

# Karate Terminology

Agezuki	-	Raising punch	Mikazukigeri	-	Crescent kick
Ashiberai	-	Foot sweep	Moto-dachi	-	Short Zenkutsudachi
Ashi-sabaki	-	Foot movement	Nagashi-uke	-	Sweeping block
Chokugan	-	Concentrated stare	Neko-ashi-dachi	-	Cat stance
Chudan	-	Waist to shoulder	Nukite	-	Spear hand
Chudan-uke	-	Inside middle block	Oi-zuki	-	Lunge punch
Dachi	-	Stance	Randori	-	A form of sparring with emphasis on continuous technique
Empi-uchi	-	Elbow strike	Sanchin-dachi	-	Hour glass stance
Empi-uchi	-	Elbow strike	Shotei	-	Palm heel
Gedan berai	-	Downward block	Shoto uchi	-	Knife hand strike
Gedan	-	Low, under waist	Shiko-dachi	-	Sumo stance
Geri	-	Kick	Shukui-uke	-	Sweeping block (palm heel/wrist)
Gyaku zuki	-	Reverse punch	Shuto	-	Open hand
Haito uchi	-	Ridge hand strike	Shuto	-	Knife hand
Hajime	-	Begin	Shuto-uke	-	Open hand block
Hittsui/Hiza geri	-	Knee strike	Sokutsudachi	-	Back stance
Ippon Kumite	-	Pre-arranged, single attack sparring	Tettsui	-	Hammer fist
Jodan	-	Above shoulder	Tsuki	-	Punch
Jodan-age-uke	-	Upper rising block	Tsuri ashi dachi	-	Combination of front and rear foot shuffle used to obtain distance or break opponents rhythm
Ju-ippon-kumite	-	Semi-free one-step sparring	Uchi	-	Strike
Ju-kumite	-	Freestyle sparring	Ude-uke	-	Forearm block
Kagezuki	-	Hook punch	Uke	-	Block
Kake dachi	-	T-stance	Ura Mawashigeri	-	Inside round kick
Kake uke	-	Hooking block	Uraken	-	Back knuckle
Kamae	-	On guard	Urazuki	-	Close punch
Kata	-	Pre-arranged form	Ushiro geri	-	Back kick
Kensetsu-geri	-	Side kick to knee, shin etc.	Ushiro Uchi Mawashigeri	-	Spinning heel kick
Kiai	-	Focused shout	Yoi-dachi	-	Ready stance
Kime	-	Focus	Yoko-geri Kakato	-	Side kick with heel
Kingeri	-	Groin kick	Yoko-geri Sokuto	-	Side kick with edge of foot
Mae geri	-	Front kick	Zanchin	-	Awareness
Maeashigeri	-	Circular front kick	Zenkutsu-dachi	-	Forward stance
Maeken zuki	-	Leading hand punch			
Mawashi-geri	-	Roundhouse kick			
Mawashi-uke	-	Roundhouse block			
Mawate	-	Turning around			