

## Terminology

### Techniques

Japanese	Description	English
<b>Uke</b>	<b>Catch or receive</b>	<b>Block</b>
Hirate mawashi uke	flat-hand circular catch	open handed circle block
Uchi uke	inside catch	inward block
Soto uke	outside catch	outward block
Jodan age uke	upper-step rising catch	upward rising block
Gedan barai uke	lower-step sweeping catch	downward sweeping block
Chuudan uke	middle-step catch	middle area block
Gedan uchi uke	lower-step inside catch	low inward block
Harai sukui uke	sweeping scooping catch	sweeping scooping block
Hirate sukui age uke	flat-hand scooping up catch	open handed upward scooping block
Shouken sukui age uke	small-fist lifting catch	one knuckle upward scooping block
Watari uke	crossing catch	crossover block
Wari uke	dividing catch	dividing block
Wa uke	wheel catch	wheel block
Shotei uke	palm heel catch	palm heel block
<b>Tsuki</b>	<b>Thrust</b>	<b>Punches</b>
Seiken tsuki	correct-fist thrust	two knuckle punch
Furi tsuki	swinging thrust	roundhouse punch
Shouken tsuki	small-fist thrust	one-knuckle punch
Boshiken tsuki	thumb-finger-fist thrust	thumb strike
Hiraken tsuki	flat-fist trust	four knuckle punch
Uraken tsuki	back-fist trust	back fist
Shotei tsuki	palm heel thrust	palm heel
<b>Nuki</b>	<b>Pierce</b>	<b>Finger tip strikes</b>
Nukite	piercing-hand	finger tip strike / spear hand
Sanchin nukite	3 battles piercing-hand	Sanchin strike
Koken furi nuki	gouging-fist swinging pierce	low fingertip strike
Kakushiken	crane-beak-fist	crane beak strike
Hajiki	snap-fist	finger tip flick
<b>Uchi</b>	<b>Strike</b>	<b>Strike</b>
Shuto uchi	hand-sword strike	chop
Tettsui uchi	iron-hammer strike	hammer fist
Haitou uchi	back-sword strike	ridge hand strike
Shukoken	hand-top-fist	top of the hand strike

<b>Ate</b>	<b>Hit</b>	
Tate hiji ate	vertical elbow hit	vertical elbow strike
Yoko hiji ate	side elbow hit	vertical elbow strike
Furi hiji ate	swinging elbow hit	swinging elbow strike
Ushiro hiji ate	rear elbow hit	rear elbow strike
Otosu hiji ate	dropping elbow hit	downward elbow strike
<b>Geru</b>	<b>Leg</b>	<b>Kick</b>
Sokusen geru	foot-tip leg	big toe kick
Sokutei geru	foot-hoof leg	ball of the foot kick
Sokuto geru	foot-sword leg	side of the foot kick
Haisoku geru	top-foot leg	top of the foot kick
Kakatou geru	heel leg	heel kick
Shomen geru	proper-face(ing) leg	font kick
Mawashi geru	round leg	roundhouse kick
Ushiro geru	rear leg	rear kick
Yoko kakato geru	side heel leg	side heel kick
Kaiten ushiro geru	circular turning back leg	spinning back kick
Soto mikazuki geru	outside 3 day moon leg	outside crescent kick
Uchi mikazuki geru	inside 3 day moon leg	inside crescent kick
Nidan geru	second step leg	jump kick
Ono geru	axe leg	axe kick
<b>Kamae Posture</b>	<b>Pose</b>	<b>Arm Position</b>
Sanchin kamae	3 battles posture	Sanchin arm position
Tora kamae	tiger posture	tiger hands
Tsuru kamae	crane posture	crane position
Morote shouken kamae	many-handed small fist posture	Double shouken position
Shouken kosa kamae	small-fist cross posture	Shouken position
<b>Dachi</b>	<b>Stand</b>	<b>Stance</b>
Sachin dachi	3 battles stance	sanchin stance, hourglass stance
Kiba dachi	riding-horse stance	horse riding stance
Neko ashi dachi	cat leg stance	cat stance
Kosa dachi	cross stance	female cat stance
Sue goshi dachi	turn hip stance	modified horse stance
Heiko dachi	even row stance	parallel or ready stance
Zenkutsu dachi	forward bending stance	forward leaning stance
Koukutsu dachi	rear bending stance	rear leaning stance
Gyaku zenkutsu dachi	reverse forward bending stance	reverse forward leaning stance