

## Karate terms; listed by technique, then alphabetically by the Japanese name.

### DATCHI WASA

hatchi datchi (yoi datchi)	penguin (starting and ending) stance
heiko datchi	relaxed stance
heisoko datchi	bowing stance
kiba datchi	side stance
kokotsu datchi	back stance
kosa datchi	cross stance
niko-ashi datchi	cat stance
renoji datchi	small L stance (narrow back stance)
sanshin datchi	narrow pigeon stance, L foot forward
senka-tzu datchi	forward stance
uchi hatchi datchi	pigeon stance (toes point inwards)

### TSUKI WASA

aga tsuki	punch up
awasa tsuki	narrow double punch
giaku tsuki	reverse punch
giaku tsuki no-zukomi	reverse punch with side step
kagi tsuki	hook punch
mawashi tsuki	roundhouse punch
mei tsuki	jab
mei-ketsami tsuki	parallel stance, R & L punch x3
morote tsuki	double punch
oi tsuki	punch w step
tate tsuki	vertical fist
ura tsuki	upper-cut
ushiro tsuki	punch to the back
yama tsuki	wide double punch

### GERI WASA

fumikomi geri	stomping kick
gedan geri	low kick
giaku mawashi geri	outward round-house kick
hiza geri	knee kick
kakato geri	axe kick
kansetsu geri	joint kick
keagi geri	snap kick
kekomi geri	thrust kick
kin geri	kick to groin
mawashi ashi geri	round-house kick w front leg
mawashi geri	round-house kick w back leg
mawashi tobi geri	jumping round-house w back leg
mei ashi geri	front kick w front leg
mei geri	front kick w back leg
mei tobi geri	jumping front kick w back leg
mikazuki geri	crescent kick
ura mawashi geri	hook kick
ura mawashi tobi geri	jumping hook kick
ura mikazuki geri	outward crescent kick
ushiro geri	back kick
yoko geri	side kick
yoko tobi geri	jumping side kick

### UCHI WASA

ashi barai	foot sweep
empi uchi	elbow strike
haishu uchi	back-hand strike/slap
heito uchi	inside ridge-hand strike
ipponken uchi	finger/knuckle strike
koken uchi	outer-wrist strike
komade uchi	bear-claw strike
nukit uchi	spear-hand strike
seryuto uchi	inner-wrist strike
shuto uchi	sword-hand strike (outside ridge)
taishu uchi	palm-slap strike
tetsui uchi	hammer-fist strike
tobi uracken uchi	jumping back-fist strike
ude uchi	forearm strike
uraken uchi	back-fist strike

### UKE WASA

aga uke	upward block w forearm
empi uke	elbow block
gedan barai	low outward sweep w forearm
haishu uke	back-hand pressure block
juji uke gedan	double block down
juji uke yodan	double block up
kaka uke	cat-grab
kakawaka uke	double cat-grab
kakuto (koken) uke	outer-wrist block
mai ude deai osae uke	straight forearm pressure block
nagashi uke	scooping block
shuto uke	sword-hand block
soto ude uke	outward forearm block
tai sabaki	dodge, retreat (passive defence)
taishu uke	palm block
uchi ude uke	inward forearm block

### GENERAL TERMS

ashi	foot
barai	redirected block (not "sweep")
giaku (pronounced "yaka")	reverse
gohon	five
ippon	one, single
juji (or jiyu)	free form
kihon	school standard, no movement
kumite	sparring
nagashi	sweep
nukit	fingers
randori	continuous
sanbon	three
shiai	competitive
tobi	jumping
ushiro	back
wasa	technique