

Red Sun Karate - Glossary

Blocks (Uke).

- Gedan Barai - Downward Block
- Soto Ude Uke - Outside Forearm Block
- Uchi Ude Uke - Inside Forearm Block
- Shuto Uke- Knife Hand Block
- Kakiwake Uke - Wedge Block
- Juji Uke - X Block
- Tate Shuto Uke - Vertical Knife Hand Block
- Morote Uke - Augmented Block
- Sukui Uke - Sweeping Block
- Age Uke - Upper Rising Block
- Ashikubi-Kake Uke - Ankle Hooking Block.
- Haishu Uke - Back Hand Block.
- Haito Uke - Ridge-hand Block.
- Haiwan Uke - Back Arm Block
- Kagi Uke - Hooking Block.
- Kaisho Uke - Open Hand Block
- Kake Uke - Hooking Block
- Nagashi Uke - Sweeping Block
- Nami Ashi - Inside Snapping Block.

Punches (Tsuki or Zuki).

- Gyaku Zuki - Reverse Punch
- Oi Zuki - Lunge Punch
- Age Zuki - Rising Punch
- Kizami Zuki - Jabbing Punch
- Tate Zuki - Vertical Fist Punch
- Ura Zuki - Uppercut Punch
- Dan Zuki - Consecutive punching (same hand)
- Yama Zuki - U Punch
- Choku Zuki - Straight Punch
- Awase Zuki - Wide U Punch
- Heiko Zuki - Parallel Punch
- Ren Zuki - Alternate punching
- Kage Zuki - Hook Punch
- Sanbon Zuki - A series of three punches
- Ippon Ken - One Knuckle Fist
- Hiraken - Flat Fist or Fore knuckle fist
- Seiken - Fore fist, Regular Fist
- Morote Zuki - Augmented Punch
- Mawashi Zuki - Roundhouse Punch

Kicks (Geri).

- Mae Geri - Front Kick
- Yoko Geri - Side Kick
- Mawashi Geri - Roundhouse Kick
- Ushiro Geri - Back Kick
- Mikazuki Geri - Crescent Kick
- Ushiro Mawashi Geri - Reverse Roundhouse Kick
- Mae Tobi Geri - Front Jumping Kick
- Kakato Geri - Heel kick
- Hiza Geri - Knee Kick
- Ashi Katana - Foot Sword
- Fumikomi Geri - Stamping kick
- Nidan Geri - Double Kick
- Ren Geri - Consecutive Kicking
- Tsumasaki Geri - Kick using the tips of the toes
- Mae Geri Kekomi - Front Thrust Kick

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Strikes (Uchi)

- Seiken - Forefist
- Uraken - Backfist
- Tettsui - Hammer Fist
- Nukite - Spear Fist
- Haito - Ridge Hand
- Teisho - Palm Heel
- Haishu - Back Hand
- Shuto - Knife Hand
- Keito - Chicken Head Wrist
- Kakuto - Bent Wrist

Stances (Dachi).

- Heisoku Dachi - Informal Attention Stance
- Zenkutsu Dachi - Front Stance
- Hachiji Dachi - Open Leg Stance
- Heiko Dachi - Parallel Stance
- Shiko Dachi - Square Stance
- Kosa Dachi - Crossed Feet Stance
- Renoji Dachi - L Stance
- Kiba Dachi - Horse Riding Stance
- Neko Ashi Dachi - Cat Stance
- Kokutsu Dachi - Back Stance

Other Useful Terms.

- Chudan - Middle
- Jodan - Upper
- Dojo - Place of training
- Sempai - Senior
- Sensei - Teacher
- Shihan - Master
- Tai Sabaki - Body Shifting
- Keage – Snap
- Kekomi - Thrust
- Kime - Focus
- Kiai - Shout used to help Ki and Physical Power
- Ki - Spirit, Inner Power
- Obi - Belt
- Mawate - Turn
- Bushido - The way of the warrior
- Budo - Martial way or path
- Gi - Karate Uniform
- Jiyu kumite - Free sparring
- Karateka - practitioner or student
- Kamae - Fighting stance; on guard
- Kata - Fixed sequence of training exercises
- Nage-waza - Throwing techniques
- Rei - Command to bow
- Shomen Ni Rei - Bow to the front
- Sanbon Kumite - Three step sparring
- Jiyu Ippon - Semi free one step sparring
- Gohon kumite - Five step sparring
- Yoi - Ready command
- Yame - relax command