

Y M C A K A R A T E G L O S S A R Y

THE STYLE PRACTISED AT THE YMCA IS CALLED SHOTOKAN KARATE
STUDENTS GRADING UNDER THIS PROGRAM WILL BE REGISTERED WITH
THE JAPAN KARATE ASSOCIATION (JKA), THE INTERNATIONAL SHOTOKAN
KARATE FEDERATION (ISKF), AND KARATE BC.

PUNCH	ZUKI
LUNGE PUNCH	OI-ZUKI
REVERSE PUNCH	GYAKA ZUKI
STANCE	DACHI
<u>FRONT STANCE</u>	<u>ZENKUTSU DACHI</u>
BACK STANCE	KOKUTSU DACHI
STRADDLE LEG STANCE	KIBA DACHI
BLOCK	UKE
RISING BLOCK	AGE UKE
OUTSIDE FOREARM BLOCK	SOTO UKE
DOWNWARD BLOCK	GEDAN BARAI
KNIFE HAND BLOCK	SHUTO UKE
FACE TARGET AREA	JODAN
STOMACH TARGET AREA	CHUDAN
GROIN TARGET AREA	GEDAN
KICK	GERI
FRONT KICK	MAE GERI
ROUND HOUSE KICK	MAWASHI GERI
SIDE SNAPING KICK	YOKO KEAGE
SIDE THRUSTING KICK	YOKO KEKOMI
KATA	blocking and striking movements that are performed in a set pattern
HEIAN SHODAN	the first Kata a student learns
KUMITE	SPARRING
SUNPON KUMITE	THREE STEP SPARRING
IPPON KUMITE	ONE STEP SPARRING
JIYU KUMITE	FREE STYLE SPARRING