



KARATE TERMINOLOGY



KIHON DOSA TERMINOLOGY

1. Shiko Dachi, Chudan Tsuki –
2. Kokutsu Dachi, Uchi Uke –
3. Neko Ashi Dachi, Shuto Uke –
4. Zenkutsu Dachi, Gedan Uke –
5. Shizen Dachi, Age Uke –
6. Shiko Dachi, Kizami Tsuki –
7. Hachiji Dachi, Ura Uchi –

KATA

Gokyu

Kihon Kata Ichi

Kihon Kata Ni

Yonkyu

Fukyu Ichi

Fukyu Ni

Sankyu

Pinan Shodan

Pinan Nidan

Nikyu

Pinan Sandan

Pinan Yondan

Ikkyu

Pinan Godan

Naihanchi Shodan

Shodan

Naihanchi Nidan

Naihanchi Sandan

Nidan

Bassai Sho

Sandan

Bassai Dai

Yondan

Okan

Godan

Kusanku Sho