

## Basic Karate Terminology

### Stances

Fudo dachi	Rooted stance
Hangetsu dachi	Half moon stance
Heisoku dachi	Informal Attention stance
Kiba dachi	Straddle stance
Kokutsu dachi	Back stance
Kosa dachi	Crossed stance
Neko ashi dachi	Cat foot stance
Sanchin dachi	Hourglass stance
Shiko dachi	In line stance
Zenkutsu dachi	Front stance

### Blocks

Age Uke	Rising block
Gedan Barai	Lower sweeping block
Haishu uke	Back hand block
Juji uke	X block
Kakewake uke	Wedge block
Morote uke	Reinforced block
Nagashi uke	Sweeping block
Osaе uke	Pressing block
Shuto uke	Knife hand block
Soto uke	Outside block
Tate Shuto uke	Vertical knife hand block
Uchi ude uke	Inside block

### Punches

Age tsuki	Rising punch
Choku tsuki	Straight punch
Gyaku tsuki	Reverse punch
Kagi tsuki	Hook punch
Kizami tsuki	Cutting (front hand jab) punch
Oi tsuki	Stepping punch
Ren tsuki	Two punch combination
Sanbon tsuki	Three punch combination
Ura tsuki	Close punch
Yama tsuki	Wide U punch

### Strikes

Empi uchi	Elbow strike
Haito uchi	Ridge hand strike
Nukite	Spear hand strike
Shuto uchi	Knife hand strike
Teisho uchi	Palm heel strike
Tetsui uchi	Hammer fist strike
Uraken uchi	Back fist strike

### Kicks

Fumikomi	Stamping kick
Mae geri	Front kick
Mawashi geri	Roundhouse kick
Mikatsuki geri	Crescent kick
Ura mawashi geri	Back roundhouse kick
Ushiro geri	Back kick
Yoko geri keage	Side snap kick
Yoko geri kekomi	Side thrust kick

### Kumite - Sparring

Gohon Kumite	Five step sparring
Kihon Ippon Kumite	Basic one-step sparring
Jiyu Ippon Kumite	Semi-free style sparring
Kaishi Ippon Kumite	Reaction sparring
Jiyu Kumite	Free sparring

### General

Dojo	Training Hall
Hajime	Start/begin
Karate	Empty hand
Kiai	Spirited shout
Mawatte	Turn around
Rei	Bow
Sensei	Instructor
Seiza	Kneel
Yame	Stop
Yasume	Relax
Yoi	Ready
Zanshin	Awareness

Hidari	Left
Migi	Right

Gi	Karate suit
Obi	Belt

Kihon	Basic techniques
Kata	Form
Kumite	Sparring

Jodan	Head
Chudan	Middle body
Gedan	Lower body