

TRANSLATIONS

GERI	KICKS	DACHI	STANCES
Mae Geri	Front kick	Heisoku Dachi	Attention stance
Yoko Geri	Side kick	Heiki Dachi	Natural stance
Ushiro Geri	Back kick	Kiba Dachi	Straddle stance
Mawashi Geri	Roundhouse kick	Zenkutsu Dachi	Forward leaning stance
Mikazuki Geri	Crescent kick	Kokutsu Dachi	Back stance
Fumakomi	Stomping kick	Neko Aishi Dachi	Cat stance
Kinsetsu Geri	Joint kick	Sanchin Dachi	Hour glass stance
Mae Tobi Geri	Flying front kick	Shiko Dachi	Sumo stance
Yoko Tobi Geri	Flying side kick	Musubi Dachi	Formal Attention stance
Ashi Barai	Foot sweep		
Hiza Geri	Knee kick		

MISCELLANEOUS

Sempai	Senior
Karate Do	Empty Hand Way
Sensei	Teacher
Rei	Bow
Seiza	Kneel
Mukso	Meditate
Yame	Stop
Kiyo Tsuke	Attention
Yoi	Ready
Hajime	Begin
Kime	Focus
Dojo	Training Hall
Makiwara	Punching Board
Kiai	Meeting of the spirits
Ryu	School or style
Obi	Belt
Gi	Karate Uniform
Ippon	One point
Karate Ka	Karate student
Kihon Kumite	Basic sparring
Kata	Forms
Jiyu Kumite	Free sparring
Ippon Kumite	One point sparring
Goju	Hard/Soft
Jiu Jitsu	Gentle Art

TE WAZA	PUNCHES
Oi Zuki	Lunge punch
Gy Aku Zuki	Reverse punch
Morte Zuki	Double fist punch
Seiken Zuki	Fore fist punch
Ura Ken	Back fist
Tetsui	Hammer fist
Kazama Zuki	Jab
Mawashi Zuki	Roundhouse punch

UCHI	STRIKES
Nukite	Spear hand
Teisho	Palm heel
Haito	Ridge hand
Shuto	Knife hand
Empi	Elbow

UKE	BLOCKS
Jodan Uke	High block
Uchi Uke	Inside forearm block
Gedan Barai	Downward sweeping block
Soto Uke	Outside forearm block
Shuto Uke	Knife Hand block
Morte Uke	Augmented forearm block
Teisho Uke	Palm heel block
Mawashi Uke	Roundhouse block
Kake Uke	Hook block
Hariatoshi	Three Point Low block

KIHONCOUNTING

Ichi	One	Roku	Six
Ni	Two	Shichi	Seven
San	Three	Hachi	Eight
Shi	Four	Ku	Nine
Go	Five	Ju	Ten