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General Terminology

Punch/Strikes

Gyaku Zuki	Reverse Punch
Nukite	Spearhand
Uraken	Backfist
Seiken	Forefist
Haito	Ridgehand
Kentsuki	Hammerfist
Shuto Uke	Knife Hand
Yama Zuki	Wide U Punch
Empi Uchi	Elbow
Kage Zuki	Hook Punch
Oi Zki	Lunge Punch
Morote Zuki	Two Handed Punch

Stances

Shiko Dachi	Sumo Stance
Musubi Dachi	V Stance
Zenkutsu Dachi	Front Stance
Neko Ashi Dachi	Catfoot Stance
Heiko Dachi	Parallel Stance
Kokutsu Dachi	Back Stance
Heisoku Dachi	Feet Together
Kiba Dachi	Horse Stance
Kosa Dachi	Cross Leg
Sochin Dachi	Diagonal Horse
Sanchin Dachi	Hour Glass
Sagi Ashi Dachi	One Legged
Yoi	Natural Stance

Block

Age Uke	Head Block
Gedan Barai	Leg Block
Chudan Yoko Uke	Chest Block
Soto Ude Uke	Forearm Block
Juji Uke	X Block
Tsukui Uke	Scooping
Osai Uke	Upside Down Forearm Block



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Common

Sensei	Teacher
Kiai	Shout of Spirit
Dojo	Training Hall
Gi	Uniform
Karate	Empty Hand
Rei	Bow
Kata	Form
Kumite	Fight
Hajime	Begin
Yame	Stop
Seiza	Kneel
Left	Hidari
Right	Migi
Basics	Kihon
Kamae	Fighting Position
Senpai	Senior

Common

Gedan	Lower
Chudan	Middle
Jodan	Upper
Kime	Focusing
Obi	Belt
Mokoso	Eyes Closed
Zanshin	Remaining Spirit
Seiken	Front Two Knuckles
Koshi	Ball of Foot
Sokuto	Edge of Foot
Mawate	Turn 180
Kara	Empty
Te	Hand
Hai	Yes
ii	No

Kicks

Mai Geri	Front Kick
Mawashi geri	Roundhouse Kick
Ushiro Geri	Back Kick
Yoko Geri	Side Kick
Migazuki Geri	Crescent
Fumikomi	Stomping
Hiza Geri	Knee Kick

Numbers

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