



RED SUN SHOTOKAN KARATE

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BASIC TERMS :

Karate-do - empty handed
shihan - master
sensei - teacher
sempai - senior student
dojo - training hall
obi - belt
seiza - kneel
mokuso - meditate
rei - bow
yoi - ready
hajime - begin
yame - stop
hidari - left
migi - right
jodan - upper
zuki - punch
uchi - strike
uke - block
geri - kick

COUNTING :

Ichi - One
Ni - Two
San - Three
Shi or Yon - Four
Go - Five
Roku - Six
Shichi or Nana - Seven
Hachi - Eight
Kyu - Nine
Ju - Ten

AREAS :

chudan - middle
gedan - lower
jodan - head

STRIKES :

kizami zuki - lunge punch
choku zuki - straight punch
jun zuki - stepping punch
gyaku zuki - reverse punch
ippon ken - one knuckle strike
uraken - back fist
tetsui - hammer fist
empi uchi - elbow strike
nukite - spear hand strike
shuto - knife hand

BLOCKS :

jodan age uke - upper rising block
gedan barai - lower block
kakewake uke - reverse wedge block
soto uke - outer middle block
uchi uke - inner middle block
morote uke - augmented block
shuto-uke - knife hand block
juji-uke - X block

STANCES :

zenkutsu dachi - front stance
kokutsu dachi - back stance
kiba dachi - horse riding stance
fudo dachi - rooted stance
neko ashi dachi - cat stance
hangetsu dachi - hourglass stance
renoji dachi - L stance

KICKS :

dachi - stance
mae geri - front kick
yoko geri keage - side snap kick
yoko geri kekomi - side thrust kick
mawashi geri - round kick
ushiro geri - back thrust kick
hiza geri - knee strike
fumikomi - stomp kick
tobi geri - jump kick