

Stances (Tachi Kata)		Striking Techniques (Uchi-Waza)		Striking Techniques (Uchi-Waza) (cont)	
Natural Stance	<i>Shizen Tai</i>	Rising Elbow Strike	<i>Age Empi</i>	1 Finger Spear-Hand Strike	<i>Ippon Nukite</i>
Forward Stance	<i>Zenkutsu Dachi</i>	Rising Punch	<i>Age Zuki</i>	2 Finger Spear-Hand Strike	<i>Nihon Nukite</i>
Back Stance	<i>Kokutsu Dachi</i>	Straight Punch	<i>Choku Zuki</i>	Lunge Punch	<i>Oi zuki</i>
Horse Stance	<i>Kiba Dachi</i>	Mid-level Punch	<i>Chudan tsuki</i>	Triple Punch	<i>Sanbon Zuki</i>
Cat Stance	<i>Neko Ashi Dachi</i>	Elbow Strike	<i>Empi Uchi</i>	Knifehand Strike	<i>Shuto Uchi</i>
Rooted Stance	<i>Fudo Dachi</i>	Reverse Punch	<i>Gyaku zuki</i>	Augmented Elbow Strike	<i>Sokumen Empi Uchi</i>
Cross-Legged Stance	<i>Kosa Dachi</i>	Back Hand Strike	<i>Haishu Uchi</i>	Vertical Punch	<i>Tate Zuki</i>
Formal Attention Stance	<i>Heisoku Dachi</i>	Ridge Hand Strike	<i>Haito Uchi</i>	Arm-Bar Hold	<i>Amuba Tsukami</i>
Half-Moon Stance	<i>Hangetsu Dachi</i>	Reverse Ridge Hand Strike	<i>Gyaku Haito</i>	Sideways Palm-Heel Strike	<i>Teisho Furi Uchi</i>
Informal Attention Stance	<i>Musubi Dachi</i>	Dropping Reverse Ridge Hand Strike	<i>Otoshi Gyaku Haito</i>	Palm-Heel Strike	<i>Teisho Uchi</i>
Parallel Attention Stance	<i>Heiko Dachi</i>	Upward Ridge Hand Strike	<i>Jodan Haito</i>	Vertical, Or Rising Palm Heel Strike	<i>Tate Teisho Uchi</i>
Outward Foot Stance	<i>Hachiji Dachi</i>	Rising Ridge Hand Strike	<i>Age Heito</i>	Hammer-Fist Strike	<i>Tettsui</i>
Inward Foot Stance	<i>Uchi Hachiji Dachi</i>	Parallel Or Double Punch	<i>Heiko Zuki</i>	Hammer-Fist Scissor Strike	<i>Tettsui Hasami Uchi</i>
Kneeling Stance	<i>Iaigoshi Dachi</i>	Scissor Strike	<i>Hasami Zuki</i>	Dropping Backfist In Kosa Dachi	<i>Otoshi Uraken</i>
Jungle Stance	<i>Mitsurin Dachi</i>	Scissor Middle Finger Strike	<i>Hasami Nakadaka Ken</i>	Backfist Strike	<i>Uraken Uchi</i>
V-Stance	<i>Renoji Dachi</i>	Step Through Punch	<i>Jun Zuki or Oi-zuki</i>	Backwards Elbow Strike	<i>Ushiro Empi Ate</i>
T-Stance	<i>Teiji Dachi</i>	Hook Punch	<i>Kagi Zuki</i>	Close Short Punch	<i>Ura Zuki</i>
Hourglass Stance	<i>Sanchin Dachi</i>	Head-Butt Strike	<i>Atama Shiri Uchi</i>	Back Elbow Strike	<i>Ushiro Empi</i>
Crane Stance	<i>Katashi Dachi</i> <i>Gankaku Dachi</i>	Jabbing Punch	<i>Kizami Zuki</i>	Wide Double Fisted Strike	<i>Yama Zuki</i>
Hanging Leg Stance	<i>Tsuru Ashi Dachi</i>	Augmented Side Elbow Strike	<i>Mae Mawashi Empi Uchi</i>	Narrow Double Fisted Strike	<i>Awase Zuki</i>
Heron Stance	<i>Sagi Ashi Dachi</i>	Hook Elbow Strike	<i>Mawashi Empi</i>	Side Elbow Strike	<i>Yoko Empi</i>
Mountain Stance	<i>Yama Dachi</i>	Rolling Elbow Strike	<i>Atsuen Empi Uchi</i>	Sideways Hammer-Fist Strike	<i>Yoko Tettsui</i>
Leg Blocks (Uke-Waza)		Double Side Punch	<i>Sokumen Zuki</i>	Rising Reverse Punch	<i>Gyaku Age Zuki</i>
Hooking Ankle Block	<i>Ashikubi Kake Uke</i>	One Finger Punch/Strike	<i>Ippon Ken</i>	Uppercut	<i>Tsukiage</i>
Crescent Kick Block	<i>Mika Zuke Geri Uke</i>	Middle Finger Punch/-Strike	<i>Nakadaka Ken</i>	Bear Claw, Or Tiger Claw Strike	<i>Kumate</i>
Leg Snapping Wave Block	<i>Name Ashi/Name Gaeshi</i>	Two Finger Punch/-Strike; Eye Strike	<i>Nihon Ken</i>	Ox-Jaw Strike	<i>Seiryuto</i>
Pressing Sole Block	<i>Sokutei Osae Uke</i>	Four Knuckle Strike	<i>Hiraken</i>		
Pressing Footedge Block	<i>Sokuto Osae Uke</i>	Spear-Hand Strike	<i>Nukite</i>		



Striking Techniques (Uchi-Waza) (cont)

Parallel Or Double Ox-Jaw Strike	<i>Heiko Seiryuto</i>
Crane Head Strike	<i>Kokuto</i>
Eagle Hand Or, Eagle Claw Strike	<i>Washite</i>
Chicken Head Strike	<i>Keito</i>
Rising Chicken Head Strike	<i>Age Keito</i>
Bow Drawing Strike	<i>Yumi Zuki</i>

Arm Blocks (Uke-Waza)

Rising Block	<i>Age-Uke</i>
Elbow Block	<i>Empi Uke</i>
Sweeping Low Block	<i>Gedan Barai</i>
Double Sweeping Low Block	<i>Gedan Morote Barai</i>
Square Side Block	<i>Haiwan Uke</i>
Downward X Block	<i>Gedan Juji Uke</i>
Upward X Block	<i>Jodan Juji Uke</i>
Open-Palm Rising Block	<i>Kaisho Age Uke</i>
Knife-Hand Square Side Block	<i>Kaisho Haiwan Uke</i>
Open-Palm X Block	<i>Kaisho Juji Uke</i>
Wedge Block	<i>Kakiwake Uke</i>
Double Forearm Block	<i>Morote Uke</i>
Rising Palm Sweep Block	<i>Nagashi Uke</i>
Palm Block	<i>Osae Uke</i>
Dropping Forearm Block	<i>Otoshi Uke</i>
Rising Knife-Hand Block	<i>Shuto Age Uke</i>
Knife-Hand Sweeping Low Block	<i>Shuto Gedan Barai</i>
Knife Hand Block	<i>Shuto Uke</i>
Roundhouse Block With Knife-Hand	<i>Shuto Mawashi Uke</i>

Arm Blocks (Uke-Waza) (cont)

Outside Forearm Block	<i>Soto Uke</i>
Scooping Block	<i>Morote Sukui Uke</i>
Half Knife-Hand Block	<i>Tate Shuto Uke</i>
Dropping Palm Block	<i>Te Osae Uke</i>
Inside Forearm Block	<i>Uchi Ude Uke/Uchi Uke</i>
Reverse Outside Mid-Level	<i>Gyako Uchi Uke</i>
Reverse Sweeping Forearm Block	<i>Ude Barai</i>
Hair Grab	<i>Heo Tsukami</i>
Back Low Sweeping Block	<i>Ushiro Gedan Barai</i>
Palm Heel Block	<i>Teisho Uke</i>
Added Hand Inside Block	<i>Chudan Soete Uke</i>
Punching Block	<i>Tsuki Uke</i>
Augmented Grabbing/Throwing Block	<i>Morote Tsukami Uke</i>
Roundhouse Or Circle Block	<i>Mawashi Uke</i>
Backhand Block	<i>Haishu Uke</i>
Cross Block	<i>Kosa Uke</i>
Hands Together Block	<i>Teisho Awase Uke</i>
Forearm Block	<i>Zenwan Uke</i>
Downward Hook Block	<i>Gedan Kaki Uke</i>
Up & Down Hook Block (E.G. In The Kata, Enpi)	<i>Joge Kaki Uke</i>
Manji (卍)-Shaped Block	<i>Manji Uke</i>

Kicking Techniques (Keri-Waza)

Foot sweep	<i>Ashi Barai</i>
Stomp kick	<i>Fumikomi Geri</i>
Knee strike	<i>Hiza Geri</i>
Kick in the groin	<i>Kin Geri</i>
Front kick with front leg	<i>Mae-Ashi Geri</i>
Front roundhouse kick with front leg	<i>Mae-Ashi Mawashi Geri</i>
Front kick	<i>Mae Geri</i>
Front knee kick	<i>Mae Hiza Geri</i>
Double front kick	<i>Mae-Ren Geri</i>
Front flying/jump kick	<i>Mae Tobi Geri</i>
Jumping side kick	<i>Yoko Tobi Geri</i>
Jumping roundhouse kick	<i>Mawashi Tobi Geri</i>
Jumping crescent kick	<i>Mikazuki Tobi Geri</i>
Jumping reverse crescent	<i>Gyaku Mikazuki Tobi Geri</i>
Jumping spinning back kick	<i>Ushiro Tobi Geri</i>
Jumping spinning hook kick	<i>Ushiro Kagi Tobi Geri</i>
Jumping knee kick	<i>Hiza Tobi Geri</i>
Lunging rear-leg front kick	<i>Oi Mae Geri</i>
Round kick	<i>Mawashi Geri</i>
Circular knee kick	<i>Mawashi Hiza Geri</i>
Crescent kick	<i>Mikazuki Geri</i>
Reverse Crescent kick	<i>Gyaku Mikazuki Geri</i>
Jumping Double front kick	<i>Nidan Tobi Geri</i>
Upper inside round kick, a.k.a. hook kick	<i>Ura Mawashi Geri or Kagi Geri</i>
Back kick	<i>Ushiro Geri</i>

Kicking Techniques (Keri-Waza) (cont)

spinning hook kick	<i>Ushiro</i> <i>Mawashi</i> <i>Geri</i>
Back side thrust kick	<i>Ushiro</i> <i>Kekomi</i>
Circular falling kick	<i>Otoshi</i> <i>Mawashi</i> <i>Geri</i>
Side snap kick	<i>Yoko Geri</i> <i>Keage</i>
Side thrust kick	<i>Yoko Geri</i> <i>Kekomi</i>
Jumping side kick	<i>Yoko Tobi</i> <i>Geri</i>
Axe Kick	<i>Ono Geri</i>
Ducking leg hook	<i>Yoni Tsokia</i>
Back Spinning Knee Strike	<i>Ushiro Hiza</i> <i>Geri</i>
Circular Falling Knee strike	<i>Otshi Hiza</i> <i>Geri</i>
Kick With Heels to Jaw	<i>Kakato Geri</i>
Upper Inside Roundhouse Heel Kick	<i>Ura Kakato</i> <i>Geri</i>
Circular Falling Heel Kick to Head or Spine	<i>Otoshi</i> <i>Kakato Geri</i>
Lotus Kick, or Reverse Roundhouse Kick	<i>Hasu Geri</i>
Angle Kick	<i>Kakudo Geri</i>



By **Squeen1**
cheatography.com/squeen1/

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