



**DRAW A LINE FROM THE
JAPANESE WORD ON THE
LEFT TO ITS
ENGLISH TRANSLATION
ON THE RIGHT**

KOKUTSU DACHI

FRONT KICK

OI ZUKI

SITTING STANCE

AGE UKE

HIGH BLOCK

MAE GERI

REVERSE PUNCH

GYAKU ZUKI

FRONT STANCE

KIBA DACHI

THRUSTING SIDE KICK

YOKO GERI KEKOMI

ROUND HOUSE KICK

YOKO GERI KEAGE

LOW BLOCK

GEDAN BERAI

OUTSIDE BLOCK

KIZAMI ZUKI

SNAP SIDE KICK

MAWASHI GERI

BACK STANCE

ZENKUTSU DACHI

LUNGE PUNCH

SOTO UKE

FRONT HAND PUNCH (JAB)