

# Karate Techniques List

## I. Strikes (Uchi & Tsuki - 打ち & 突き)

1. **Oi-zuki** – Lunge punch
2. **Gyaku-zuki** – Reverse punch
3. **Kizami-zuki** – Jab punch
4. **Age-zuki** – Uppercut punch
5. **Kagi-zuki** – Hook punch
6. **Nukite** – Spear-hand strike

## II. Blocks (Uke - 受け)

7. **Age-uke** – Rising block
8. **Soto-uke** – Outside block
9. **Uchi-uke** – Inside block
10. **Gedan-barai** – Low-level sweep block
11. **Shuto-uke** – Knife-hand block

### **III. Kicks (Geri - 蹴り)**

12. **Mae-geri** – Front kick
13. **Yoko-geri** – Side kick
14. **Ushiro-geri** – Back kick
15. **Mawashi-geri** – Roundhouse kick
16. **Ura-mawashi-geri** – Hook kick
17. **Fumikomi-geri** – Stomping kick

### **IV. Elbows, Knees, and Headbutts (Empi, Hiza, and Zutsuki - 肘, 膝, 頭突き)**

18. **Empi-uchi** – Elbow strike
19. **Hiza-geri** – Knee strike
20. **Zutsuki** – Headbutt

### **V. Stances (Dachi - 立ち)**

21. **Zenkutsu-dachi** – Front stance
22. **Kokutsu-dachi** – Back stance
23. **Kiba-dachi** – Horse stance
24. **Shiko-dachi** – Sumo stance
25. **Neko-ashi-dachi** – Cat stance

# Explanation of Japanese Terms

## I. Strikes (Uchi & Tsuki - 打ち & 突き)

- **Uchi (打ち)** – “Strike”
- **Tsuki (突き)** – “Thrust” or “Punch”
- **Oi (追い)** – “Chasing” or “Pursuing” (Oi-zuki: punch thrown while stepping forward)
- **Gyaku (逆)** – “Reverse” or “Opposite” (Gyaku-zuki: punch with the rear hand)
- **Kizami (刻み)** – “Carving” or “Short” (Kizami-zuki: quick, short jab)
- **Age (上げ)** – “Rising” (Age-zuki: upward punch, like an uppercut)
- **Kagi (鉤)** – “Hook” or “Curved” (Kagi-zuki: circular hook punch)
- **Nukite (貫手)** – “Piercing Hand” (Fingers extended like a spear)

## II. Blocks (Uke - 受け)

- **Uke (受け)** – “Receiving” or “Blocking”
- **Age (上げ)** – “Rising” (Age-uke: upward block)

- **Soto (外)** – “Outside” (Soto-uke: block moving outward)
- **Uchi (内)** – “Inside” (Uchi-uke: block moving inward)
- **Gedan (下段)** – “Lower Level” (Gedan-barai: sweeping low block)
- **Barai (払い)** – “Sweep” or “Parry”
- **Shuto (手刀)** – “Hand Sword” (Shuto-uke: block using the knife-edge of the hand)

### III. Kicks (Geri - 蹴り)

- **Geri (蹴り)** – “Kick”
- **Mae (前)** – “Front” (Mae-geri: front kick)
- **Yoko (横)** – “Side” (Yoko-geri: side kick)
- **Ushiro (後ろ)** – “Behind” or “Back” (Ushiro-geri: back kick)
- **Mawashi (回し)** – “Turning” or “Spinning” (Mawashi-geri: roundhouse kick)
- **Ura (裏)** – “Reverse” or “Behind” (Ura-mawashi-geri: hook kick)
- **Fumikomi (踏み込み)** – “Stepping in” or “Stomping” (Fumikomi-geri: downward stomping kick)

#### IV. Elbows, Knees, and Headbutts (Empi, Hiza, and Zutsuki - 肘, 膝, 頭突き)

- **Empi (肘)** – “Elbow”
- **Uchi (打ち)** – “Strike” (Empi-uchi: elbow strike)
- **Hiza (膝)** – “Knee” (Hiza-geri: knee strike)
- **Zutsuki (頭突き)** – “Head Thrust” (Headbutt)
  - *Atama* (頭) means “Head,” and *Tsuki* (突き) means “Thrust”

#### V. Stances (Dachi - 立ち)

- **Dachi (立ち)** – “Stance”
- **Zenkutsu (前屈)** – “Forward Bent” (Zenkutsu-dachi: front stance, weight forward)
- **Kokutsu (後屈)** – “Backward Bent” (Kokutsu-dachi: back stance, weight backward)
- **Kiba (騎馬)** – “Horse Riding” (Kiba-dachi: horse stance, wide legs)
- **Shiko (四股)** – “Four Legs” (Shiko-dachi: sumo stance, wide and low)
- **Neko-ashi (猫足)** – “Cat Foot” (Neko-ashi-dachi: cat stance, light on the front foot)

## **Hikite (引き手) – “Pulling Hand”**

- *Hiki* (引き) means “pull” or “draw back,” and *Te* (手) means “hand.”

## **Tanden (丹田) –**

- Center of body. 2cm below navel.

## **Muchimi (ムチミ) – “Whip body”**

- *ムチ* (Muchi - 鞭) – “Whip.”
- *ミ* (Mi - 身) – “Body.”