

General Karate Terminology

Blocking

Downward Block	Gedan-barai
Knife Hand Block	Shuto-uke
Inside Forearm Block	Uchi-uke
Outside Forearm Block	Soto-Ude-uke
Rising Block	Age-uke

Kicking

Back Kick	Ushiro-geri
Back Snap Kick	Ushiro-geri-keage
Back Thrust Kick	Ushiro-geri-kekomi
Crescent Kick	Migazuki-geri
Front Kick	Mae-geri
Front Snap Kick	Mae-geri-keage
Front Thrust Kick	Mae-geri-kekomi
Roundhouse Kick	Mawashi-geri
Side Kick	Yoko-geri
Side Snap Kick	Yoko-geri-keage
Side Thrust Kick	Yoko-geri-kekomi
Stomping Kick	Fumikomi
Side Stomping Kick	Yoko-FumiKomi

Punching

Close Punch	Ura-zuki
Front Hand Punch	Kizami-zuki
Reverse Punch	Gyaku-zuki
Stepping Punch	Oi-zuki
Straight Punch	Choko-zuki
Two-handed Punch	Morote-zuki
Vertical Fist Punch	Tate-zuki

Striking

Back-fist Strike	Uraken-uchi
Elbow Strike	Empi-uchi
Knife Hand Strike	Shuto-uchi
Palm Heel Strike	Taisho-uchi
Ridge Hand Strike	Haito-uchi

Counting

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

General Terms

Assume Natural Stance	Yoi or Yame
Basics	Kihon
Begin	Hajime
Bow	Rei
Bow to Front	Shomen ni rei
Bow to Sensei	Sensei ni rei
Eyes Closed	Mokoso
Eyes Open	Mokoso-yame
Fighting Position	Kamae
Focus	Kime
Forms	Kata
Kneel	Seiza
Senior	Sempai
Sparring	Kumite
Teacher	Sensei
Yell!	Kiai
Yes!	Oss

Striking Points

Lower Level	Gedan
Middle Level	Chudan
Upper Level	Jodan