

TERMINOLOGY : DACHI - STANCES

NATURAL STANCES - SHIZENTAI

HEISOKU DACHI	INFORMAL ATTENTION STANCE
MUSUBI DACHI	INFORMAL ATTENTION STANCE
HACHIJI DACHI	OPEN LEG STANCE
UCHI HACHIJI DACHI	INVERTED OPEN LEG STANCE
HEIKO DACHI	PARALLEL STANCE
RENOJI DACHI	'L' STANCE
TEIJI DACHI	'T' STANCE
<u>BASIC STANCES</u>	
ZENKUTSU DACHI	FRONT STANCE
KOKUTSU DACHI	BACK STANCE
KIBA DACHI	STRADDLE LEG STANCE
SHIKO DACHI	SQUARE STANCE
HANGETSU DACHI	HALF MOON STANCE
SANCHIN DACHI	HOUR GLASS STANCE
FUDO DACHI	ROOTED STANCE
SOCHIN DACHI	DIAGONAL STRADDLE LEG STANCE
NEKO ASHI DACHI	CAT STANCE
KOSA DACHI	CROSS LEG STANCE
SAGI ASHI DACHI	SUPPORTED ONE LEG STANCE
SURI ASHI DACHI	SLIDING ONE LEG STANCE
KATA ASHI DACHI	KNEELING STANCE
IPPON DACHI	ONE LEG STANCE
MOTO DACHI	TWISTED STANCE
KAMAE	FREESTYLE POSITION
HANMI	HALF FRONT FACING (HIPS)

TERMINOLOGY: UKE - BLOCK

AGE UKE	RISING BLOCK
AGE UKE GYAKU ASHI	RISING BLOCK REVERSE FOOT
ASHIBO KAKE UKE	LEG HOOKING BLOCK
ASHIKUBI KAKE UKE	ANKLE HOOKING BLOCK
CHUDAN SHUTO UKE	KNIFE HAND BLOCK AGAINST BODY ATTACK
DEAI OSAE UKE	PRESSING BLOCK STEPPING IN
FUMIKOMI AGE UKE	UPPER BLOCK STEPPING IN
FUMIKOMI SHUTO UKE	KNIFE HAND BLOCK STEPPING IN
FUMIKOMI UDE UKE	FOREARM BLOCK STEPPING IN
GEDAN BARAI	DOWNWARD SWEEP
GYAKU GEDAN BARAI	REVERSE DOWNWARD SWEEP
GYAKU UCHI UKE	REVERSE INSIDE BLOCK
HAISHU UKE	BACK HAND BLOCK
HAIWAN UKE	BACK ARM BLOCK
HINARI UDE UKE	FOREARM TWIST BLOCK
JUJI UKE	X BLOCK
KAISHU UKE	BACK HAND BLOCK
KAKE SHUTO UKE	HOOKING KNIFE HAND BLOCK
KAKE UKE	HOOKING BLOCK
KAKIWAKI UKE	REVERSE WEDGE BLOCK
KAKUTO UKE	BENT WRIST BLOCK
MAE UDE DEAI OSAE UKE	FOREARM PRESSING BLOCK TO THE FRONT
MOROTE GAIWAN UKE	AUGMENTED OUTER ARM BLOCK
MOROTE SUKUI UKE	TWO HANDED SCOOPING BLOCK
MOROTE TSUKAMI UKE	TWO HANDED GRASPING BLOCK
MOROTE UKE	AUGMENTED FOREARM BLOCK
NAGASHI UKE	SWEEPING BLOCK
OSAE UKE	PRESSING BLOCK
OTOSHI NAGASHI UKE	DROPPING SWEEPING BLOCK
OTOSHI TSUKAMI UKE	DROPPING GRASPING BLOCK
OTOSHI UKE	DROPPING BLOCK
SHUTO UKE	KNIFE HAND BLOCK
SOKUMEN TE AWASE UKE	SIDE TWO HANDED BLOCK
SOKUTEI MAWASHI UKE	CIRCULAR SOLE BLOCK
SOKUTEI OSAE UKE	PRESSING BLOCK WITH SOLE

SOTO UDE UKE
SUKUI UKE
TATE SHUTO UKE
TE AWASE UKE
TEISHO UKE
TEKUBI KAKE UKE
TE NAGASHI UKE
TE OSAE UKE
TSUKAMI UKE
UCHI UKE
UCHI UKE GYAKU ASHI
UDE UKE

BLOCK FROM OUT TO IN WITH OUTSIDE WRIST
SCOOPING BLOCK
VERTICAL KNIFE HAND BLOCK
TWO HANDED BLOCK (also COMBINED BLOCK)
PALM HEEL BLOCK
WRIST HOOKING BLOCK
HAND SWEEPING BLOCK
HAND PRESSING BLOCK
GRASPING BLOCK
INSIDE BLOCK (FROM IN TO OUT)
INSIDE BLOCK REVERSE FOOT
FOREARM BLOCK

TERMINOLOGY: ZUKI - PUNCH

AGE ZUKI
AWASE ZUKI
CHOKU ZUKI
DAN ZUKI
GEDAN ZUKI
GYAKU ZUKI
HASAMI ZUKI
HEIKO ZUKI
HIRAKEN ZUKI
KAKE ZUKI
KIZAMI ZUKI
MAWASHI ZUKI
MOROTE ZUKI
NAGASHI ZUKI
OI ZUKI
OTOSHI ZUKI
REN ZUKI
SANREN ZUKI
SEIKEN CHOKU ZUKI
TATE ZUKI
URA ZUKI
YAMA ZUKI

RISING PUNCH
U PUNCH
STRAIGHT PUNCH
CONSECUTIVE PUNCHING
PUNCH TO GROIN
REVERSE PUNCH
SCISSORS PUNCH
PARALLEL PUNCH
FORE KNUCKLE FIST PUNCH
HOOK PUNCH
JAB PUNCH
ROUND PUNCH
DOUBLE FIST PUNCH
FLOWING PUNCH
LUNGE PUNCH
DROPPING ZUKI
ALTERNATE PUNCHING
THREE CONSECUTIVE (ALTERNATE) PUNCHES
FORE FIST STRAIGHT PUNCH
VERTICAL FIST PUNCH
CLOSE PUNCH
WIDE U PUNCH

TERMINOLOGY: UCHI - STRIKE

AGE EMPI UCHI
EMPI UCHI
GYAKU TATE EMPI UCHI
HAISHU UCHI
HAITO UCHI
HIJI ATE
JUJI UCHI
MAE EMPI UCHI
MAWASHI EMPI UCHI
MOROTE TEISHO UCHI
MOROTE YOKO EMPI UCHI
OTOSHI EMPI UCHI
SHIHON NUKITE
SHUTO UCHI
SURI EMPI UCHI
TATE EMPI UCHI
TEISHO UCHI
URAKEN UCHI
USHIRO EMPI UCHI
USHIRO MAWASHI EMPI UCHI
YOKO EMPI UCHI
YOKO MAWASHI EMPI UCHI

RISING ELBOW STRIKE
ELBOW STRIKE
REVERSE UPWARD ELBOW STRIKE
BACK HAND STRIKE
RIDGE HAND STRIKE
ELBOW STRIKE
CROSS ARM STRIKE
FORWARD ELBOW STRIKE
ROUND(HOUSE) ELBOW STRIKE
COMBINED PALM HEEL STRIKE
AUGMENTED SIDE ELBOW STRIKE
DROPPING ELBOW STRIKE
SPEAR HAND STRIKE
KNIFE HAND STRIKE
SLIDING ELBOW STRIKE
UPWARD ELBOW STRIKE
PALM HEEL STRIKE
BACK FIST STRIKE
BACK ELBOW STRIKE
BACK ROUND ELBOW STRIKE
SIDE ELBOW STRIKE
SIDE ROUND ELBOW STRIKE

TERMINOLOGY: GERI - KICK

FUMIKIRI
FUMIKOMI
GYAKU MAWASHI GERI
HIZA GERI
KAKATO GERI
KEAGE GERI
KEBANASHI
KEKOMI GERI

CUTTING KICK
STAMPING KICK
REVERSE ROUND(HOUSE) KICK
KNEE KICK
AXE/HEEL KICK
SNAP KICK
KICK OFF (SNAP KICK)
THRUST KICK

KESA GERI
MAE ASHI GERI
MAE GERI
MAE GERI KEAGE
MAE GERI KEKOMI
MAE TOBI GERI
MAWASHI GERI
MAWASHI GERI HAISOKU
MIKAZUKI GERI
NAMI ASHI GERI
NIDAN TOBI GERI
RENZOKU GERI
USHIRO ASHI GERI
USHIRO GERI
USHIRO MAWASHI GERI
YOKO GERI
YOKO GERI KEAGE
YOKO GERI KEKOMI
YOKO TOBI GERI

DIAGONAL KICK
FRONT LEG KICK
FRONT KICK
FRONT SNAP KICK
FRONT THRUST KICK
JUMPING FRONT KICK
ROUNDHOUSE KICK (BALL OF FOOT)
ROUNDHOUSE KICK (INSTEP)
CRESCENT KICK
LEG SWEEP KICK
DOUBLE JUMP KICK
COMBINATION KICK
BACK LEG KICK
BACK KICK
BACK ROUND(HOUSE) KICK
SIDE KICK
SIDE SNAP KICK
SIDE THRUST KICK
JUMPING SIDE KICK

TERMINOLOGY : GENERAL

AGE
ASHI BARAI
ATE WAZA
BARAI
BUNKAI
CHUDAN
DAN
DAN
DAN ZUKI
DACHI
DO
DOJO
ENYOI
GEDAN
GERI
GERI WAZA
GI
GYAKU
GYAKU ASHI
HAJIME
HANSHI
HEIKO
HIDARI
JIYU KUMITE
JODAN
JUJI
KARA
KARATE
KARATE-KA
KATA
KENDO
KESA
KI
KIAI
KIMATAE
KIME
KIMETE
KOHAI
KOSA
KUMITE
KYU
MAAI
MAWATE
MAKIWARA
MIGI
MOKSU
NAGASHI
OSAE
OTOSHI
REI
REN

RISING
LEG SWEEP
SMASHING TECHNIQUES
SWEEP
APPLICATION
CHEST AREA
LEVEL
RANK OR DEGREE
CONSECUTIVE PUNCHES
STANCE (see stances section)
WAY
PLACE OF THE WAY
RELAX
LOWER AREA OF BODY
KICK (see kick section)
KICKING TECHNIQUES
SUIT
REVERSE
REVERSE LEG
BEGIN
MASTER (8th to 10th DAN)
PARALLEL
LEFT
FREESTYLE FIGHTING
FACE AREA
CROSS / X
EMPTY
EMPTY HAND
STUDENT OF KARATE
FORMS
SWORD FIGHTING
DIAGONAL
SPIRIT
EXPRESSION OF SPIRIT
TAKE UP POSITION
FOCUS THE MUSCLES-TENSION
DECIDING BLOW
JUNIOR GRADE
CROSSING
SPARRING (see sparring section)
GRADE
DISTANCING
TURN
PUNCHING BOARD
RIGHT
EMPTY MIND
SWEEPING
PRESSING BLOCK
DROPPING
BOW
ALTERNATE

RENZOKU	COMBINATION
RENZOKU GERI	COMBINATION KICK
SAMPAI	SENIOR GRADE
SANBON KUMITE	THREE STEP SPARRING
SENSEI	TEACHER
SENSEI NE REI	TEACHER WE BOW
SHI HO WARI	BREAKING BOARDS ON 4 SIDES
SHIHAN	MASTER TEACHER (6TH DAN ABOVE)
SOKUMEN	SIDE
SUKI	OPENING
SUKUI	SCOOPING
SURI	SLIDING
TAMESHI WARI	TEST OF TECHNIQUES POWER
TATE	VERTICAL
TOBI	JUMPING
TSUKAMI	GRASPING
UCHI WAZA	STRIKING TECHNIQUES
UKE	DEFENDER (BLOCKER)
UKE WAZA	BLOCKING TECHNIQUES
USHIRO	BACK, REARWARD
WAZA	TECHNIQUES
YAMAE	FINISH
YOKO	SIDE
YOI	READY (REMAIN ALERT)

TERMINOLOGY : BODY PARTS, FOOT + HAND TECHNIQUES

AGO	CHIN
ASHI	FOOT
ASHI	LEGS
ASHI NO URA	SOLE
ASHI UBI	TOES
ATAMA	HEAD
CHUDAN	MID SECTION OF BODY
EMPI / HIJI	ELBOW
ENSHO	ROUND HEEL
GAIWAN	OUTER ARM (same side as little finger)
GEDAN	LOWER AREA OF BODY
HAISHU	BACK HAND
HAISOKU	INSTEP (top of foot)
HAITO	RIDGE HAND
HAIWAN	UPPER ARM (same side as knuckles)
HARA	STOMACH
HIRAKEN	FORE KNUCKLE FIST
HIZA	KNEE
HIZAGASHIRA	KNEE CAP
IPPON KEN	ONE KNUCKLE FIST
JODAN	UPPER AREA OF BODY
JO SOKUTEI	RAISED SOLE
KAO	FACE
KAISHU	OPEN HAND (palm)
KAKATO	HEEL
KAKUTO	BENT WRIST
KATA	SHOULDERS
KEITO	CHICKEN HEAD WRIST
KENTSUI	FIST HAMMER
KOSHI	HIPS
KOSHI	BALL OF FOOT
KUBI	NECK
KUMADE	BEAR HAND
ME	EYES
MUNE	CHEST
NAIWAN	INNER ARM (same side as thumb)
NAKADAKA IPPON KEN	MIDDLE KNUCKLE FIST

NIHON NUKITE	TWO FINGER SPEAR HAND
NODO	THROAT
NUKITE	SPEAR HAND
SEIKEN	FORE FIST
SEIRYUTO	OX JAW HAND
SHU	HAND
SHUBO	ARM STICK
SHUTO	OUTER EDGE OF HAND
SHUTSUI	HAND HAMMER
SHUWAN	BOTTOM ARM (same side as palm)
SOKUTEI	FOOT SOLE
SOKUTO	OUTER EDGE OF FOOT
TANDEM	NAVAL
TE	HAND
TEISHO	PALM HEEL
TEKUBI	WRIST
TETSUI	IRON HAMMER
TSUMISAKI	TIPS OF TOES
UDE	FORE ARM
URAKEN	BACK FIST
WAN	ARM
WANTO	ARM SWORD
WASHIDE	EAGLE HAND
UBI	FINGERS

TERMINOLOGY : COUNTING

ICHI	ONE	SHO	FIRST
NI	TWO	NI	SECOND
SAN	THREE	SAN	THIRD
SHI	FOUR	YON	FORTH
GO	FIVE	GO	FIFTH
ROKU	SIX	ROKU	SIXTH
SICHI	SEVEN	SICHI	SEVENTH
HACHI	EIGHT	HACHI	EIGHT
KU	NINE	KU	NINTH
JU	TEN	JU	TENTH
JU-ICHI	ELEVEN (TEN and ONE)		
JU-NI	TWELVE (TEN and TWO)		
NI-JU-GO	TWENTY FIVE (TWO TENS and FIVE) etc... ..		