

Basic Shotokan Terminology

Dachi - Stance

zenkutsu dachi - front stance
kiba dachi - horse stance
kokutsu dachi - back stance
kosa dachi - cross leg stance
neko ashi dachi - cat stance

Zuki (tsuki) - Punch

oi zuki - lunge punch (stepping front punch)
gyaku zuki - reverse punch
kizami zuki - jab punch
choku zuki - straight punch (stationary front punch)
kage zuki - hook punch

Uke - Block

age uke - rising block
soto uke - inward block
uchi uke - outward block
shuto uke - knife-hand block
morote uke - both-hand block
juji uke - x block
gedan barai - downward block

Uchi - Strike

shuto uchi - knife-hand strike
empi uchi - elbow strike
kentsui uchi - hammer-fist strike
uraken uchi - back-fist strike

Geri - Kick

mae geri - front kick
mawashi geri - roundhouse kick
yoko geri kekomi - side thrust kick
yoko geri keage - side snap kick
ushiro geri - back kick
ura mawashi geri - hook kick
mikazuki geri - crescent kick

Counting

ichi - 1
ni - 2
san - 3
shi - 4
go - 5
roku - 6
shichi - 7
hachi - 8
ku - 9
ju - 10

Misc. Terms

migi - right
hidari - left

hajime - begin
yame - stop

kihon - basics
kata - forms
kumite - sparring