

Jnr	Br	R	R1	P	P1	B1	B	G	G1	O	O1	Y	Y1	General	Punches/Zuke	Blocks/Uke	Strikes/Uchi	Kicks/Geri	Stances/Dachi	
														Karate Empty Hand Yoi Get Ready Shomen Front Seiza Sit Straight on Knees Sensei Instructor Yame Stop Hanmi 45 deg angle Rei Bow Jodan Face area Chudan Chest area Gedan Lower body area Shoman Square shoulders	Choku Zuke Punch on the spot Oi Zuke Step over punch	Gedan Barai Downwards block Age Uke Rising Block Sotu Ude Uke Outside inside block	Kentsui Hammer fist	Mae Geri Front kick	Heisoku Dachi Feet together Musubi Dachi Heels together, toes out Heiko Dachi Parallel stance Hachiji Dachi Open leg stance Zenkutsu Dachi Forward stance	
														JKA Japan Karate Association Dojo Training Studio Kiai Shout Obi Belt Gi Karate Suit Oss I acknowledge Counting (1-10) Ichi, Ni, San, Shi, Go, Roku, Shichi, Hachi, Kyu, Ju		Shuto Uke Knife hand block			Kokutsu Dachi Back stance	
														Hajime Start Mawatte Turn around Hikite Pulling back of fist fully Kamai Fighting Guard Up Koshi Ball of Foot Tai Sabaki Body movement		Uchi Uke Outward middle block Haiwan Uke Back Forearm block Nagashi Uke Sweeping block Osae Uke Pressing Block	Uraken-Uchi Back-fist strike Nukite Spear hand strike (Finger Thrust) Tettsui-Uchi Hammer fist	Yoko Geri Keage Side snap kick	Kiba Dachi Straddle stance	
														Tsugi Ashi Shifting Gyaku-hanmi Reverse 45° angle Tsugi Ashi Slip step	Gyaku Zuki Reverse punch	Moroto Uke Double Block		Yoko Geri Kekome Side thrust kick		
														Yori Ashi Shifting Gyaku-hanmi Reverse 45° angle Tsugi Ashi Slip step		Gyaku Uchi Uke Reverse outward middle block Empi Uke Elbow block Ushiro Tate Uke Back vertical punch Tate Shuto Uke Vertical Knife Hand Block Otoshi Uke Pressing Block	Ushiro Empi Uchi Back elbow strike	Nidan Geri Double front snap kick (Back leg first)		
																	Empi Uchi Elbow strike Teisho-Uchi Palm Heel Strike Haito Uchi Ridge Hand Strike	Mawashi Geri Round house kick	Kosa Dachi Cross Stance	
																		Hiza Geri Knee kick		
															Kagi Zuki Hook punch Kizami Zuki Front Hand Punch	Kakiwake Uke Reverse wedge block Kake Uke Hooking block Haishu Uke Backhand Strike			Neko Ashi Dachi Cat Stance Renoji Dachi L Stance Teiji Dachi T Stance	
																		Mikazuki Geri Crescent kick Ren Geri Double front snap kick (Front leg first)		
																			Hangetsu Dachi Half Moon Stance Zanchin Dachi Hour Glass Stance Sochin Dachi Strong Calm Stance Gyaku-kokutsu dachi Reverse back stance	
															Yama Zuki U-Punch	Manji Uke Vortex Block Teisho-uke Palm Heel Block Zenwan Uke Forearm Block Tsukami Uke Grasping Block Sukui Uke Scooping Block			Ushiro Geri Back Kick Ura Mawashi Geri Reverse round house kick Fumakomi Geri Stamp kick	Tsuru Ashi Dachi Crane Stance
														Zanshin Awareness - perfect focus point Makiwara Punching Board Oto-Gaini-Rei Bow to Each Other Somen-Ni-Rei Bow to the Front Ura Tsuki Half punch used at close range Embusen Line of Movement Nami Ashi Inside Snapping Block Ashi Barai Foot Sweep	Age Zuki Rising punch					