

Basic Terminology

Counting

One	<i>Ichi</i>
Two	<i>Ni</i>
Three	<i>San</i>
Four	<i>Shi</i>
Five	<i>Go</i>
Six	<i>Roku</i>
Seven	<i>Shichi</i>
Eight	<i>Hachi</i>
Nine	<i>Ku</i>
Ten	<i>Ju</i>
Twenty	<i>Niju</i>
Thirty	<i>Sanju</i>
Forty	<i>Yonju</i>
Fifty	<i>Goju</i>
Sixty	<i>Rokuju</i>
Seventy	<i>Nanaju</i>
Eighty	<i>Hachiju</i>
Ninety	<i>Kuju</i>
One Hundred	<i>Hyaku</i>

Dans (Black Belt levels)

First Dan	<i>Shodan</i>
Second dan	<i>Nidan</i>
Third Dan	<i>Sandan</i>
Fourth Dan	<i>Yondan</i>
Fifth Dan	<i>Godan</i>
Sixth Dan	<i>Rokudan</i>
Seventh Dan	<i>Shichidan</i>
Eighth Dan	<i>Hachidan</i>
Ninth Dan	<i>Kudan</i>
Tenth Dan	<i>Judan</i>

Stances

<i>Heisoku Dachi</i>	Closed foot stance (feet together)
<i>Musubi Dachi</i>	Formal attention stance, open toe stance (heels together, feet at an angle)
<i>Heiko Dachi</i>	Parallel stance (feet shoulder width apart)
<i>Migi Heiko Dachi</i>	Right foot forward Heiko Dachi
<i>Hachiji Dachi</i>	Natural stance (feet shoulder width apart, toes pointed slightly out)
<i>Uchi Hachiji Dachi</i>	Natural stance with heels out and toes in
<i>Shiko Dachi</i>	Straddle leg stance
<i>Naname Shiko Dachi</i>	Diagonal straddle leg stance
<i>Kiba Dachi</i>	Horse riding stance
<i>Sanchin Dachi</i>	Hourglass stance
<i>Zenkutsu Dachi</i>	Front stance
<i>Han Zenkutsu Dachi</i>	Half front stance
<i>Fudo Dachi</i>	Free stance
<i>Kokutsu Dachi</i>	Back stance
<i>Neko Ashi Dachi</i>	Cat foot stance
<i>Renji Dachi</i>	The letter "Re" stance (or "L" stance)
<i>Sesan Dachi</i>	Side facing straddle stance
<i>Sagiashi Dachi</i>	Heron stance
<i>Bensoku Dachi.</i>	Cross-legged stance (also known as female horse stance or Kosa Dachi)
<i>Naihanchi Dachi</i>	Kiba Dachi with the heels out and toes in

Blocks

<i>Gedan Barai</i>	Downward block
<i>Uchi Uke.</i>	Inside forearm block
<i>Soto Uke</i>	Outside forearm block
<i>Chudan Uke</i>	Inside circular block
<i>Jodan Uke</i>	Upward block
<i>Age Uke</i>	Rising block
<i>Shuto Uke</i>	Knife hand block
<i>Shotei Uke</i>	Palm heel block
<i>Shotei Oroshi Uke</i>	Open hand dropping block
<i>Hiki Uke</i>	Pulling/grasping block
<i>Koken Uke</i>	Wrist block
<i>Gedan Uchi Barai</i>	Outside downward block (open hand)
<i>Hask\hu Uke</i>	Back hand block
<i>Hiji Uke</i>	Elbow block
<i>Mawashi Uke</i>	Round house block
<i>Morote Uke</i>	Augmented block
<i>Sukui Uke</i>	Scooping block
<i>Nagashi Uke</i>	Sweeping block
<i>Juji Uke</i>	Cross block
<i>Hiza Uke.</i>	Knee block
<i>Sokutei Osae Uke</i>	Pressing block with the sole of the foot
<i>Sokutei Harai Uke</i>	Sole of the foot block
<i>Haisoku Barai</i>	Instep block

Hand Techniques (strikes and punches)

<i>Seiken Tsuki</i>	Fore fist strike
<i>Oi Tsuki</i>	Lunge punch
<i>Gyaku Tsuki</i>	Reverse punch
<i>Age Tsuki</i>	Rising punch
<i>Morote Tsuki</i>	Double punch
<i>Sanbon Tsuki</i>	Triple punch
<i>Kake Tsuki</i>	Hook punch
<i>Yama Tsuki</i>	Mountain punch
<i>Awase Tsuki</i>	U-punch
<i>Heiko Tsuki</i>	Parallel punch
<i>Hasami Tsuki</i>	Scissors punch
<i>Nagashi Tsuki</i>	Flowing punch
<i>Nakadaka Ken</i>	Middle finger knuckle fist
<i>Koken Uchi</i>	Bent wrist strike
<i>Kote Uchi</i>	Forearm strike
<i>Kama-De</i>	Bear hand
<i>Washi-De</i>	Eagle hand
<i>Empi</i>	Elbow strike
<i>Choku Tsuki</i>	Straight punch
<i>Shita Uchi</i>	Short punch (palm side up)
<i>Uraken Uchi</i>	Back fist strike
<i>Shuto Uchi</i>	Knife hand strike
<i>Haito Uchi</i>	Ridge hand strike
<i>Hiji Uchi</i>	Elbow strike
<i>Tettsui Uchi</i>	Bottom fist strike (or hammer fist strike)
<i>Nukite Tsuki</i>	Finger thrust
<i>Shotei Uchi</i>	Palm heel strike
<i>Keikoken Tsuki</i>	One knuckle fist

<i>Kaikoken Tsuki</i>	Crab shell fist
<i>Boshiken Tsuki</i>	Thumb fist
<i>Furi Tsuki</i>	Circular punch
<i>Mawashi Tsuki</i>	Round hook punch
<i>Tate Tsuki</i>	Vertical punch
<i>Oi Tsuki</i>	Leading punch, or jab

Foot Techniques

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

Alphabetic

<i>Age Tsuki</i>	Rising punch
<i>Age Uke</i>	Rising block
<i>Ashi Barai</i>	Foot sweep
<i>Awase Tsuki</i>	U-punch
<i>Bensoku Dachi.</i>	Cross-legged stance (also female horse stance or Kosa Dachi)
<i>Boshiken Tsuki</i>	Thumb fist
<i>Choku Tsuki</i>	Straight punch
<i>Chudan</i>	Middle area
<i>Chudan Uke</i>	Inside circular block
<i>Empi</i>	Elbow strike
<i>Fudo Dachi</i>	Free stance
<i>Fumikomi Geri</i>	Kicking with the instep
<i>Furi Tsuki</i>	Circular punch
<i>Gedan</i>	Lower area
<i>Gedan Barai</i>	Downward block
<i>Gedan Uchi Barai</i>	Outside downward block (open hand)
<i>Go</i>	Five
<i>Goju</i>	Fifty
<i>Gyaku Mawashi Geri</i>	Reverse round house kick
<i>Gyaku Tsuki</i>	Reverse punch
<i>Hachi</i>	Eight
<i>Hachiji Dachi</i>	Natural stance (feet shoulder width apart, toes pointed slightly out)
<i>Hachiju</i>	Eighty
<i>Haisoku Barai</i>	Instep block
<i>Haito Uchi</i>	Ridge hand strike
<i>Hajime</i>	Begin
<i>Han Zenkutsu Dachi</i>	Half front stance

<i>Hasami Tsuki</i>	Scissors punch
<i>Heiko Dachi</i>	Parallel stance (feet shoulder width apart)
<i>Heiko Tsuki</i>	Parallel punch
<i>Heisoku Dachi</i>	Closed foot stance (feet together)
<i>Hidari</i>	Left
<i>Hiji Uchi</i>	Elbow strike
<i>Hiji Uke</i>	Elbow block
<i>Hiki Uke</i>	Pulling/grasping block
<i>Hiza Geri</i>	Knee kick (also called Hiza Ate)
<i>Hiza Uke.</i>	Knee block
<i>Hyaku</i>	One Hundred
<i>Ichi</i>	One
<i>Jodan</i>	Upper area
<i>Jodan Uke</i>	Upward block
<i>Ju</i>	Ten
<i>KakeTsuki</i>	Hook punch
<i>Kaikoken Tsuki</i>	Crab shell fist
<i>Kakato Geri</i>	Heel kick
<i>Kama-De</i>	Bear hand
<i>Kamae</i>	Ready and alert
<i>Kensetsu Geri</i>	Stamping kick, joint kick
<i>Keikoken Tsuki</i>	One knuckle fist
<i>Kiba Dachi</i>	Horse riding stance
<i>Kime</i>	Focus
<i>Oi Tsuki</i>	Leading punch, or jab
<i>Koken Uchi</i>	Bent wrist strike
<i>Koken Uke</i>	Wrist block
<i>Kokutsu Dachi</i>	Back stance
<i>Juji Uke</i>	Cross block
<i>Kote Uchi</i>	Forearm strike

<i>Ku</i>	Nine
<i>Kuju</i>	Ninety
<i>Kumite.</i>	Sparring
<i>Mae Geri Keage</i>	Front snap kick
<i>Mae Geri Kekomi</i>	Front thrust kick
<i>Mae Tobi Geri</i>	Jumping front kick
<i>Mawashi Geri</i>	Round house kick
<i>Mawashi Tsuki</i>	Round hook punch
<i>Mawashi Uke</i>	Round house block
<i>Migi</i>	Right
<i>Migi Heiko Dachi</i>	Right foot forward Heiko Dachi
<i>Morote Uke</i>	Augmented block
<i>Musubi Dachi</i>	Formal attention stance, open toe stance (heels together, feet at an angle)
<i>Nagashi Tsuki</i>	Flowing punch
<i>Nagashi Uke</i>	Sweeping block
<i>Naihanchi Dachi</i>	Kiba Dachi with the heels out and toes in
<i>Nakadaka Ken</i>	Middle finger knuckle fist
<i>Nanaju</i>	Seventy
<i>Naname Shiko Dachi</i>	Diagonal straddle leg stance
<i>Neko Ashi Dachi</i>	Cat foot stance
<i>Ni</i>	Two
<i>Nidan</i>	Second dan
<i>Nidan Geri</i>	Double front snap kick (back leg first)
<i>Morote Tsuki</i>	Double punch
<i>Niju</i>	Twenty
<i>Nukite Tsuki</i>	Finger thrust
<i>Oi Tsuki</i>	Lunge punch
<i>Randori</i>	co-operative sparring
<i>Rei</i>	Bow

<i>Ren Geri</i>	Double front snap kick (front leg first)
<i>Renoji Dachi</i>	The letter "Re" stance (or "L" stance)
<i>Roku</i>	Six
<i>Rokuju</i>	Sixty
<i>Sagiashi Dachi</i>	Heron stance
<i>San</i>	Three
<i>Sanbon Tsuki</i>	Triple punch
<i>Sanchin Dachi</i>	Hourglass stance
<i>Sandan</i>	Third Dan
<i>Sanju</i>	Thirty
<i>Seiken Tsuki</i>	Fore fist strike
<i>Sesan Dachi</i>	Side facing straddle stance
<i>Shi</i>	Four
<i>Shichi</i>	Seven
<i>Shiko Dachi</i>	Straddle leg stance
<i>Shodan</i>	First Dan
<i>Shotei Oroshi Uke</i>	Open hand dropping block
<i>Shotei Uchi</i>	Palm heel strike
<i>Shotei Uke</i>	Palm heel block
<i>Shuto Uchi</i>	Knife hand strike
<i>Shuto Uke</i>	Knife hand block
<i>Sokutei Harai Uke</i>	Sole of the foot block
<i>Sokutei Osae Uke</i>	Pressing block with the sole of the foot
<i>Sokuto Geri</i>	Kicking with the foot edge
<i>Soto Uke</i>	Outside in block
<i>Sukui Uke</i>	Scooping block
<i>Tate Tsuki</i>	Vertical punch or rising punch
<i>Tettsui Uchi</i>	Bottom fist strike (or hammer fist strike)
<i>Tobi Nidan Geri</i>	Jumping double kick
<i>Tsumasaki Geri</i>	Kicking with the tips of the toes

<i>Uchi Hachiji Dachi</i>	Natural stance with heels out and toes in
<i>Uchi Uke.</i>	Inside out block
<i>Shita Uchi</i>	Short punch (palm side up)
<i>Haishu Uke</i>	Back hand block
<i>Uraken Uchi</i>	Back fist strike
<i>Ushiro Geri</i>	Back thrust kick
<i>Ushiro Mawashi Geri</i>	Back spin kick
<i>Washi-De</i>	Eagle hand
<i>Yama Tsuki</i>	Mountain punch
<i>Yame</i>	Stop
<i>Yoi</i>	Ready
<i>Yoko Geri Keage</i>	Side snap kick
<i>Yoko Geri Kekomi</i>	Side thrust kick
<i>Yoko Tobi Geri</i>	Jumping side thrust kick
<i>Mawashi Uke</i>	Circular block
<i>Yondan</i>	Forth Dan
<i>Yonju</i>	Forty
<i>Zenkutsu Dachi</i>	Front stance
<i>Tegatana</i>	Inner forearm strike
<i>Haiwan</i>	Outer forearm strike