

Terminology

STANCES	
Informal Attention St.	Musubi dachi
Attention Stance	Heisoku-dachi
Shizentai	Natural stance
Kiba-dachi	Horse stance
Zenkutsu-dachi	Front stance
Kokustu-dachi	Back stance
Shiko-dachi	Sumo stance
Neko-ashi-dachi	Cat stance
Fudo-dachi	Rooted stance
PUNCHES	
Kizami-zuki	Jab
Gyaku-zuki	Reverse punch
Oi-zuki	Lunge punch
Kagi-zuki	Hook punch
Ren-zuki	Double punch combination
Sambon-zuki	Triple punch combination
BLOCKS	
Gedan-bari	Lower section block/low Bl.
Age-uke	Rising block / High block
Soto-uke	Mid-section block
Uchi-uke	Inside-out block
Shto-uke	Sword-hand block
Nagashi-uke	Brushing block (parry)
KICKS	
Mae-geri	Front kick
Mawashi-geri	Roundhouse kick
Yoko geri - Keage	Side snap kick
Yokogeri - Kekome	Side Thrust Kick
Hiza-geri	Knee strike
Ushiro geri	Back kick
Ushiro-mawashigeri	Spinning Back Kick
Nidan-geri	Double flying kicks
STRIKES	
Uraken	Backfist strike
Kentsui	Hammerfist strike
Shto uchi	Sword-hand strike
Haito	Ridge-hand strike
Empi	Elbow strike
OTHER	
Counting in Japanese	1. Ichi 2. Ni 3. San 4. Shi 5. Go 6. Roku 7. Shichi 8. Hachi 9. Que 10. Jyu
Yoi	Ready (Get ready)
Yame	Stop / Finished
Mokuso	Meditate
Kumite	sparring)
Kata	Formal Rituals (forms)
Kihon	Basic Techniques
Bunkai	Applications
Ashi-barai	Sweep
Karate-do	The way of the empty hand
Our Karate style	Shotokan



Student Creed

- I am a martial artist
- I intend to, develop myself, mentally and physically, to the highest level, and to avoid, anything, that would reduce, my health or progress
- I will overcome, any challenges, with patience. and self-discipline, and will never give up on my goals
- I am dedicated, I am motivated, I am a martial artist, I respect all, and... Fear None

Dojo Kun (dojo code)

- Seek perfection of character
- Refrain from violent behavior
 - Be faithful
 - Endeavor
 - Respect all
 - Fear None