

# What's in a Name?

## Understanding the Karate Language

by David McCormack (Chief Instructor)

### Dachi

Zenkutsu dachi  
Kiba dachi  
Kosa dachi  
Kokutsu dachi  
Hangetsu dachi  
Neko ashi dachi  
Fudo dachi  
Shiko dachi

### Stances:

Front stance  
Iron horse stance  
Crossed feet stance  
Back stance  
Half moon stance  
Cat stance  
Rooted stance  
Sumo stance

### Uke waza

Age uke  
Soto ude uke  
Uchi ude uke  
Gedan barai  
Shuto uke  
Morote uke  
Juji uke

### Receiving techniques:

Upper rising forearm  
Outside forearm  
Inside forearm  
Downward sweep  
Knife hand  
Augmented forearm  
Cross forearm

### Tsuki waza

Chokka tsuki  
Gyaku tsuki  
Oi tsuki  
Sanbon tsuki  
Kizami tsuki  
Kagi tsuki  
Ura tsuki  
Yama tsuki

### Punches:

Straight punch  
Reverse punch  
Lunge punch  
Three punches  
Jab punch  
Hook punch  
Below/under punch  
U punch

### Keri waza

Mae geri  
Mawashi geri  
Yoko geri keagi  
Yoko geri kekomi  
Ushiro geri  
Fumikomi geri  
Mikazuki geri  
Ren geri

### Kicks:

Front kick  
Roundhouse kick  
Side snap kick  
Side thrust kick  
Back kick  
Stamping kick  
Crescent kick  
Alternate kicks

### Empi uchi

Mae empi  
Yoko empi  
Ushiro empi  
Mawashi empi  
Age empi  
Otoshi empi

### Elbow strikes:

Forward elbow  
Side elbow  
Back elbow  
Round elbow  
Upper rising elbow  
Downward elbow

### Kumite

Gohon kumite  
Ippon kumite  
Jiyu kumite  
Randori

### Sparring:

Five step sparring  
One step sparring  
Free sparring  
Free sparring using almost any techniques

### Counting in Japanese:

Ichi One  
Ni Two  
San Three  
Shi Four  
Go Five  
Roku Six  
Shichi Seven  
Hachi Eight  
Ku Nine  
Ju Ten

### Areas of hand used:

Seiken Knuckles  
Ippon ken One knuckle fist  
Uraken Back fist  
Tettsui Hammer fist  
Keitō Bent thumb (back of)

### Open hand strikes:

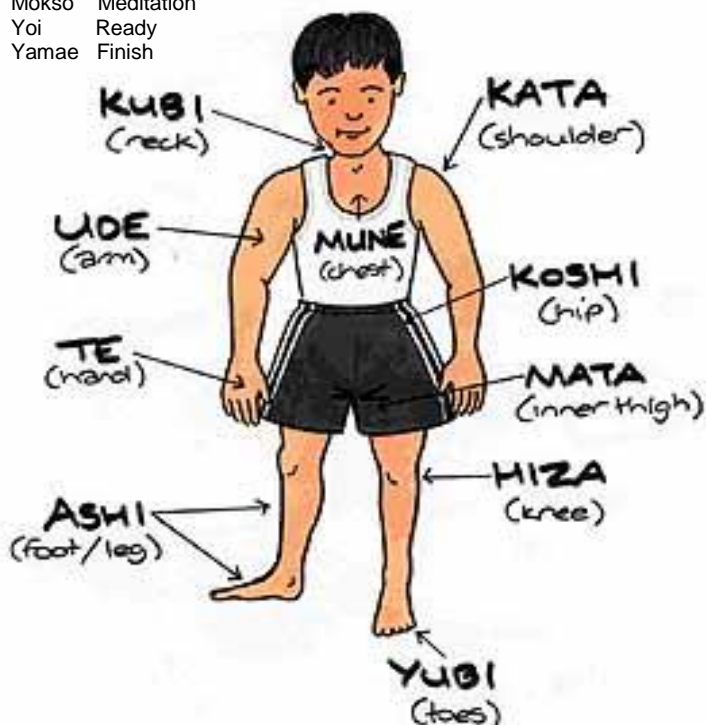
Shuto uchi Knife hand strike  
Nukite Piercing hand  
Haito Ridge hand  
Teisho Palm heel  
Washite Eagle beak hand

### Target areas:

Jodan Upper level: neck, face, head  
Chudan Middle area  
Gedan Lower area: below belt

### Miscellaneous:

Enoy Relax  
Hara Centre  
Hajime Begin  
Hidari Left  
Migi Right  
Hiza Knee  
Kata Form  
Ki Spirit  
Kiai Spirited shout  
Mawate Turn  
Mokso Meditation  
Yoi Ready  
Yamae Finish



**Handy hint:** Why not copy or keep this sheet in a folder for future reference along with other printed sheets you will receive from time to time. *Karate Shinboku Kai* logo covers are available free on application to:

[david@londonkarate.org](mailto:david@londonkarate.org)

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