

Keri/ashi waza (foot techniques)		Unsoku-ho (footwork)	
mae-geri	front kick	suri-ashi	'sliding' step
mawashi-geri	round house kick	taisabaki	body shifting
sokuto-geri	foot sword/outside edge kick	yoko sabaki	side moving
ushiro-geri	back kick	hineri sabaki	twisting movement
ushiro mawashi-geri	hook kick	hachi sabaki	figure eight movement
kaiten ushiro mawashi-geri	spinning back kick		
tobi-geri	jump kick	Additional Terms	
fumikomi-geri	stomp kick	junbi undo	preparatory exercises
kansetsu-geri	joint kick	hojo undo	supplemental exercises w/ traditional implements
kin-geri	groin kick	ude tanren/kote kitae	arm conditioning
sune-geri	shin kick	koshi	hips and waist
hiza-geri	knee kick	kyusho	vital points
kakato otoshi	descending heel kick	atemi waza	striking vital targets
ashi-barai	foot sweep	shime waza	choking
kekomi	thrust kick	gyaku waza	joint locking
kiagi	snap kick	nage waza	throwing techniques
furi geri	swing kick	ne waza	ground/grappling techniques
Uke waza (blocking techniques)		hazushi waza	release techniques
jodan age-uke	upper rising block	ura waza	reverse techniques
chudan soto yoko-uke	middle side block	kata bunkai	kata movement fighting application
gedan barai/harai uke	low sweep block	oyo bunkai	variation/practical kata bunkai
uchi-uke	inside block	gokui	'secret' principles
hiki-uke	open hand pull block	kaishugata	'open' hand kata (refers opening & closing of tanden) i.e., gekisai through suparinpei kata
mawashi-uke	open hand circular block	heishugata	'closed' hand kata (refers to tightening of tanden) i.e., sanchin and tensho
tora-guchi	tiger mouth block	Special Terms	
skui-uke	scoop block	muchimi	'heavy/sticky' movement
shotei-uke	palm heel block	chiru no chan chan	extremely fast 'springy' movement
ko-uke	back of wrist block	chinkuchi kakin	tightening joints at moment of focus
kuri-uke	elbow block	shimejurasan	the perfect performance of kata
kosa-uke/juji-uke	cross block	Kata of Okinawa Goju Ryu	
haiwan-uke	forearm block	Kaishugata, Gekisai Dai Ichi, Gekisai Dai Ni, Saifa, Seiyunchin, Shisochin, Sanseru, Sepai, Kururunfa, Sesan, Suparinpei	
otoshi-uke	descending block	Heishugata: Sanchin (Miyagi Chojun)	
osae-uke	press block	Sanchin (Higaonna Kanryo) Tensho	
nagashi-uke	flowing block		
ukemi	break falls		
Kumite (sparring)		Hojo undo (supplemental exercises)	
uke harai	block punch training	chi'shi	stone lever weight
ido/san dan uke harai	moving/three level block punch training	nigiri game	gripping jars
kihon ippon kumite	one attack, one counter sparring	ishi sashi	stone padlocks
nihon kumite	two attack sparring	tetsu geta	iron clogs
sanbon kumite	three attack sparring	kongo ken	iron oval ring
jiyu ippon kumite	free one attack, one counter sparring	tan	barbell
yakusoku kumite	pre-arranged sparring	tetsu wa	iron rings
Gekisai renzoku bunkai	continuous Gekisai application with partner	neko undo	cat exercise
kata bunkai kumite	kata application	makiwara	striking post
oyo kata bunkai	adapted kata application	te mochi makiwara	focus pads
ju kumite	soft sparring	jaribako	sand box
randori kumite	free kumite according to level of practitioners		
jiyu kumite	hard fast (head control) sparring		
shiai kumite	point sparring for tournaments		
kakie	sensitivity close range sparring		