

Basic shotokan terminology

zenkutsu dachi--- front stance	ju dachi--- freestyle stance
kokutso dachi--- back stance	musubi dachi--- attention stance
kiba dachi--- straddle stance	neko ashi dachi--- cat stance
oi-zuki---straight punch	nagashi uke--- parry block
gyaku-tzuki---reverse punch	sukui uke--- scooping block
gedan barai--- lower block	teisho uke--- palm heel block
age-uke--- upper rising block	dan-zuki--- consecutive punching
soto-uke--- outside fore arm block	hasami zuki--- scissor punch
uchi -uke--- inside forearm block	kage zuki--- hook punch
shuto-uke--- knife hand block	kizami zuki--- jab punch
mae-geri--- front kick	morote zuki--- double fist punch
yoko geri keagi--- side snap kick	ren zuki--- alternate punching
yoko geri kekomi--- side thrust kick	tate zuki--- vertical punch
ushiro geri--- rear thrust kick	ura zuki--- close punch
mawashi geri--- roundhouse kick	yama zuki--- wide u punch
sei za--- kneel	fumikiri--- cutting kick
yoi--- ready position	fumikomi--- stamping kick
jodan--- face area	kin geri--- groin snap kick
gedan--- lower area	mikazuki geri--- crescent kick
chudan--- chest area	tobi geri--- jump kick
sensei--- teacher	empi uchi--- elbow strike
sempai--- senior student	haito uchi--- ridge hand strike
shugo--- line up	tettsui uchi--- hammer fist strike
hajime--- begin	uraken uchi--- back fist strike
rei--- bow	kata--- forms
yame--- stop	kiai--- shout/spirit yell
ashi--- foot	kihon--- basics
hiza geri--- knee kick	kime--- focus
juji-uke--- block with arms crossed	kohai--- junior
nukite--- spear hand	kokyu--- breathing
mawatte--- turn around	koshi--- ball of foot
oss--- karate acknowledgement	kumite--- sparring
gyaku kamae--- reverse guard	migi--- right
mokuso--- meditation	rei--- bow
dojo--- training hall	sentei--- free choice
fudo dachi--rooted stance	shitei--- compulsory
hachi dachi--open leg stance	sokuto--- edge of foot
hangetsu dachi--half moon stance	yame--- stop or finish
heisoku dachi--ankles together stance	yoko--- side area/target
heiko dachi--parallel stance	zanshin--- awareness