

<b>ZUKI</b>	<b>PUNCHES</b>		<b>GENERAL TERMS</b>
CHOKU – ZUKI	STRAIGHT PUNCH	HA JIME	BEGIN
GYAKU – ZUKI	REVERSE PUNCH	YAME	STOP
MAEKEN – ZUKI	FRONT HAND PUNCH	YOI	READY
OI – ZUKI	STEP OVER PUNCH	ZANSH	FOCUS
URA – ZUKI	UPPER CUT	WAZA	TECHNIQUE
		KARATE	EMPTY HAND FIGHTING
		KUMITE	SPARRING
<b>DACHI</b>	<b>STANCES</b>	RONDORI	CONTINUOUS CONTROLLED SPARRING
HEISOKU DACHI	FEET TOGETHER	PINAN	BASIC FORMS
MUSUBI DACHI	HEELS TOGETHER, FEET 45°	JIYU	KUMITE / SPARRING
HEIKO DACHI	FEET PARALLEL, SHOULDER WIDTH	KATA	FORM
KIBA DACHI	HORSE STANCE	KIAI	GUT YELL
SHIKO DACHI	HORSE STANCE: FEET 45°	ASHI–SABAKI	MOVING FORWARD /BACKWARD /SIDE
ZENKUTSU DACHI	FRONT STANCE	OTAGAI NI	FACE EACH OTHER
NEKO ASHI DACHI	CAT STANCE	SENSEI	TEACHER
SANCHIN DACHI	PIGEON TOE STANCE	SHIHAN	MASTER INSTRUCTOR
		JODAN	UPPER LEVEL
<b>UKE</b>	<b>BLOCKS</b>	CHUDAN	MIDDLE LEVEL
JODAN UKE	HIGH BLOCK	GEDAN	LOWER LEVEL
CHUDAN UKE	MIDDLE BLOCK (UCHI UKE)	MIGI	RIGHT
GEDAN UKE	LOW BLOCK	HIDARI	LEFT
SOTO UKE	OUTSIDE TO CENTER BLOCK	USHIRO	BACK
		SHOMEN NI	FACE FRONT
<b>UCHI</b>	<b>STRIKES</b>	SEIZA	KNEEL DOWN
URAKEN	BACK HAND STRIKE	REI	BOW
SHUTO UCHI	KNIFE HAND STRIKE	MOKUSO	MEDITATION
TETSUI UCHI	HAMMER FIST	HIZA	KNEE
EMPI ATE	ELBOW STRIKE	KIN	GROIN
TEISHO ATE	PALM HEEL STRIKE	MAWATE	TURN AROUND
IPPON KEN ZUKI	SINGLE KNUCKLE PUNCH	ASHI BARAI	FOOT SWEEP KICK
NUKITE	SPEAR HAND		
SHOTEI	PALM HEEL		
		<b>NUMBERS</b>	
<b>GERI</b>	<b>KICKS</b>	ICHI	1 ONE
COGEN GERI	GROIN KICK	NI	2 TWO
MAEGERI KEKOMI	FRONT KICK, KNEE HEIGHT	SAN	3 THREE
KOKATO GERI	HEEL KICK	SHI	4 FOUR
SHOMEN GERI	HEEL KICK	GO	5 FIVE
YOKO GERI KEKOMI	SIDE THRUST KICK	ROKU	6 SIX
MAWASHI GERI	ROUND KICK	SHICHI	7 SEVEN
USHIRO GERI	BACK KICK	HACHI	8 EIGHT
USHIRO MAWASHI	WHEEL KICK	KU	9 NINE
HIZA GERI	KNEE KICK	JU	10 TEN