

Power Karate Academy

RESPECT CONFIDENCE POWER



Power Karate Academy

Karate

Karate Do
Do
Karateka
Dojo
Sensei
Sempai
Kohai
Shihan
Kyu
Gi
Obi

Empy Hand

The Way of Karate
Way
Practitioner of Karate
School or training room
Teacher
Senior
Junior
Master Instructor
Rank
Uniform
Belt

Stance

Heisoku dachi
Zenkutsu dachi
Kokutsu dachi
Kiba dachi
Fudo dachi
Musubi dachi
Hachiji dachi
Shizen-tai dachi
Neko-ashi dachi
Kosa dachi
Hangetsu dachi

Meaning

Formal Attention Stance (Yoi)
Front Stance
Back Stance
Straddle Stance
Fighting Stance
Informal Attention Stance (feet in a "V")
Open-legged Stance (Yoi)
Natural Stance
Cat Stance
Cross-legged Stance
Wide Hour-glass Stance

Punch

Oi tsuki
Gyaku tsuki
Kizami tsuki
Choku tsuki
Kagi tsuki
Oi-gyaku tsuki
Ura tsuki
Morote tsuki
Ren tsuki
San tsuki

Meaning

Lunge punch
Reverse punch
Jab
Straight punch
Hook punch
Lunging reverse punch
Close punch
Parallel punch
Double punch
Triple punch

Block

Age uke
Gedan uke
Soto ude uke
Uchi ude uke
Shuto uke

Meaning

Rising block
Down block
Outside forearm block
Inside forearm block
Knife block



Kick

Yoko geri keage
Yoko geri kekomi
Mawashi geri
Ushiro geri
Mae geri keage
Soto mikazuki geri
Tobi geri
Name ashi geri
Hiza geri

Meaning

Side snap kick
Side thrust kick
Round kick
Back thrust kick
Front snap kick
Outside crescent kick
Flying kick
Returning wave kick (Tekki 1)
Knee kick/strike

Count

Ichi
Ni
San
Shi
Go
Roku
Shichi
Hachi
Ku
Ju
NiJu
NiJu-Go
Hyaku
Ippon
Yon
Gohon

Meaning

One
Two
Three
Four
Five
Six
Seven
Eight
Nine
Ten
Twenty
Twenty-five
One Hundred
First
Fourth
Fifth

