

Sokusen: "Toe Fist"

Shomen-Geri or Mai-Geri: "Front snap kick"

Mawashi-Geri: "Round kick"

Yoko-Geri: "Side kick"

Yoko-Geri Kekomi: "Side Thrust kick"

Yoko-Geri Kiaj: "Side Snap kick"

Uda-Mawashi-Geri: "Hook kick"

Ushiro-Geri: "Back kick"

Dachi: "Stance"

Yoi-dachi: "Ready stance"

Sanchin-Dachi: "Hour-glass stance"

Zenkutsu-Dachi: "Front stance"

Necko-ashi-dachi: "Cat stance"

Kiba-dachi: "Horse stance"

Shiko-Dachi: "Square stance"

Koso-Dachi: "Hook stance"

Jodan: "High area"

Chudan: "Middle area"

Gedan: "Low area"