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Karate Vocabulary

Jodan	Upper area
Chudan	Middle area
Gedan	Lower area
Kamae	Combative posture
Hajime	Begin
Yame	Stop
Kime	Focus
Rei	Bow
Yoi	Ready
Hidari	Left
Migi	Right
Kumite	Sparring



Stances

Heisoku Dachi	Closed foot stance (feet together)
Musubi Dachi	Formal attention stance (heels together, feet at an angle)
Heiko Dachi	Parallel stance (feet shoulder width apart)
Migi Heiko Dachi	Right foot forward Heiko Dachi
Hachiji Dachi	Natural stance (feet shoulder width apart, toes pointed slightly out)
Uchi Hachiji Dachi	Natural stance with heels out and toes in
Shiko Dachi	Straddle leg stance
Naname Shiko Dachi	Diagonal straddle leg stance
Kiba Dachi	Horse riding stance
Sanchin Dachi	Hourglass stance
Zenkutsu Dachi	Front stance
Han Zenkutsu	Half front stance

Dachi	
Fudo Dachi	Free stance
Kokutsu Dachi	Back stance
Neko Ashi Dachi	Cat foot stance
Renoji Dachi	The letter "Re" stance (or "L" stance)
Sesan Dachi	Side facing straddle stance
Sagiashi Dachi	Heron stance
Bensoku Dachi	Cross-legged stance (also known as female horse stance or Kosa Dachi)
Naihanchi Dachi	Kiba Dachi with the heels out and toes in

Blocking Techniques

Gedan Barai	Downward block
Uchi Uke	Inside forearm block
Soto Uke	Outside forearm block
Chudan Uke	Inside circular block
Jodan Uke	Upward block
Age Uke	Rising block
Shuto Uke	Knife hand block
Shotei Uke	Palm heel block
Shotei Otoshi Uke	Open hand dropping block
Yoko Uke	Circular block
Hiki Uke	Pulling/grasping block
Ko Uke	Wrist block
Gedan Uchi Barai	Outside downward block (open hand)
Ura Uke	Back hand block
Hiji Uke	Elbow block
Mawashi Uke	Round house block
Morote Uke	Augmented block
Sukui Uke	Scooping block
Nagashi Uke	Sweeping block
Kosa Uke	Cross block
Hiza Uke	Knee block
Sokutei Osae Uke	Pressing block with the sole of the foot
Sokutei Harai Uke	Sole of the foot block
Haisoku Barai	Instep block

Hand Techniques

Seiken Tsuki	Fore fist strike
Oi Tsuki	Lunge punch
Gyaku Tsuki	Reverse punch
Age Tsuki	Rising punch
Nihon Tsuki	Double punch
Sanbon Tsuki	Triple punch
Kagi Tsuki	Hook punch
Yama Tsuki	Mountain punch
Awase Tsuki	U-punch
Heiko Tsuki	Parallel punch
Hasami Tsuki	Scissors punch
Nagashi Tsuki	Flowing punch
Nakadaka Ken	Middle finger knuckle fist
Ko Uchi	Bent wrist strike
Kote Uchi	Forearm strike
Kama-De	Bear hand
Washi-De	Eagle hand
Empi	Elbow strike
Choku Tsuki	Straight punch
Ura Tsuki	Short punch (palm side up)
Uraken Uchi	Back fist strike
Shuto Uchi	Knife hand strike
Haito Uchi	Ridge hand strike
Hiji Uchi	Elbow strike
Tettsui Uchi	Bottom fist strike (or hammer fist strike)
Nukite Tsuki	Finger thrust
Shotei Uchi	Palm heel strike
Shotei Tsuki	Palm heel thrust
Keikoken Tsuki	One knuckle fist
Kaikoken Tsuki	Crab shell fist
Boshiken Tsuki	Thumb fist
Furi Tsuki	Circular punch
Mawashi Tsuki	Round hook punch
Tate Tsuki	Vertical punch
Kizami Tsuki	Leading punch, or jab

Foot Techniques

Mae Geri Keage	Front snap kick
Mae Geri Kekomi	Front thrust kick
Yoko Geri Keage	Side snap kick
Yoko Geri Kekomi	Side thrust kick
Mawashi Geri	Round house kick
Ushiro Mawashi Geri	Round house to the rear kick
Gyaku Mawashi Geri	Reverse round house kick
Ushiro Geri	Back thrust kick
Kanketsu Geri	Stamping kick, joint kick
Hiza Geri	Knee kick (also called Hiza Ate)
Nidan Geri	Double front snap kick (back leg first)
Ren Geri	Double front snap kick (front leg first)
Ashi Barai	Foot sweep
Mae Tobi Geri	Jumping front kick
Yoko Tobi Geri	Jumping side thrust kick
Tobi Nidan Geri	Jumping double kick
Kakato Geri	Heel kick
Fumikomi Geri	Stamping kick
Tsumasaki Geri	Kicking with the tips of the toes
Haisoku Geri	Kicking with the instep
Sokuto Geri	Kicking with the foot edge

