



DKA Japanese Translations.

Body Area's

Jodan	Head area.
Chudan	Middle body area.
Gedan	Lower body area.

Punch's/Strike's

Gyaku zuki	Reverse punch.
Oi zuki	Lunge punch. Stepping forward towards opponent to punch.
Uraken zuki	Back fist punch.
Choku Zuki	Straight punch.
Nukite	Spear Hand Strike

Kick's

Geri	Front Kick.
Mae Geri	Front Kick.
Chudan Geri	Roundhouse Kick.
Ushiro Geri	Back Kick.
Ushiro Mawashi Geri	Back Roundhouse Kick.
Yoko Geri Kekomi	Side Kick.
Kakto Geri	Heel Kick.

Block's

Gedan Barai	Downward sweeping block with small finger edge of forearm.
Age Uke	Upward Rising Block.
Shhto Uke	Knife Hand Block.
Jodan Shuto Soto Uke	Knife Hand Block against attack to the head, blocking from the outside to the inside of the body.
Soto Uke	Forearm Block using thumb edge of the forearm. Blocking from the inside to the outside of the body.
Sukui Uke	Scooping Block.

Stances

Dachi	Stance.
Yoi	Parallel Stance.
Kamae	Ready Position.
Zenkutsu Dance	Forward Stance.
Neko Ashi Dachi	Cat Stance.
Shiko Dachi	Horse Stance.
Sanchin Dachi	Hour Glass Stance.



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Number's

Ichi	One.
Ni	Two.
San	Three.
Shi	Four.
Go	Five.
Roku (U is Silent)	Six.
Shinchi (I is Silent)	Seven.
Hachi	Eight.
Ku	Nine.
Ju	Ten.

Other Terms

Kiai	Japanese shout whilst attacking.
Kata	A stylised series of practice moves performed against imaginary attackers in order to improve power, speed and co-ordination.
Gi	Karate Suit
Migi	Right
Dojo	Venue for training.
Keage	With Snap
Kekomi	Thrust.

