

Kid's Pages

Terminology

Most classes use Japanese words to direct the students working together. Below is a listing of common Japanese words that you will need to understand during a typical class.

Japanese	English	Japanese	English
DACHI (STANCES)		UKE (BLOCKS)	
Hangetsu dachi	Wide hour glass stance	Judan uke	High block
Hachiji dachi	Open leg stance	Chudan uke	Middle area block
Heisoku dachi	Feet together, closed toed	Gedan barai	Low block
Kosa dachi	Crossed leg stance	Haishu uke	Back hand block
Neko ashi dachi	Cat stance	Harai Uke	Downward parry
Musubi dachi	Feet together, open toed	Hiji uke	Elbow block
Sanchin dachi	Three point stance	Hiza gaeshi	Knee sweeping across block
Shiko dachi	Sumo stance	Juji uke	X block / cross block
Shizen dachi	Open leg stance before ready	Kakuto uke	Bent wrist block
Shizen dachi heiko	Ready stance	Kata te sukui uke	One hand scooping block
Zenkutsu dachi	Forward stance	Kake te uke	Hooking hand block
Gyaka zuki	Reverse punch	Kosa uke	Crossed arms block
		Kuri uke	Inside out, circle block with knife edge of hand
		Keito uke	Chicken head wrist block
TSUKI (STRIKES)		Mawashi uke	Circular block
Age zuki	Rising punch (upper cut)	Mikazuki geri uke	Crescent kick block
choku zuki	Straight punch	Mine uke	Back hand block (bent wrist)
Gyaku zuki	Reverse punch	Moroto uke	Two hand forearm block
Hiraken zuki	For knuckle fist straight punch	Nagashi uke	Sweeping block
Ippon ken zuki	One knuckly fist straight punch	Nami ashi	Inside snapping block with foot
Kage zuki	Hook punch	Osae uke	Pressing block
Mae ken zuki	Punch with hand nearest opponent	Ryu te sukui uke	Two hand scooping block
Mawashi zuki	Roundhouse punch	Shotei uke	Palm Heel Block
Moroto zuki	Double fist punch	Shuto barai	Knife hand block
oi zuki	Lunge punch	Shuto Uke	Knife hand block
Seiken choku zuki	Fore fist straight punch	Sukui dome	Scoop and catch block
Tate zuki	Vertical punch to the face	Sukui Uke	Scooping block
Teisho zuki	Palm heel straight punch	Tettsui uke	Hammer fist block
Tsuki	Punch	Tsukami uke	Grasping block
URA zuki	Close punch (palm up)	Tsuki uki	Punching block
Yama zuki	Two hand U punch (Bassai dai)	Ude uke	Forearm block
		Ura uke	Inverted block (small circle with fist)

KERI (KICKS)		UKE (BLOCKS) (continued)	
Ashi - barai	Foot sweep	Wa uke	Two arm circular block
Chudan geri	Ball of foot middle level kick	Yoko uke	Forearm inward block
Jodan geri	Ball of foot upper level kick	Tata uchi	Wrist block
Fumikomi	Stamping kick		
Hiza geri	Knee kick		
Kansetsu geri	Stamping or joint kick (Fumikomi)		
Kin geri	Groin kick		
Mae geri	Front kick		
Mae geri keage	Front snap kick		
Mae geri kikomi	Front thrust kick		
Mae tobi geri	Flying front kick		
Mawashi geri	Roundhouse kick		
Mikazuki geri	Crescent kick with sole of foot		
Soko geri	Instep kick		
Sokuto geri	Side kick		
Ushiro geri	Back kick		
Ushiro uchi	Hooking back heel kick		
Yoko geri	Knife edge of foot side kick		

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