

First name + surname :

Gedanbarai – Vocabulary acquisition

Translate the words on the right into French

Gedanbarai or downward block is one of the most commonly used karate techniques, in the karate dojo.

1. Extend the left arm down and out, so the back of the fist is pointing up and is positioned three to four fists distance in front of the left thigh.
2. The right arm or hikite arm, should be placed at the bottom of the ribs, palm up and elbow pulling down slightly, with both shoulders down and relaxed.
3. Lift the right fist to the left shoulder, keeping the right arm as close as possible to the body. The palm of the right fist should be facing the neck. Bring the left arm towards the centre of the body. When you prepare to block, try and focus on bringing the elbows across the body strongly.
4. Start to slide the right fist down the left arm.
5. As the right fist reaches the left wrist, start to pull the left arm back to the left side of the body (hikite).
6. Just before the right arm reaches full extension, rotate the right forearm strongly, so that the palm of the right fist faces down. At exactly the same time, the left hikite arm (pulling arm), also rotates and stops at left side of the body, at exactly the same time as the blocking arm.
7. Try and stay relaxed until the block lands, then kime! Breathe out sharply and tighten the muscles, as soon as you have tightened the muscles, relax the muscles, but keep your form.

Body vocabulary

Arm
Fist
Thigh
Ribs
Elbow
Shoulders
Palm
Neck
Wrist
Forearm

Descriptive words and prepositions

The back (of the fist)
In front of
At the bottom of

Action verbs

To extend (down and out)
To lift
To bring (towards / across)
To slide (down)
To pull (back)
To rotate
To breathe out
To tighten (the muscles)

Position or attitude verbs

To be pointing up
To be positioned
To be placed
To be facing
To focus on
To reach
To face (down)
To stay
To keep (one's form)

Adjectives and adverbs

Down
Relaxed
Full
Close (to)
Strongly
Slightly

