

Terminology of Shukokai Karate

<p>STANCES</p> <p>Kokutsu dachi - backward leaning stance Zenkutsu dachi - forward leaning stance Kiba dachi horse stance Sanchin dachi - toe in stance Nekoashi dachi - cat stance Heisoku dachi - normal stance</p>	<p>THRUSTING & STRIKING</p> <p>Tsuki – punch Oi-tsuki - lunge punch Gyaku tsuki - reverse punch Uraken uchi - inverted fist strike Shuto uchi - knife hand strike Nukite - spear hand strike Morote tsuki - double fist strike Tittsui tsuki - hammer fist strike June tsuki - Side punch</p>
<p>BLOCKING</p> <p>Jodan uke - high area block Chudan uke - middle area block Soto chudan uke - middle area outside block Gedan ban - low area block Shuto uke - knife hand flock Ju-ji uke - X-block</p>	<p>KICKING</p> <p>Mae geni - front kick Mawashi geri - roundhouse kick Yoko geri - side kick Ushiro geri - back kick Kansetsu geri - joint kick Kin geri - groin kick Mae keage geri - front stretch kick</p>
<p>OTHER STRIKING WEAPONS</p> <p>Hiji -elbow Hiza – knee Sokuto - knife foot Chusoku - ball of foot Kakato – heel Haisoku – Instep</p>	

