

Katas, Kisos, and Kihons	Stances	Strikes	Student Creeds
First Basic – <i>Balance, Timing, Coordination, Reflexive Thinking</i>	Horse	kiba dachi	1. I will develop myself in a positive manner and avoid anything that would reduce my mental growth or my physical health.
Pinan Nidan – <i>Same as First Basic plus an intro to Tai Sabaki</i>	Bowing	masuba dachi	
Pinan Shodan – <i>Free Style Sparring</i>	Ready	heiko dachi	
Pinan Sandan – <i>Close-In Fighting</i>	Forward	zenkutsa dachi	
Pinan Yondan – <i>Street Fighting and Jujitsu; Self Defense</i>	Sumo	sheeko dachi	
Pinan Godan – <i>Defense Against Weapons</i>	Long cat	mahamni neeko ashi dachi	2. I will develop self-discipline in order to bring out the best in myself and others.
Kusanku – <i>Combination of Pinans</i>	Short cat	mashomen neeko ashi dachi	
Jutte	Flat cat	mashomen neeko dachi	
Jion	Lunge	hamni dachi	
Naihanchi	Fighting	kamae dachi	3. I will use what I learn in class constructively and defensively, to help myself and my fellow man, and never to be abusive or offensive.
	Reverse	seisan dachi	
	Parallel	heisoku dachi	
	Natural	double heiko dachi	
	Rev lunge	nanami zenkutsa dachi	
	Rev cat	yaka neeko ashi dachi	4. The ultimate aim of karate lies not in victory or defeat, but in the perfection of the character of its participants.
	Back lunge	kokutsa dachi	
	Rev back	gyaku kokutsa dachi	
	Long flat cat	mahamni neeko dachi	
	Inward	naihanchi dachi	

Blocks	Body Shifts	Kicks	Meanings of Bows
High	jodan uke	Fwd punch	1. Shomen Ni Rei – Respect for Flag and Country
Middle	soto uke	+ Kick	
Low	gedan uke	Fwd lunge	
Knifehand	shooto uke	+ Kick	2. Sensei Rei – Respect for the Sensei
X	kosa uke	Rev punch	
Elbow	empi uke	+ Kick	3. Sempai Rei – Respect for the other Black Belts
Slip	nagasu uke	Rev lunge	
Inward	ude uke	+ Kick	4. Otoga Ni Rei – Respect for yourself and your fellow classmates
Supported		Side-step punch	
		+ Kick	Enter/Leave Dojo – Respect for having a place to train

Self Defense 1-10	11-20	21-30	31-40
1 – The Knee	11 – Ground Stomp	21 – Side Sweep	31A – Chop Suey
2 – Double Lapel Grab	12 – Ground Cannon Launcher	22 – Drunk	31B – Kung Fu Knife
3 – The Jeff Moore (Slap)	13 – Bearhug Throw	23A – Frontwards - I love you man	32 – Clothes Line
4 – Back Grab/Market Wrap	14A – Back Kibadachi Pull Through	23B – Backwards - I love you man	33 – High Bat (aka Randy Moore)
5A – Back Double Wrist Grab	14B – Back Kibadachi Pull Through	24 – The Wall	34 – Low Bat
5B – Back Double Wrist Grab	14C – The Last Samurai	25 – Kick Throw	35 – Millii Vanilli
6A – Throat Grab A	15A – Headlock Flip	26 – Leg Sweeper (Hold leg)	36 – Barney
6B – Throat Grab B	15B – Headlock Flip/ArmBar	27 – Rick Stone's Kempo (Leg held)	37A – Wild Swing Collarbone
7 – Hammer swing	15C – Near Headlock	28 – Moon-Raker (Wave)	37B – 6 Sectional
8 – Handshake #1	16A – Scissors	29 – Rib-Breaker (Arm behind)	37C – Full Nelson Wrist Lock
9A – Wrist Lock #1A	16B – Scissors/Leglock	30 – Back Choke-Throw (Arm behind)	37D – Dr. Pepper
9B – Wrist Lock #1B	17A – High Knife Spinning Backfist		38A – Knife #1 (Superman)
9C – Wrist Lock #1C	17B – Middle Knife Stab		38B – GooseNeck #1
10 – Ground Knee breaker	18A – Back High Knife		39A – Knife #2A
	18B – Back Middle Knife		39B – Knife #2B
	19 – Wild Right #1		40A – Knife #3A
	20 – Wild Right #2 - aka Matador		40B – Knife #3B

41-50	51-60	61-70	71-75
41 – Merry-Go-Round	51 – Sideways Knee throw	# 61 – Handshake #2	#71A – Broom #13
42 – The Exorcist	52 – No hands crescent	# 62 – 2 Attackers	#71B – Back Gun Spin Disarm
43 – One Fist	53 – 3 Wild and Crazy Guys	# 63 – Carlton Fiat #1	#72 – Over the Shoulder Trap
44 – Pitchfork	54 – Dossie Do	# 64 – Mario Brothers Sweep	#73 – Upside Down X-Block Trap
45 – Broom Handle	55 – Yondan	# 65 – Side Headlock	#74 – Trap, Spinning Elbow
46 – Girlfriend	56 – Exorcist Part II	# 66 – Front Headlock	#75A – JJ Evans (Armlock/Choke)
47A – Headboard	57A – Little Gun	# 67 – Full Nelson	#75B – Croquet Step
47B – Gracie BackBender	57B – Gun disarm out	# 68 – Inside Armbar	
48 – 2 Attackers	57C – Gun disarm in	# 69 – Reverse Drunk-Gracie	
49 – Ground Bat into #19	57D – Gun disarm rapper	# 70 – Kung Fu Armbar	
50 – Ground #3 into 'Down Gracie'	57E – Gun disarm drop down		
	57F – Gun to neck		
	57G – Gun to temple #1		
	57H – Gun to temple #2		
	57I – Seated gun to temple		
	57J – On knees, gun to forehead		
	58A – Big Gun low		
	58B – Big Gun high		
	59 – Reverse Scissors		
	60 – YMCA		

English	Japanese
Assume beginning ready position	Yoi
Assume ending ready position	Yame
Attacker	Tori
Awareness	Zanshin
Back Stance	Kakutsa Dachi
Backfist Strike	Ura ken
Basic	Kihon
Begin	Hajime
Belt	Obi
Black Belt Level	Dan
Block/Receive or Defender	Uke
Bow	Rei
Bow for Flag and Country	Shomen Ni Rei
Bow to yourself and your fellow classmates	Otaga Ni Rei
Command to move from ready to bowing stance	Naorei
Diagonal Forward Stance used in Gyaku-tsuki No Tsukomi	Naname Zenkutsa Dachi (Gyaku-tsuki No Tsukomi Dachi)
Elbow	Empi
Elbow Block	Empi Uke (Hiji Uke)
Elbow Strike	Empi (Hiji)
Empty Hand	Karate
Fighting Stance	Kamae Dachi
Flat Cat Stance	Neeko Dachi
Focused Yell	Kiai
Form	Kata
Formal Bowing Stance – Toes Open	Masuba Dachi
Forward Lunge Punch	Jun-tsuki No Tsukomi
Forward Punch	Jun-tsuki
Forward Stance	Zenkutsa Dachi (Jun-tsuki Dachi)
Four Finger Spearhand Strike	Yohan (Nukite)
Front	Mae
Front Kick	Mae Geri
Fundamental	Kiso
Generic Cat Stance	Neeko Ashi Dachi
Hammerfist Strike	Tetsui (Teisho)
High Seikan Block	Jodan Uke
Hips or Ball of the foot	Koshi
Informal Bowing Stance – Toes Closed	Heisoku Dachi
Inward Circular Stance	Naihanchi Dachi
Inward Moving Block found in Yondan after the urachen and body twist	Ude Uke
Jumping Kick	Mae Tobi Geri
Kick	Geri (Keta)
Knee	Hiza
Low Seikan Block	Gedan Uke
Lower	Gedan
Lunge Stance	Hamni Dachi (Jun-tsuki No Tsukomi Dachi)
Middle Seikan Block	Soto Uke
One Finger Strike	Ippon Nukite
Open Hand Block	Shooto Uke
Open Hand Chop Strike	Shooto
Outside	Soto
Outward Circular Stance	Sheeko Dachi
Palm Heel Strike	Shotei
Parallel Horse Stance	Kiba Dachi
Punch/Strike	Tsuki
Ready Stance – Toes Parallel	Heiko Dachi
Reverse	Gyaku
Reverse Cat Stance used in the Step up Urachen Stance in Yondan	Gyaku Neeko Ashi Dachi
Reverse Lunge Punch	Gyaku -tsuki No Tsukomi
Reverse Punch	Gyaku -tsuki
Ridge Hand Strike	Haito
Roundhouse Kick	Mae Ashi Geri
Seated Kneeling Position	Seiza
Senior Student – Dan Rank	Sempai
Short Vertical Strike	Tatei
Side	Yoko
Side Kick	Yoko Geri
Sparring	Kumite
Stance	Dachi
Stop	Ma-tei
Teacher	Sensei
Training Hall	Dojo
Turn	Mawata
Uniform	Gi
Upper	Jodan
Way of Peace and Harmony	Wado
Wide Forward Stance	Seisan Dachi