

TERMINOLOGY A - S

Age-uke:	Rising block	Kihon:	Basic techniques
Age-zuki:	Rising punch	Kime:	Focus
Ashi-barai:	Leg sweep	Kin-geri:	Groin kick
Choku-zuki:	Straight punch	Kizama-zuki:	Snap punch
Chudan.	Middle level	Kokutsu- dachi:	Back stance
Dachi	Stance	Kumite:	Sparring
Dan:	Black belt	Kyu:	Grade below black belt
Dojo:	Training Hall	Ma- ai:	Distancing
Empi:	Elbow	Mae:	Front
Empi-uchi:	Elbow strike	Mae-geri:	Front kick
Fumikomi:	Stamping kick	Makiwara:	Striking post
Gedan:	Lower level	Mawashi- geri:	Roundhouse kick
Gedan-barai.	Lower level block	Mawashi- zuki:	Roundhouse punch
Gedan-zuki:	Lower level punch	Mawate:	Turn
Geri:	Kick	Mikazuki- geri:	Crescent kick
Gi:	Training suit	Mokuso:	Meditation
Gohon Kumite	5 Step sparring	Morote-zuki:	Two hand punch
Gyaku:	Reverse/ opposite	Morote-uke:	Two hand block
Gyaku-zuki:	Reverse punch	Nagashi-uke:	Sweeping block
Hachiji -dachi	Natural stance	Nakadaka- ken:	Middle finger one knuckle fist
Hajime:	Start	Neko-ashi- dachi:	Cat stance
Haishu-uke	Backhand block	Nidan-geri:	Double kick
Haishu-uchi:	Backhand strike	Nihon-nukite:	Two finger spear hand
Haito-uke:	Ridgehand block	Nukite:	Spear hand
Haito-uchi:	Ridgehand strike	Oi-zuki:	Lunge punch
Hanmi	Half facing position	Rei:	Bow
Heisoku- dachi:	Informal stance	Ryu:	School/system
Hiraken:	Foreknuckle fist	Sanbon kumite:	3 step sparring
Hiza-geri	Knee kick	Sanchin- dachi:	Hourglass stance
Ippon-ken:	One knuckle fist	Seiken:	Forefist
Ippon-nukite:	One finger spear hand	Seiza:	Kneeling position
Jiyu Ippon kumite:	One attack sparring/	Sempai:	Senior grade
Jiyu-kumite:	Semi-free Freestyle sparring	Sensei:	Teacher
Juji -uke:	X block	Shizentai:	Natural stance
Jodan:	Upper level	Shuto:	Knife hand
Ju-dachi:	Free stance	Shuto-uke:	Knife hand block
Kage-zuki:	Hook punch	Shuto-uchi:	Knife hand strike
Kage-uke:	Hook block	Sokuto:	Foot edge
Kakato:	Heel	Soto-ude- uke:	Outside forearm block
Kakato-geri:	Heel kick	Shiko-dachi:	Straddle stance with feet turned out
Kakiwake- uke:	Wedge block	Sochin-dachi:	Diagonal stance similar to front stance but with foot turned in more and more weight on back leg
Kata:	Forms		
Keage:	Snap kick		
Kekomi:	Thrust kick		
Keito-uke:	Chicken head wrist block		
Ki:	Spirit/inner power		
Kiai:	Shout		
Kiba-dachi:	Straddle/horse stance		

TERMINOLOGY T - Z

Tate-zuki:	Vertical fist punch	Ushiro-geri:	Back kick
Teisho:	Palm heel	Ushiro-geri- keage:	Back snap kick
Teisho-uchi:	Palm heel strike	Ushiro-geri- kekomi:	Back thrust kick
Tettsui:	Hammer fist	Ushiro-mawashi-geri	Reverse roundhouse kick.
Tettsui-uchi:	Hammer fist strike		
Tobi:	Jumping	Yama-zuki:	U-punch
Tobi-geri:	Jumping kick	Yame:	Stop
Tsuki (Zuki):	Punching	Yasume:	Rest/relax
Tsuki-waza:	Punch techniques	Yoi:	Get ready
Uchi:	Attack/strike	Yoko:	Side
Uchi-uke:	Inside block	Yoko-geri:	Side kick
Uchi-waza:	Blocking technique	Yoko-geri- kekomi:	Side thrust kick
Ude:	Arm/forearm	Yoko-geri- keage:	Side snap kick
Ude-uke:	Forearm block	Yoko-tobi- geri:	Flying side kick
Uke:	Defence/ block	Zanshin:	State of alertness
Uraken:	Backfist	Zazen:	Sitting posture for mental concentration
Ura-zuki:	Close quarter punch		
Ushiro:	The rear/back	Zenkutsu- dachi:	Front stance