

<u>Stances (Dachi)</u>	<u>Description</u>
Chinto Dachi	Parallel Forward-Angle Side Stance
Hachiji Dachi (Shizentai Dachi)	Natural Stance - Shoulder Width, Toes Outward
Hamni Dachi (Jun-tsuki No Tsukomi Dachi)	Lunge Stance
Heiko Dachi	Ready Stance - Toes Parallel
Heisoku Dachi	Informal Bowing Stance - Toes Closed
Kakutsa Dachi	Back Stance
Kamae Dachi	Fighting Stance
Kiba Dachi	Parallel Horse Stance
Mahanmi Neeko Ashi Dachi	Side Facing, Long Cat Stance
Mashomen Neeko Ashi Dachi	Front Facing, Short Cat Stance
Musuba Dachi	Formal Bowing Stance - Toes Open
Naihanchi Dachi	Inward Circular Stance
Naname Zenkutsa Dachi (Gyaku-tsuki No Tsukomi Dachi)	Diagonal Forward Stance used in in Gyaku-tsuki No Tsukomi
Neeko Ashi Dachi	Generic Cat Stance
Neeko Dachi	Flat Cat Stance
Sagi Ashi Dachi (Tsuru Ashi Dachi)	One Legged Crane Stance used in Chinto
Sanchin Dachi	Hourglass Stance used in Seisan
Seisan Dachi	Wide Forward Stance
Sheeko Dachi	Outward Circular Stance
Tata Seisan Dachi (Fudo Dachi)	Reverse Immovable Stance
Teiji Dachi	T Stance
Gyaku Neeko Ashi Dachi	Reverse Cat Stance used in the Step up Urachen Stance in Yondan
Gyaku Neeko Ashi Kokutsa Dachi	Dropping with back heel up kakutsa dachi stances in Kusanku
Zenkutsa Dachi (Jun-tsuki Dachi)	Forward Stance
Blocks (Uke)	

Chudan Uke	Middle Block (2block of Kihon #5)
Empi Uke (Hiji Uke)	Elbow Block
Gedan Uke	Low Seikan Block
Haishu Uke	'Goose-Neck' Block with back of open hand
Jodan Uke	High Seikan Block
Kosa Uke (Juji Uke)	X Block
MoroteSoe Uke	Double Augmented Forward Block found in Shodan & Godan
Nagasha Uke	Slip Block found in Kihons
Sasae Uke	Supported -Prayer- Block - One Hand Shooto, One Hand Seikan like the start of Jion, Jutte & Passai
Shooto Uke	Open Hand Block
Soto Uke	Middle Seikan Block
Tae Uke	Arm across chest parallel to floor used in Yondan, Godan, Naihanchi...
Tae Soto Uke	Tae Uke/Soto Uke combination supporting block found in Godan & Jion
Ude Uke	Inward Moving Block found in Yondan after the urachen and body twist
<u>Punches (-tsuki)</u>	
Jun-tsuki (Oi -tsuki)	Forward Punch
Jun-tsuki No Tsukomi	Forward Lunge Punch
Kake -tsuki	Hook Punch found in the middle of Jion
Morote -tsuki	Double Side Punches in the ending of Jion and Naihanchi
Tomoe -tsuki	Double Front Punches found in Jutte
Ura -tsuki	Uppercut Punch
Gyaku -tsuki	Reverse Punch
Gyaku -tsuki No Tsukomi	Reverse Lunge Punch
Zu tsuki	Head Butt

<u>Hand/Arm Strikes</u>	
Empi (Hiji)	Elbow Strike
Haishu	Strike with back of the hand
Haito	Ridge Hand Strike
Hikite	Back Elbow Position Strike
Hirate, (Kaisho)	Slap
Jime	Choke
Ippon Nukite	One Finger Strike
Nodo Tsukami	Throat Grab
Shooto	Open Hand Chop Strike
Shotei	Palm Heel Strike
Tatei	Short Vertical Strike
Tetsui, (Teisho)	Hammerfist Strike
Ura ken	Backfist Strike
Yohan (Nukite)	Four Finger Spearhand Strike
<u>Kicks (Geris)</u>	
Hiza Geri	Knee Kick
Kakato Geri	Axe Kick
Kake Geri	Hook Kick
Kinteki Geri	Groin Kick
Mae Ashi Geri	Roundhouse Kick
Mae Geri	Front Kick
Mae Tobi Gei	Jumping Kick
Mika-tsuki Geri	Crescent Kick
Nami Gaeshi	'Returning Wave' kick - Upward foot sweeps found in Naihanchi
Ushiro Geri	Back Kick
Yoko Geri	Side Kick

Mawatte Geri	Spinning Kick
Body Parts	
Head	Atama, Zu
Kasumi	Temple
Kao	Face
Kami	Hair
Mimi	Ear
Me	Eye
Hana	Nose
Kuchi	Mouth
Ago	Chin
Kubi	Neck
Nodo	Throat
Arm	Wan
Gaiwan	Outer arm
Naiwan	Inner arm
Ude	Fore arm
Empi, Hiji	Elbow
Hand	Te
Tekubi	Wrist
Yubi	Finger
Ken	Fist
Seiken	Fore fist
Ippon ken	One-Knuckle fist
Ura ken	Back fist
Tettsui	Hammer fist
Haishu	Back hand
Yohan, Hirate (depending on direction)	Open hand

Haito	Inner hand edge
Shooto	Outer hand edge
Shotei, Teisho	Palm heel
<u>Body</u>	<u>Tai</u>
Hara, Tomoe	Stomach
Kata	Shoulder
Mune	Chest
Rokkotsu	Rib
Sebone	Spine
Koshi	Hips
Shiri	Buttocks
Kinteki	Groin
<u>Legs/Feet</u>	<u>Ashi</u>
Hiza	Knee
Ashi Kubi	Ankle
Heisoku	Top or Instep
Teisoku	Bottom
Kakato	Heel
Koshi	Ball
Sokuto	Outer edge
Ashi Yubi	Toe
<u>Directions</u>	
Jodan	Upper
Chudan	Middle
Gedan	Lower
Migi	Right
Hadari	Left

Mae	Front
Ushiro	Back
Yoko	Side
Naname	Diagonal
Soto	Outside
Uchi	Inside
Age	Rising
Oroshi	Descending
Mawatte	Spinning/Turning
<u>Miscellaneous Karate Terms</u>	
Age	Rising
Ago	Chin
Arigato	Thank You
Ashi	Leg
Atemi	Striking used with throws
Barai	Sweep
Budo	Martial Arts
Bunkai	Self-Defense Techniques Hidden within Kata
Chudan	Middle Area
Dachi	Stance
Dai Sempai	Elevated Senior Student
Dan	Black Belt Level
Dojo	Training Hall
Empi	Elbow
Gedan	Lower
Geri, (Keta)	Kick
Gi	Uniform
Goshin Waza	Self Defense Techniques

Hadari	Left
Hai	Yes
Hajime	Begin
Hanmi	45 Degree Angle Facing
Hanshi	Master Teacher of Masters
Hiza	Knee
Jodan	Upper
Kakato	Heel
Karate	Empty Hand
Karateka	Student
Kata	Form
Keage	Snap
Kekomi	Thrust
Kiai	Focused Yell
Kihon	Basic
Kinteki	Groin
Kiso	Fundamental
Kohai	Junior Student - Kyu Rank
Koshi	1. Hips 2. Ball of the foot
Kumite	Sparring
Kyoshi	Accomplished Instructor
Kyu	Grade
Maai	Distance
Mae	Front
Mahanmi	Side Facing
Mashomen	Front Facing
Ma-tei	Stop
Mawatte	Turn
Meijin	Wise One, or Highest Title given to Otsuka Sensei

Migi	Right
Morote, (Sayu)	Double
Nage Waza	Throwing and Takedown techniques
Naname	Diagonal
Naorei	Command to move from ready to bowing stance
Nodo	Throat
Nukite	Strike
Obi	Belt
Rei	Bow
Otaga Ni Rei	Bow to yourself and your fellow classmates
Renshi	Polished Instructor
Ryu	Style
Seiza	Seated Kneeling Position
Seikan	Fist
Sempai	Senior Student - Dan Rank
Sensei	Teacher
Seiretsu	Line Up
Shihan	Master Instructor
Shomen Ni Rei	Bow for Flag and Country
Sokuto	Blade edge of foot
Soto	Outside
Tachi Rei	Standing Bow
Tai Sabaki	Body Shifts
Tomoe	1. Circular 2. Stomach
Tori	Attacker
Tsuki	Punch/Strike
Tuite	Grappling
Uchi	1. Inside 2. Strike
Uke	1. Block/Receive 2. Defender

Ushiro	Back
Wado	Way of Peace and Harmony
Waza	Technique
Gyaku	Reverse
Yame	Assume ending ready position
Yoko	Side
Yoi	Assume beginning ready position
Zanshin	Awareness