

# Arizona Family Karate Academy

## Japanese Study Sheet

<b>Stances - Dachi</b>	
Horse Stance	Kiba Dachi
Front Stance	ZenKutsu Dachi
Back Stance	KoKutsu Dachi
Cat Stance	Neko Ashi Dachi
Narrow Hour Glass Stance	Sanchin Dachi
Hour Glass Stance	Hangetsu Dachi

<b>Punches - Tsuki</b>	
High Punch	Jodan Tsuki
Middle Punch	Chudan Tsuki
Low Punch	Gedan Tsuki
Uppercut Punch	Ura Tsuki
Lunge Punch	Oi Tsuki
Reverse Punch	Gyaku Tsuki
Roundhouse Punch	Maewashi Tsuki
Rising Punch	Age Tsuki
Short Thrust Punch	Choku Tsuki
Double Punch	Morote Tsuki

<b>Strikes - Uchi</b>	
Palm Heel Strike	Teisho Uchi
Hammer Fist Strike	Tettsui Uchi
Back Fist Strike	Uraken Uchi
Knife Hand Strike	Shuto Uchi
Spear Hand Strike	Nukite Uchi
Elbow Strike	Empi Uchi
Ridge Hand Strike	Haito Uchi
Side Hammer Fist Strike	Kentsui Uchi

<b>Blocks - Uke</b>	
High Block	Jodan Uke
Middle Block	Chudan Uke
Low Block	Gedan Barai
Knife Hand Block	Shuto Uke
Inside Block	Ude Uki
Augmented Block	Morote Chudan Uke
Cross Hand Block	Junji Uke
Palm Heel Block	Teisho Uki
Double Block	Morote Uki

<b>Kicks - Geri</b>	
Front Kick	Mae Geri
Back Kick	Ushiro Geri
Roundhouse Kick	Maewashi Geri
Stomp Kick	Fumikomi Geri
Side Kick	Yoko Geri
Crescent Kick	Mikazuki Geri
Jumping Front Kick	Mae Tobi Geri
Hook Kick	Gyaku Geri
Tornado Kick	Guruma Geri

<b>Holds, Throws, &amp; Chokes</b>	
Scarf Hold	Kesa Gatame
Modified Scarf Hold	Kata Gatame
Side Four Corner Hold	Yoko Shiho Gatame
Normal Cross Choke	Nami Juji Jime
Front Break Fall	Mae Ukemi
Side Fall	Yoko Ukemi
Back Fall	Ushiro Ukemi
Large Hip Throw	O'Goshi
One Arm Shoulder Throw	Ippon Seonage
Major Outer Reaping Throw	Osoto Gari
Body Drop	Tai Otoshi
Hip Wheel	Koshi Guruma
Reverse Cross Choke	Gyaku Juji Jime
½ & ½ Cross Choke	Kata Juji Jime
Cross Body Arm Bar	Juji Gatame