

| Stances (Tachi Kata)      |                                                    |
|---------------------------|----------------------------------------------------|
| Natural Stance            | <i>Shizen Tai</i>                                  |
| Forward Stance            | <i>Zenkutsu Dachi</i>                              |
| Back Stance               | <i>Kokutsu Dachi</i>                               |
| Horse Stance              | <i>Kiba Dachi</i>                                  |
| Cat Stance                | <i>Neko Ashi Dachi</i>                             |
| Rooted Stance             | <i>Fudo Dachi</i>                                  |
| Cross-Legged Stance       | <i>Kosa Dachi</i>                                  |
| Formal Attention Stance   | <i>Heisoku Dachi</i>                               |
| Half-Moon Stance          | <i>Hangetsu Dachi</i>                              |
| Informal Attention Stance | <i>Musubi Dachi</i>                                |
| Parallel Attention Stance | <i>Heiko Dachi</i>                                 |
| Outward Foot Stance       | <i>Hachiji Dachi</i>                               |
| Inward Foot Stance        | <i>Uchi Hachiji Dachi</i>                          |
| Kneeling Stance           | <i>Iaigoshi Dachi</i>                              |
| Jungle Stance             | <i>Mitsurin Dachi</i>                              |
| V-Stance                  | <i>Renoji Dachi</i>                                |
| T-Stance                  | <i>Teiji Dachi</i>                                 |
| Hourglass Stance          | <i>Sanchin Dachi</i>                               |
| Crane Stance              | <i>Katashi Dachi</i><br><i>Dachi Gankaku Dachi</i> |
| Hanging Leg Stance        | <i>Tsuru Ashi Dachi</i>                            |
| Heron Stance              | <i>Sagi Ashi Dachi</i>                             |
| Mountain Stance           | <i>Yama Dachi</i>                                  |

| Leg Blocks (Uke-Waza)   |                              |
|-------------------------|------------------------------|
| Hooking Ankle Block     | <i>Ashikubi Kake Uke</i>     |
| Crescent Kick Block     | <i>Mika Zuke Geri Uke</i>    |
| Leg Snapping Wave Block | <i>Name Ashi/Name Gaeshi</i> |
| Pressing Sole Block     | <i>Sokutei Osae Uke</i>      |
| Pressing Footedge Block | <i>Sokuto Osae Uke</i>       |

| Striking Techniques (Uchi-Waza)      |                              |
|--------------------------------------|------------------------------|
| Rising Elbow Strike                  | <i>Age Empi</i>              |
| Rising Punch                         | <i>Age Zuki</i>              |
| Straight Punch                       | <i>Choku Zuki</i>            |
| Mid-level Punch                      | <i>Chudan tsuki</i>          |
| Elbow Strike                         | <i>Empi Uchi</i>             |
| Reverse Punch                        | <i>Gyaku zuki</i>            |
| Back Hand Strike                     | <i>Haishu Uchi</i>           |
| Ridge Hand Strike                    | <i>Haito Uchi</i>            |
| Reverse Ridge Hand Strike            | <i>Gyaku Haito</i>           |
| Dropping Reverse Ridge Hand Strike   | <i>Otoshi Gyaku Haito</i>    |
| Upward Ridge Hand Strike             | <i>Jodan Haito</i>           |
| Rising Ridge Hand Strike             | <i>Age Heito</i>             |
| Parallel Or Double Punch             | <i>Heiko Zuki</i>            |
| Scissor Strike                       | <i>Hasami Zuki</i>           |
| Scissor Middle Finger Strike         | <i>Hasami Nakadaka Ken</i>   |
| Step Through Punch                   | <i>Jun Zuki or Oi-zuki</i>   |
| Hook Punch                           | <i>Kagi Zuki</i>             |
| Head-Butt Strike                     | <i>Atama Shiri Uchi</i>      |
| Jabbing Punch                        | <i>Kizami Zuki</i>           |
| Augmented Side Elbow Strike          | <i>Mae Mawashi Empi Uchi</i> |
| Hook Elbow Strike                    | <i>Mawashi Empi</i>          |
| Rolling Elbow Strike                 | <i>Atsuen Empi Uchi</i>      |
| Double Side Punch                    | <i>Sokumen Zuki</i>          |
| One Finger Punch/Strike              | <i>Ippon Ken</i>             |
| Middle Finger Punch/-Strike          | <i>Nakadaka Ken</i>          |
| Two Finger Punch/-Strike; Eye Strike | <i>Nihon Ken</i>             |
| Four Knuckle Strike                  | <i>Hiraken</i>               |
| Spear-Hand Strike                    | <i>Nukite</i>                |

| Striking Techniques (Uchi-Waza) (cont) |                            |
|----------------------------------------|----------------------------|
| 1 Finger Spear-Hand Strike             | <i>Ippon Nukite</i>        |
| 2 Finger Spear-Hand Strike             | <i>Nihon Nukite</i>        |
| Lunge Punch                            | <i>Oi zuki</i>             |
| Triple Punch                           | <i>Sanbon Zuki</i>         |
| Knifehand Strike                       | <i>Shuto Uchi</i>          |
| Augmented Elbow Strike                 | <i>Sokumen Empi Uchi</i>   |
| Vertical Punch                         | <i>Tate Zuki</i>           |
| Arm-Bar Hold                           | <i>Amuba Tsukami</i>       |
| Sideways Palm-Heel Strike              | <i>Teisho Furi Uchi</i>    |
| Palm-Heel Strike                       | <i>Teisho Uchi</i>         |
| Vertical, Or Rising Palm Heel Strike   | <i>Tate Teisho Uchi</i>    |
| Hammer-Fist Strike                     | <i>Tettsui</i>             |
| Hammer-Fist Scissor Strike             | <i>Tettsui Hasami Uchi</i> |
| Dropping Backfist In Kosa Dachi        | <i>Otoshi Uraken</i>       |
| Backfist Strike                        | <i>Uraken Uchi</i>         |
| Backwards Elbow Strike                 | <i>Ushiro Empi Ate</i>     |
| Close Short Punch                      | <i>Ura Zuki</i>            |
| Back Elbow Strike                      | <i>Ushiro Empi</i>         |
| Wide Double Fisted Strike              | <i>Yama Zuki</i>           |
| Narrow Double Fisted Strike            | <i>Awase Zuki</i>          |
| Side Elbow Strike                      | <i>Yoko Empi</i>           |
| Sideways Hammer-Fist Strike            | <i>Yoko Tettsui</i>        |
| Rising Reverse Punch                   | <i>Gyaku Age Zuki</i>      |
| Uppercut                               | <i>Tsukiage</i>            |
| Bear Claw, Or Tiger Claw Strike        | <i>Kumate</i>              |
| Ox-Jaw Strike                          | <i>Seiryuto</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><br><i>Mawashi</i><br><i>Geri</i> |
| Back side thrust kick                          | <i>Ushiro</i><br><i>Kekomi</i>                 |
| Circular falling kick                          | <i>Otoshi</i><br><i>Mawashi</i><br><i>Geri</i> |
| Side snap kick                                 | <i>Yoko Geri</i><br><i>Keage</i>               |
| Side thrust kick                               | <i>Yoko Geri</i><br><i>Kekomi</i>              |
| Jumping side kick                              | <i>Yoko Tobi</i><br><i>Geri</i>                |
| Axe Kick                                       | <i>Ono Geri</i>                                |
| Ducking leg hook                               | <i>Yoni Tsokia</i>                             |
| Back Spinning Knee Strike                      | <i>Ushiro Hiza</i><br><i>Geri</i>              |
| Circular Falling Knee strike                   | <i>Otshi Hiza</i><br><i>Geri</i>               |
| Kick With Heels to Jaw                         | <i>Kakato Geri</i>                             |
| Upper Inside Roundhouse<br>Heel Kick           | <i>Ura Kakato</i><br><i>Geri</i>               |
| Circular Falling Heel Kick to<br>Head or Spine | <i>Otoshi</i><br><i>Kakato Geri</i>            |
| Lotus Kick, or Reverse<br>Roundhouse Kick      | <i>Hasu Geri</i>                               |
| Angle Kick                                     | <i>Kakudo Geri</i>                             |



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