area, making contact with heel