

Karate Academy Eastbourne

Counting	check list*	common terms	Japanese	check list*
1 = ichi		Teacher	Sensei	
2 = ni		Senior	Sempai	
3 = san		Bow	Rei	
4 = shi		Begin	Hajime	
5 = go		Stop	Yame	
6 = roku		Right	Migi	
7 = shichi		Left	Hidari	
8 = hachi		Attention Stance	Musubi-dachi	
9 = ku		Yes	Hai	
10 = ju		No	Iei	
20 = niju		Turn	Mawate	
30 = sanju		Training place	Dojo	
Stances	Dachi	check list*		
ready	Yoi			
Front Stance	Zenkutsu-dachi			
Back Stance	Kokutsu-dachi			
Straddle Stance	Shiko-dachi			
Horse Stance	Kiba-dachi			
Cat Stance	Neckoashi-dachi			
Attention	Musubi-dachi			
Defensive Posture	Hanmi-Gamae			
Kicking techniques	Keri waza	checklist*		
Front Kick	Maegeri			
Roundhouse Kick	Mawashigeri			
Side Kick	Yokogeri			
Back kick	Ushirogeri			
Crescent kick	Mikazukigeri			
Jumping kick	Tobigeri			
Reverse roundhouse	Ushiro mawashigeri			
Hook kick	Ura mawashigeri			

*The check list column is for you to write in the Japanese to help you learn

Karate Academy Eastbourne

Receiving techniques	Uke waza	check list*
Rising block	Age uke	
lower block	Gedan Barai uke	
outside to inside block	Soto uke	
Inside to outside block	Uchi uke	
Knife hand block	Shuto uke	
Cross block	Juji uke	
Striking techniques	Tsuki waza	check list*
Lunge punch	Oi-zuki	
Reverse punch	Gyakuzuki	
Jab punch	Kizamizuki	
Triple punch combination	Sanbonzuki	
Spear hand	Nukite	
U shaped punch	Yamazuki	
Elbow	Empi	
Single knuckle fist	Ippon ken	
Palm heal	Teisho	
Basic fist	Ken	
Back fist	Uraken	
Hammer fist	Tettsui	
Knee	Hiza	

*The check list column is for you to write in the Japanese to help you learn