



### **Dachi - Stance**

- Shiko Dachi – Straddle/Sumo stance
- Kokutsu Dachi – Back stance
- Zenkutsu Dachi – Forward stance
- Neko Ashi Dachi – Cat stance
- Shizen Dachi – Natural stance
- Hachiji Dachi – Figure eight stance
- Kiba Dachi – Shiko dachi with toes parallel
- Uchi Hachiji Dachi – Shiko dachi with toes in
- Musubi Dachi – Heels together toes outward
- Heisoku Dachi – Heels together toes together
- Kosa Dachi – Legs crossed stance (Naihanchi Shodan)
- Ashi Dachi – Foot stance (Pinan Shodan)

### **Uke – Block**

- Uchi Uke – Inside block
- Gedan Uke – Low block
- Shuto Uke – Knifehand block
- Age Uke – High rising block
- Soto Uke – Outside block
- Osae Uke – Pressing block
- Otoshi Uke – Dropping block
- Juji Uke – Cross block
- Tekubi Kake Uke – Wrist hook block
- Tekake Uke – Hand hook block (tiger claw)
- Mawashi Uke – Crescent block

### **Tsuki – Punch**

- Chudan Tsuki – Middle punch
- Kizami Tsuki – Short (jab) punch
- Oi Tsuki – Lunge punch
- Gyaku Tsuki – Reverse punch
- Ura Tsuki – Close punch
- Kagi Tsuki – Hook punch
- Jodan Tsuki – High punch
- Gedan Tsuki – Low punch
- Choku Tsuki – Straight punch
- Tate Tsuki – Vertical punch
- Awase Tsuki – Double punch (one hand up, one down)
- Morote Tsuki – Double punch (both hands together)
- Nukite Tsuki – Spearhand
- Ippon Ken Tsuki – One knuckle punch
- Nihon Ken Tsuki – Two knuckle punch
- Nakada Ka Ken Tsuki – Extended middle knuckle (Judo knuckle)
- Yonhon Ken Tsuki – Four fingers bent

## KARATE TERMINOLOGY (con't)

### **Uchi – Strike**

Ura Uchi – back fist strike  
Shuto Uchi – Knifehand strike  
Haito Uchi – Ridgehand strike  
Empi Uchi – Elbow strike  
Hiji Ate – Elbow smash  
Otoshi Shuto Uchi – Dropping knifehand strike  
Taisho Uchi – Palm heel strike  
Kumade Uchi – Bear hand strike

### **Geri – Kick**

Mae Geri – Front kick  
Mae Geri Keage – Front snap kick  
Mae Geri Kekomi – Front thrust kick  
Yoko Geri – Side kick  
Ushiro Geri – Back (rear) kick  
Mawashi Geri – Roundhouse kick  
Koshi Geri – Kick with ball of the foot  
Tsumasaki Geri – Kick with toes  
Mae Geri Haisoku – Kick with instep  
Fumi Komi – Low kicks (knee or lower)  
Fumi Geri – Cutting kick  
Kagi Geri – Hook kick  
Mae Geri Tobi – Flying front kick  
Nidan Tobi – Double flying kick

### **Terms**

Karate - Kara (open), Te (hand)  
Dojo – Training hall  
Sensei – Instructor  
Sempai – Superior  
Kohai – Junior  
Kyotsuke – Attention  
Rei – Bow  
Kata – Form  
Kumite – Sparring  
Yoi – Ready  
Yasume - Relax  
Kotai – switch, alternate  
Ashi Kotai – switch sides, switch feet  
Mawatte – turn, turn around

## KARATE TERMINOLOGY (con't)

### **Ranks**

Rokkyu – White belt

Gokyu – Yellow belt

Yonkyu – Blue belt

Sankyu – 3<sup>rd</sup> degree brown belt

Nikyu – 2<sup>nd</sup> degree brown belt

Ikkyu – 1<sup>st</sup> degree brown belt

Shodan – 1<sup>st</sup> degree black belt