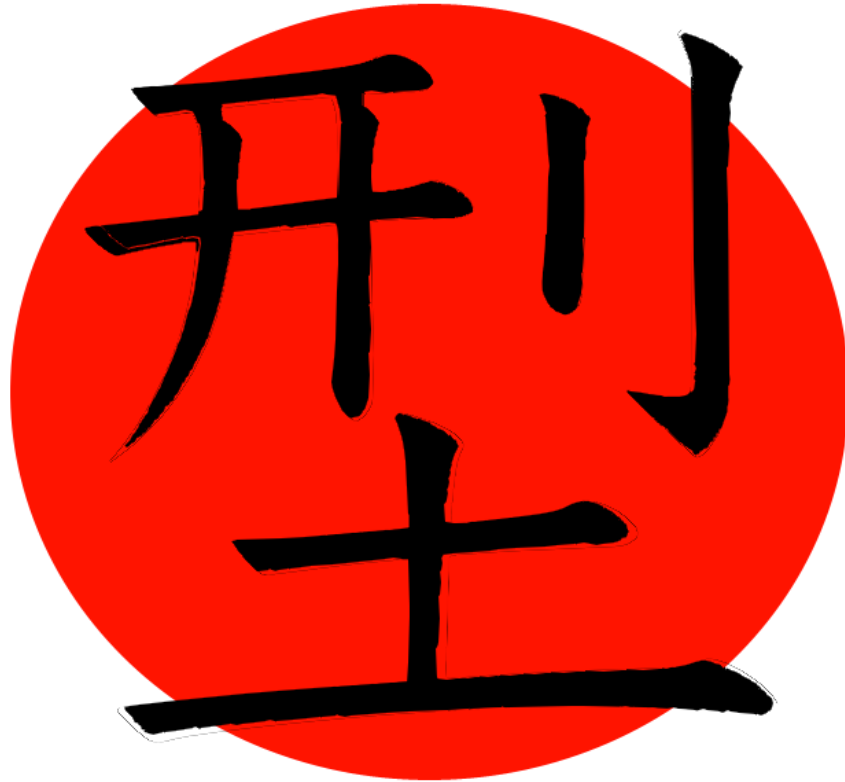


Karate Kata



Step-by-Step

**Shotokan Taikyoku Kata
instructions in English and Japanese**

What is kata?

Kata (型 or 形) translates as "form" and is a set pattern of moves designed to teach students how to complete combinations of attack, defence, and movement.

Katas help:

- Teach strong stances and footwork
- Build muscle memory
- Develop breath and muscle control
- Teach move combinations
- Build flexibility
- Teach fast and slow (power) moves
- Teach key principles such as blocks, strikes, holds, and throws.

There is a long history on when, how and why kata was developed and taught. In summary, kata was a key component in how karate was used to pass on knowledge of fighting techniques.

Each kata has a set of 'bunkai' (分解), literally meaning "break down" or "disassembly". These are explanations or example applications of individual or combination moves in each kata.

There are many different types of bunkai and each sensei may have their own bunkai for a specific move/combination that differs from another sensei's bunkai for the same move/move combination.

Katas may seem straightforward but can take years to fully understand.

Note that some sensei teach variations on kata depending on how they were taught.

The aim of this book is not to teach or guide students on how to perform kata but as a teaching aid to be used as students are guided under their sensei.

Contents

What is kata?

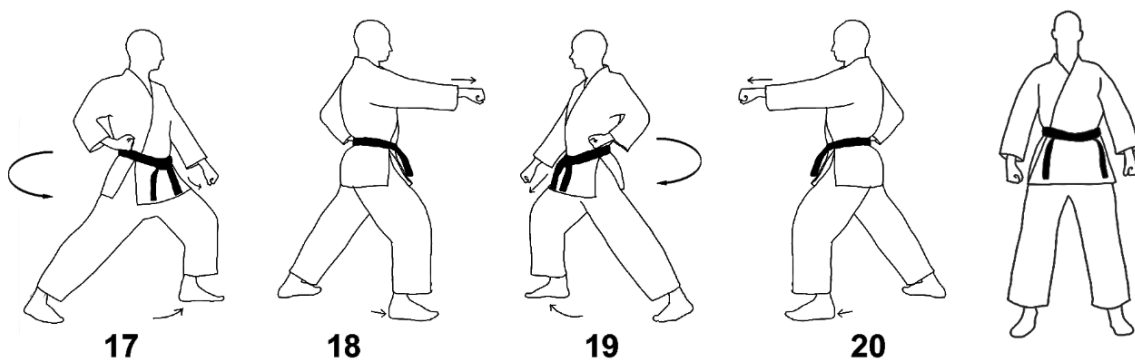
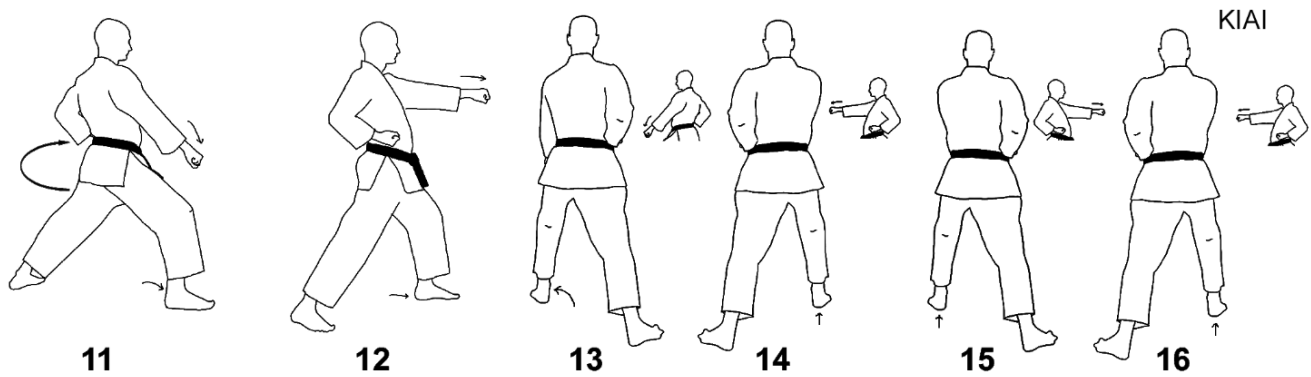
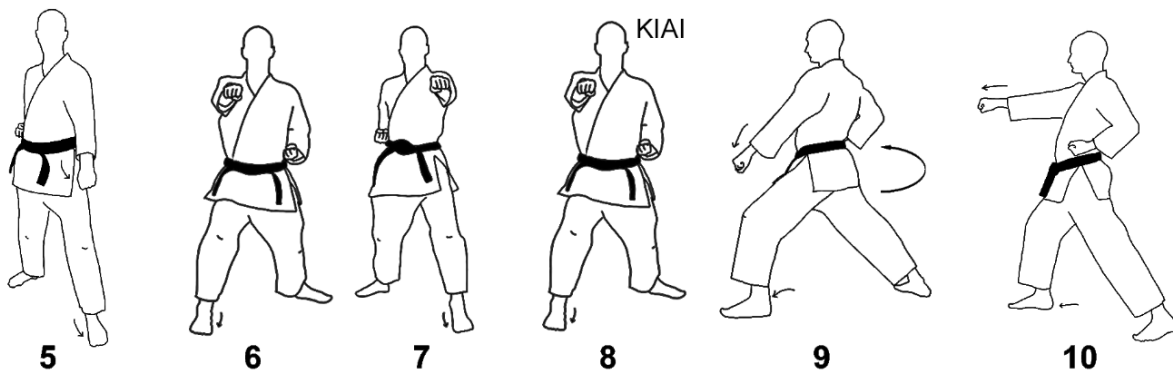
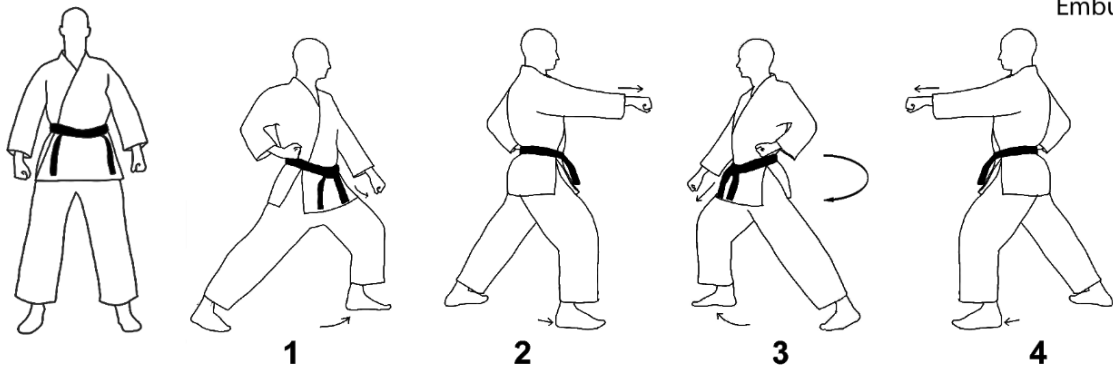
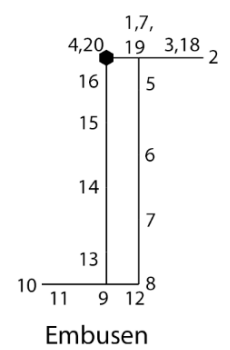
1. Taikyoku Shodan
2. Taikyoku Nidan
3. Taikyoku Sandan
4. Taikyoku Yondan
5. Taikyoku Godan
6. Taikyoku Rokudan
7. Ten No Kata

Tachi-kata & strikes

Karate Terms

Taikyoku Shodan

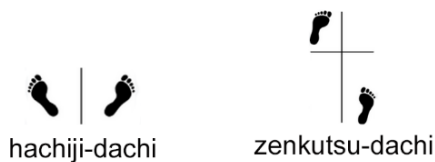
(First Cause - Level 1)



Taikyoku Shodan Steps

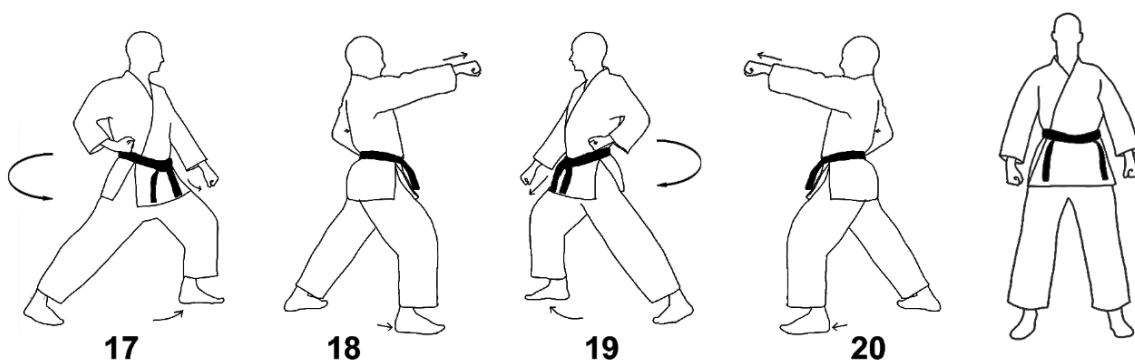
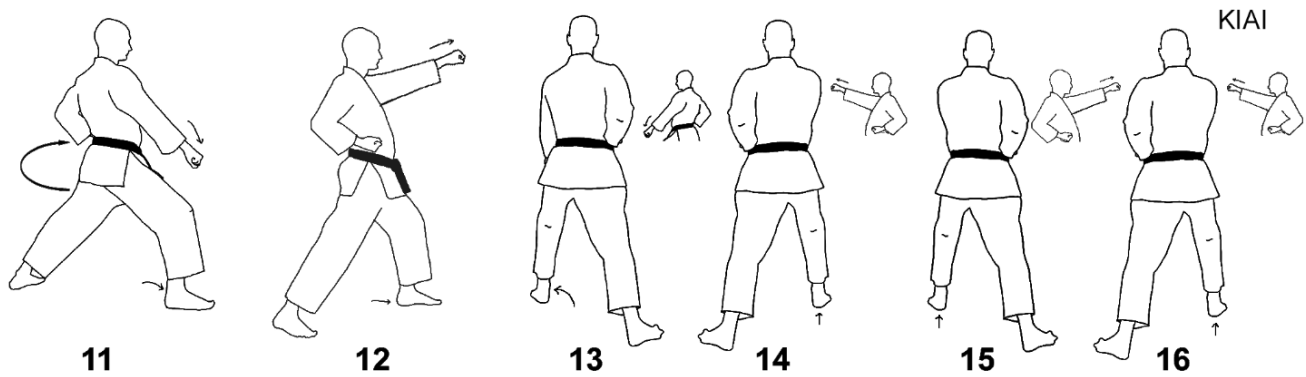
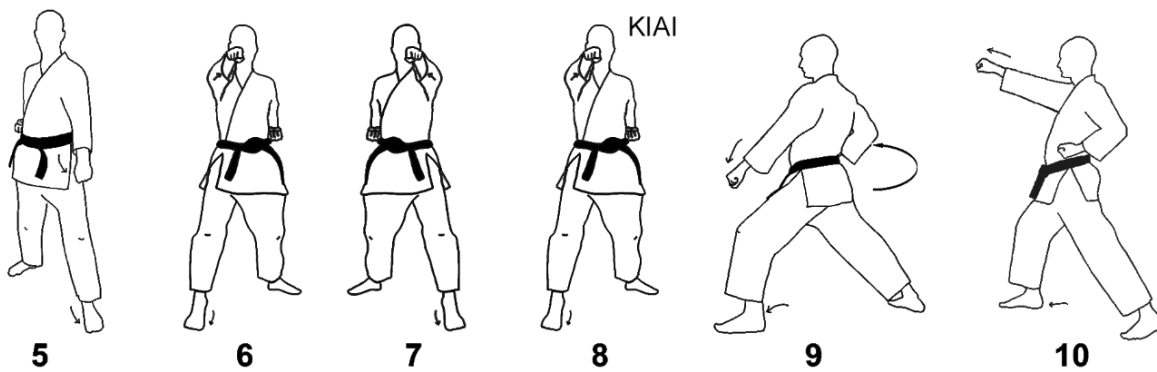
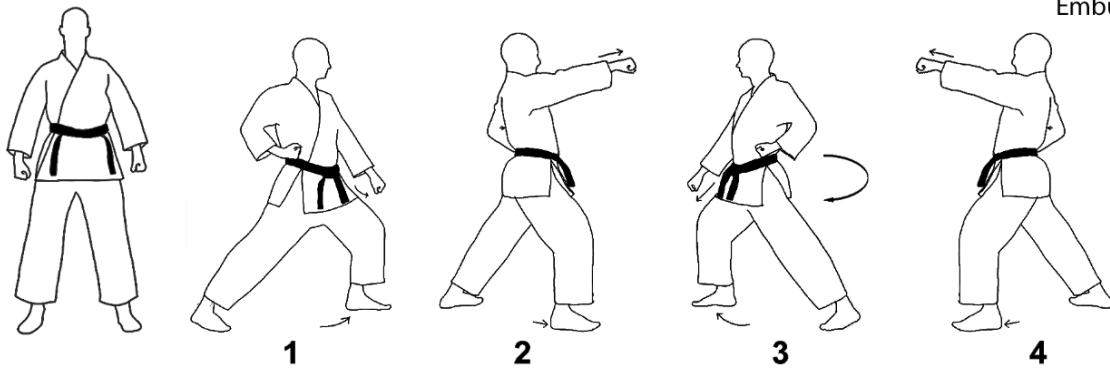
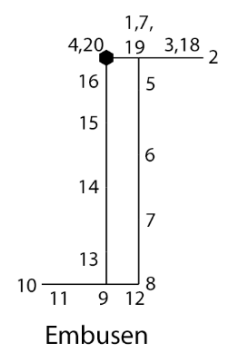
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Yoi			hachiji-dachi	natural stance	
1	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
2	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
3	migi gedan-barai	right downward block	zenkutsu-dachi	front stance	
4	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
5	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
6	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
7	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
8	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	KIAI
9	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
10	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
11	migi gedan-barai	right downward block	zenkutsu-dachi	front stance	
12	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
13	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
14	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
15	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
16	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	KIAI
17	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
18	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
19	migi gedan-barai	right downward block	zenkutsu-dachi	front stance	
20	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
Yame			hachiji-dachi	natural stance	

Stances:



Taikyoku Nidan

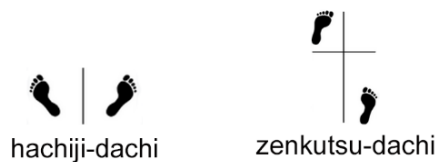
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Taikyoku Nidan Steps

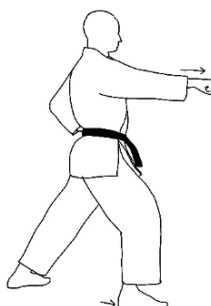
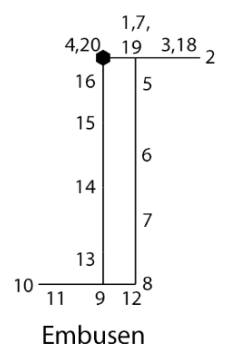
Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
2	migi jodan oi-zuki	right upper-level stepping punch	zenkutsu-dachi	front stance	
3	migi gedan-barai	right downward block	zenkutsu-dachi	front stance	
4	hidari jodan oi-zuki	left upper-level stepping punch	zenkutsu-dachi	front stance	
5	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
6	migi jodan oi-zuki	right upper-level stepping punch	zenkutsu-dachi	front stance	
7	hidari jodan oi-zuki	left upper-level stepping punch	zenkutsu-dachi	front stance	
8	migi jodan oi-zuki	right upper-level stepping punch	zenkutsu-dachi	front stance	KIAI
9	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
10	migi jodan oi-zuki	right upper-level stepping punch	zenkutsu-dachi	front stance	
11	migi gedan-barai	right downward block	zenkutsu-dachi	front stance	
12	hidari jodan oi-zuki	left upper-level stepping punch	zenkutsu-dachi	front stance	
13	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
14	migi jodan oi-zuki	right upper-level stepping punch	zenkutsu-dachi	front stance	
15	hidari jodan oi-zuki	left upper-level stepping punch	zenkutsu-dachi	front stance	
16	migi jodan oi-zuki	right upper-level stepping punch	zenkutsu-dachi	front stance	KIAI
17	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
18	migi jodan oi-zuki	right upper-level stepping punch	zenkutsu-dachi	front stance	
19	migi gedan-barai	right downward block	zenkutsu-dachi	front stance	
20	hidari jodan oi-zuki	left upper-level stepping punch	zenkutsu-dachi	front stance	
Yame			hachiji-dachi	natural stance	

Stances:



Taikyoku Sandan

(First Cause - Level 3)



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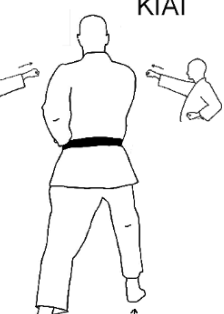
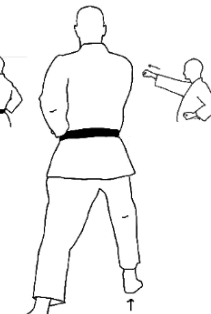
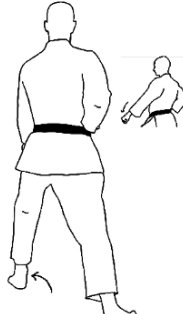
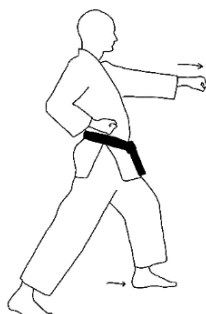
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KIAI



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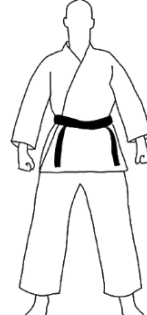
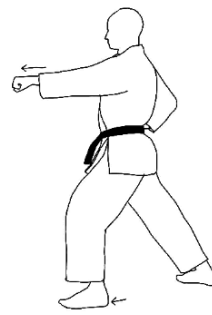
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Taikyoku Sandan Steps

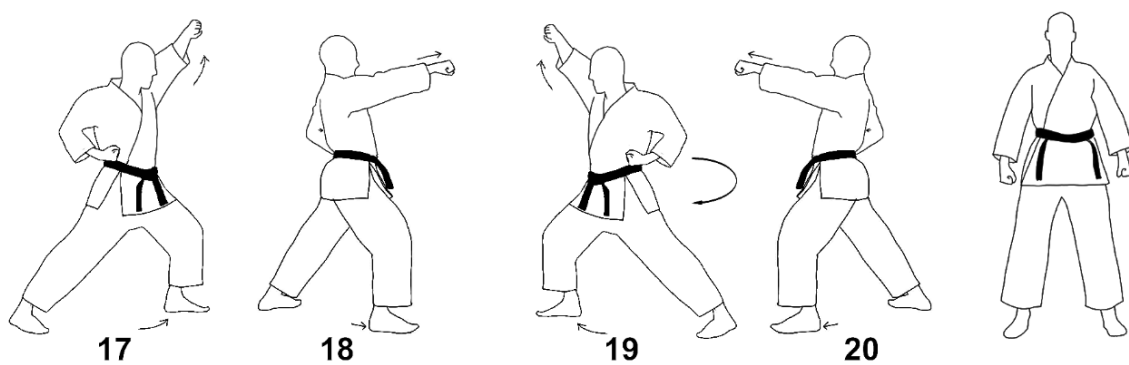
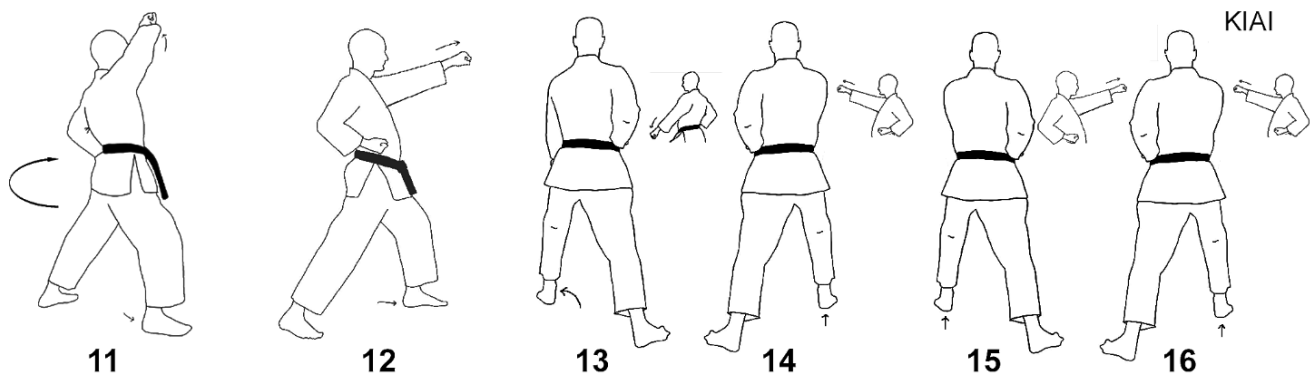
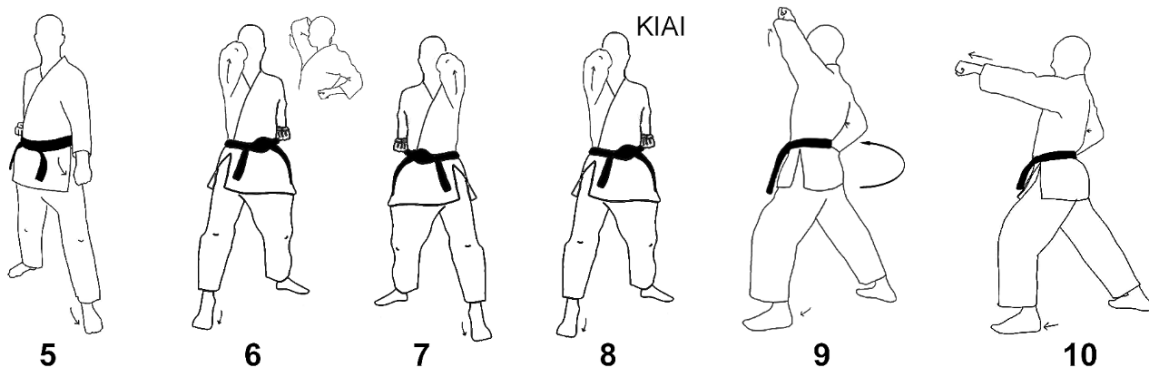
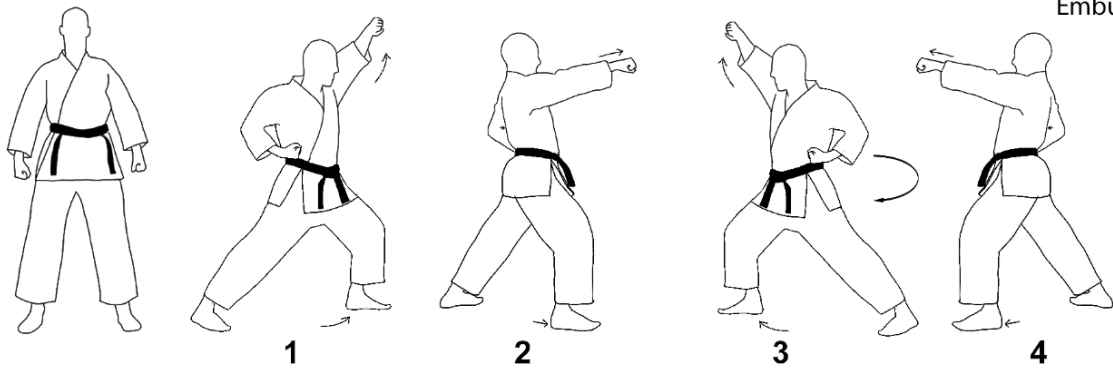
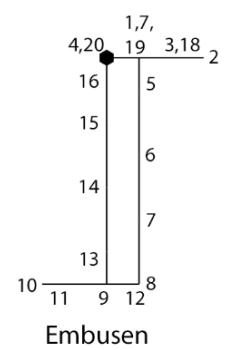
Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	hidari chudan uchi-uke	left middle-level inside block	kokutsu-dachi	back stance	
2	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
3	migi chudan uchi-uke	right middle-level inside block	kokutsu-dachi	back stance	
4	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
5	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
6	migi jodan age-uke	right upper-level stepping punch	zenkutsu-dachi	front stance	alt. middle-level punch
7	hidari jodan age-uke	left upper-level stepping punch	zenkutsu-dachi	front stance	alt. middle-level punch
8	migi jodan age-uke	right upper-level stepping punch	zenkutsu-dachi	front stance	KIAI alt. middle-level punch
9	hidari chudan uchi-uke	left middle-level inside block	kokutsu-dachi	back stance	
10	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
11	migi chudan uchi-uke	right middle-level inside block	kokutsu-dachi	back stance	
12	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
13	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
14	migi jodan age-uke	right upper-level stepping punch	zenkutsu-dachi	front stance	alt. middle-level punch
15	hidari jodan age-uke	left upper-level stepping punch	zenkutsu-dachi	front stance	alt. middle-level punch
16	migi jodan age-uke	right upper-level stepping punch	zenkutsu-dachi	front stance	KIAI alt. middle-level punch
17	hidari chudan uchi-uke	left middle-level inside block	kokutsu-dachi	back stance	
18	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
19	migi chudan uchi-uke	right middle-level inside block	kokutsu-dachi	back stance	
20	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
Yame			hachiji-dachi	natural stance	

Stances:



Taikyoku Yondan

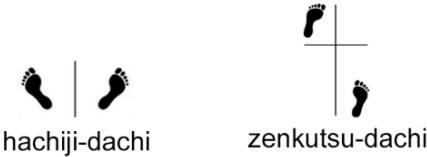
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Taikyoku Yondan Steps

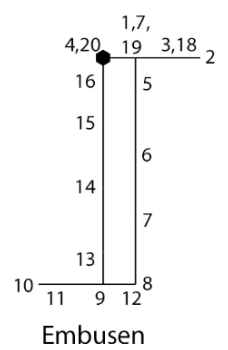
Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	hidari jodan age-uke	left upper rising block	zenkutsu-dachi	front stance	
2	migi jodan oi-zuki	right upper-level stepping punch	zenkutsu-dachi	front stance	
3	migi jodan age-uke	right upper rising block	zenkutsu-dachi	front stance	
4	hidari jodan oi-zuki	left upper-level stepping punch	zenkutsu-dachi	front stance	
5	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
6	migi tate empi-uchi	right vertical elbow-strike (stepping forward)	zenkutsu-dachi	front stance	
7	hidari tate empi-uchi	left vertical elbow-strike (stepping forward)	zenkutsu-dachi	front stance	
8	migi tate empi-uchi	right vertical elbow-strike (stepping forward)	zenkutsu-dachi	front stance	KIAI
9	hidari jodan age-uke	left upper rising block	zenkutsu-dachi	front stance	
10	migi jodan oi-zuki	right upper-level stepping punch	zenkutsu-dachi	front stance	
11	migi jodan age-uke	right upper rising block	zenkutsu-dachi	front stance	
12	hidari jodan oi-zuki	left upper-level stepping punch	zenkutsu-dachi	front stance	
13	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
14	migi jodan oi-zuki	right upper-level stepping punch	zenkutsu-dachi	front stance	
15	hidari jodan oi-zuki	left upper-level stepping punch	zenkutsu-dachi	front stance	
16	migi jodan oi-zuki	right upper-level stepping punch	zenkutsu-dachi	front stance	KIAI
17	hidari jodan age-uke	left upper rising block	zenkutsu-dachi	front stance	
18	migi jodan oi-zuki	right upper-level stepping punch	zenkutsu-dachi	front stance	
19	migi jodan age-uke	right upper rising block	zenkutsu-dachi	front stance	
20	hidari jodan oi-zuki	left upper-level stepping punch	zenkutsu-dachi	front stance	
Yame			hachiji-dachi	natural stance	

Stances:

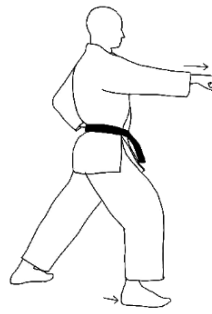


Taikyoku Godan

(First Cause - Level 5)



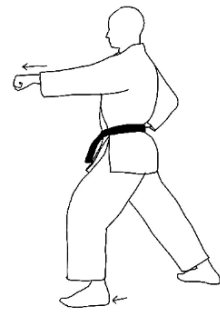
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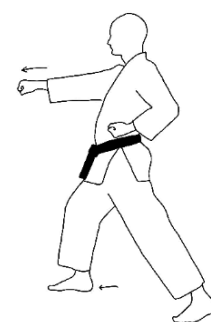
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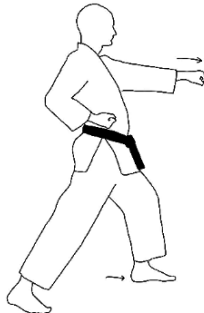
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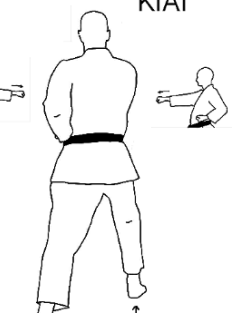
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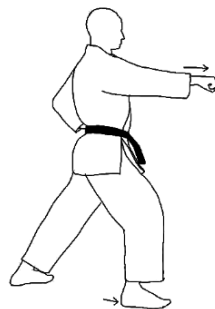
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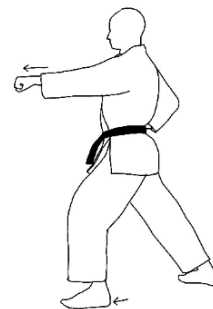
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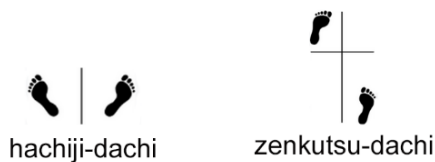
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Taikyoku Godan Steps

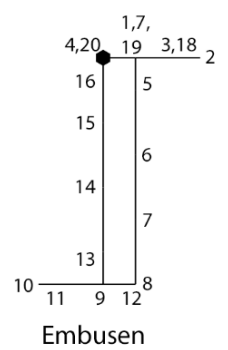
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Yoi			hachiji-dachi	natural stance	
1	hidari chudan uchi-uke	left middle-level inside block	zenkutsu-dachi	front stance	
2	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
3	migi chudan uchi-uke	right middle-level inside block	zenkutsu-dachi	front stance	
4	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
5	hidari chudan uchi-uke	left middle-level inside block	zenkutsu-dachi	front stance	
6	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
7	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
8	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	KIAI
9	hidari chudan uchi-uke	left middle-level inside block	zenkutsu-dachi	front stance	
10	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
11	hidari chudan uchi-uke	right middle-level inside block	zenkutsu-dachi	front stance	
12	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
13	hidari chudan uchi-uke	left middle-level inside block	zenkutsu-dachi	front stance	
14	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
15	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
16	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	KIAI
17	hidari chudan uchi-uke	left middle-level inside block	zenkutsu-dachi	front stance	
18	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
19	migi chudan uchi-uke	right middle-level inside block	zenkutsu-dachi	front stance	
20	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
Yame			hachiji-dachi	natural stance	

Stances:



Taikyoku Rokudan

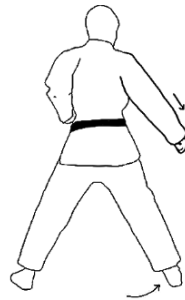
(First Cause - Level 6)



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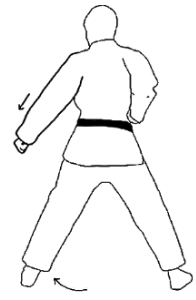
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KIAI



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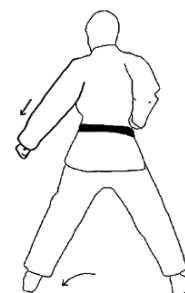
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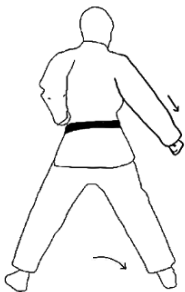


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10

KIAI



11



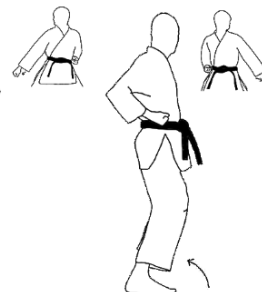
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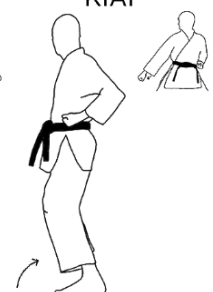
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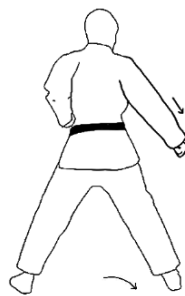
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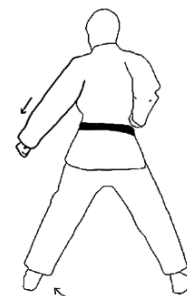
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Taikyoku Rokudan Steps

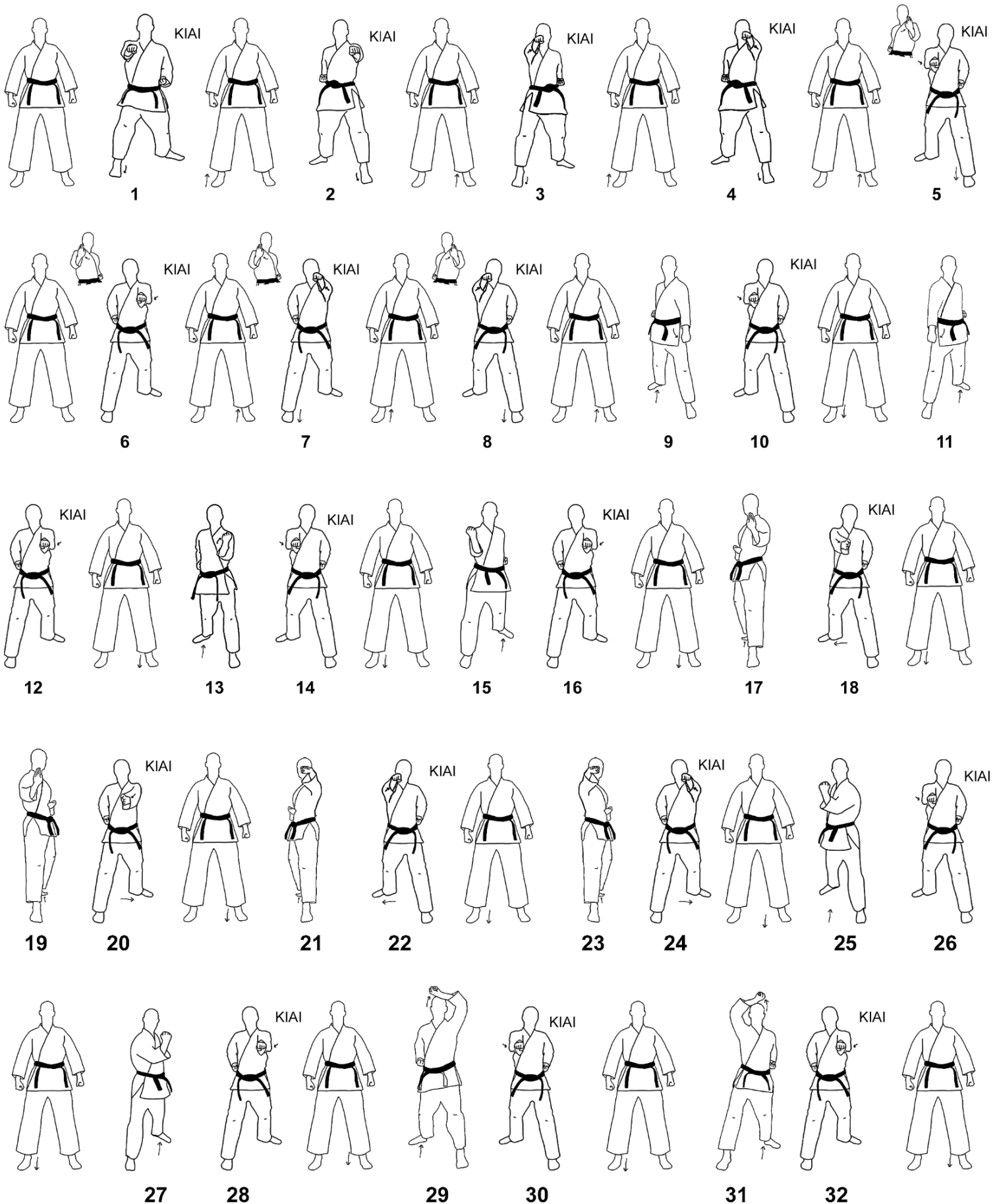
Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	hidari sokumen gedan-barai	left side downward block	kiba-dachi	horse-riding stance	
2	migi sokumen gedan-barai	right side downward block	kiba-dachi	horse-riding stance	
3	migi sokumen gedan-barai	right side downward block	kiba-dachi	horse-riding stance	
4	hidari sokumen gedan-barai	left side downward block	kiba-dachi	horse-riding stance	
5	hidari sokumen gedan-barai	left side downward block	kiba-dachi	horse-riding stance	
6	migi sokumen gedan-barai	right side downward block	kiba-dachi	horse-riding stance	
7	hidari sokumen gedan-barai	left side downward block	kiba-dachi	horse-riding stance	
8	migi sokumen gedan-barai	right side downward block	kiba-dachi	horse-riding stance	KIAI
9	hidari sokumen gedan-barai	left side downward block	kiba-dachi	horse-riding stance	
10	migi sokumen gedan-barai	right side downward block	kiba-dachi	horse-riding stance	
11	migi sokumen gedan-barai	right side downward block	kiba-dachi	horse-riding stance	
12	hidari sokumen gedan-barai	left side downward block	kiba-dachi	horse-riding stance	
13	hidari sokumen gedan-barai	left side downward block	kiba-dachi	horse-riding stance	
14	migi sokumen gedan-barai	right side downward block	kiba-dachi	horse-riding stance	
15	hidari sokumen gedan-barai	left side downward block	kiba-dachi	horse-riding stance	
16	migi sokumen gedan-barai	right side downward block	kiba-dachi	horse-riding stance	KIAI
17	hidari chudan uchi-uke	left middle-level inside block	kiba-dachi	horse-riding stance	
18	migi chudan oi-zuki	right middle-level stepping punch	kiba-dachi	horse-riding stance	
19	migi chudan uchi-uke	right middle-level inside block	kiba-dachi	horse-riding stance	
20	hidari chudan oi-zuki	left middle-level stepping punch	kiba-dachi	horse-riding stance	
Yame			hachiji-dachi	natural stance	

Stances:



Ten No Kata

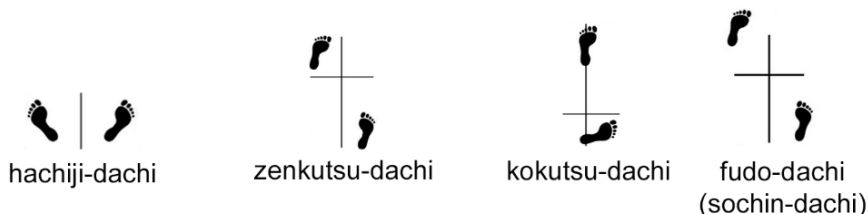
(Kata of Heaven)



Ten No Kata Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	KIAI
Yoi			hachiji-dachi	natural stance	
2	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	KIAI
Yoi			hachiji-dachi	natural stance	
3	migi jodan oi-zuki	right upper-level stepping punch	zenkutsu-dachi	front stance	KIAI
Yoi			hachiji-dachi	natural stance	
4	hidari jodan oi-zuki	left upper-level stepping punch	zenkutsu-dachi	front stance	KIAI
Yoi			hachiji-dachi	natural stance	
5	hidari chudan gyaku-zuki	left middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
6	migi chudan gyaku-zuki	right middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
7	hidari jodan gyaku-zuki	left upper-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
8	migi jodan gyaku-zuki	right upper-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
9	hidari gedan-barai	left downward block	fudo-dachi	low & rooted stance	
10	migi chudan gyaku-zuki	right middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
11	migi gedan-barai	right downward block	fudo-dachi	low & rooted stance	
12	hidari chudan gyaku-zuki	left middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
13	hidari chudan uchi-uke	left middle-level inside block	fudo-dachi	low & rooted stance	
14	migi chudan gyaku-zuki	right middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
15	migi chudan uchi-uke	right middle-level inside block	fudo-dachi	low & rooted stance	
16	hidari chudan gyaku-zuki	left middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
17	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
18	migi chudan shihon-nukite	right middle-level 4-finger spear-hand strike	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
19	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
20	hidari chudan shihon-nukite	left middle-level 4-finger spear-hand strike	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
21	hidari jodan shuto baria	left upper-level knife hand sweep	kokutsu-dachi	back stance	
22	migi jodan gyaku-zuki	right upper-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
23	migi jodan shuto baria	right upper-level knife hand sweep	kokutsu-dachi	back stance	
24	hidari jodan gyaku-zuki	left upper-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
25	hidari chudan soto-ude-uke	left middle-level outer block	fudo-dachi	low & rooted stance	alt: upper level block
26	migi chudan gyaku-zuki	right middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
27	migi chudan soto-ude-uke	right middle-level outer block	fudo-dachi	low & rooted stance	alt: upper level block
28	hidari chudan gyaku-zuki	left middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
29	hidari jodan age-uke	left upper rising block	fudo-dachi	low & rooted stance	
30	migi chudan gyaku-zuki	right middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
31	migi jodan age-uke	right upper rising block	fudo-dachi	low & rooted stance	
32	hidari chudan gyaku-zuki	left middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yame			hachiji-dachi	natural stance	
				* alt: kia only at last two punches	

Stances:



Tachi-kata

(Stance forms)



sieza



musubi-dachi



heisoku-dachi



heiko-dachi



hachiji-dachi



uchi hachinoji-dachi



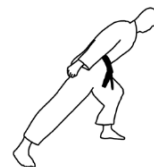
moto-dachi



moro ashi-dachi



zenkutsu-dachi



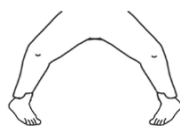
hiza-kutsu



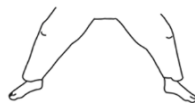
kokutsu-dachi



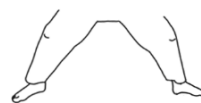
kiba-dachi



naihanchi-dachi



shiko-dachi



naname zenkutsu-dachi



fudo-dachi



sanchin dachi



seisan-dachi



hangestu dachi



neko-ashi-dachi



tsuru ashi-dachi



sagi ashi-dachi



kosa-dachi



laigoshi-dachi



teidji-dachi



renoji-dachi



Hiza-kakushi-dachi

#	Stance	Translation	Description	Application & variants
1	seiza	'proper sitting'	Kneeling, sitting back on heels. Legs straight and not crossed.	Traditional sitting and listening/meditating position.
2	musubi-dachi	Standing stance	Heels together & toes at 45 degrees. (lit. trans. 'tied')	Formal way of standing and paying attention.
3	heisoku-dachi	Closed leg stance	Feet together at heels and toes	Formal 'ready' stance. Used in some kata.
4	heiko-dachi	Parallel stance	Feet shoulder width apart facing forward. Standing up straight.	Stance used to 'get ready'.
5	hachiji-dachi / shizentai-dachi	Natural stance	Feet shoulder width apart at 45deg. Standing up straight. (lit. Trans '8' stance - as per character for number 8)	Sometimes referred to as ' yoi dachi ' or waiting stance.
6	uchi hachinoji-dachi	Inward natural stance	Natural stance with toes and knees pointing in.	Variant: soto hachinoji-dachi - toes point outwards)
7	moto-dachi	Foundation stance. ('base' stance)	Front foot facing forward. Back leg at 30deg.	Common sparing preparation stance.
8	moro-ashi-dachi	One foot forward stance	One leg forward and slightly bent. Both feet natural stance.	Common natural fighting stance.
9	zenkutsu-dachi	Front stance	Feet shoulder with apart. Front leg bent (knee over foot). Back leg near straight with foot at 30-45degrees. Most of weight on front foot.	Often used to deliver powerful forward attacks with follow-through. Variant: sho zenkutsu-dachi (short front stance) / han zenkutsu-dachi (half front stance) - shortened version of front stance. Front leg pulled inwards.
10	hiza-kutsu	knee bend (stance)	As per front stance but with front knee bending further forward (body leaning forward as straight line from ankle to shoulder).	Often blocking back & head looking backward.
11	kokutsu-dachi	Back stance	Feet shoulder width apart. Back leg bent to the side & foot point near 90deg Front leg in front with foot forward and bent. Most of weight on the back foot.	Often used as defensive stance and used to counter frontal attacks. Variant: sho kokutsu-dachi (short back stance) / han-kokutsu-dachi (half back stance) - front leg pulled in. Sōkutsu-dachi (hangout stance) - head faces direction of back foot.
12	kiba-dachi	Horse stance/ horse-riding stance	Feet wide apart and pointing forward. Knees bent & pointing 45deg. Back straight. Weight evenly distributed.	Strong low stance often used for defending against close attacks, landing from jump forward attacks, and/or side attacks.
13	naihanchi-dachi	Straddle stance	Kiba dachi with feet turned in.	Strong gripping stance as per kiba-dachi.
14	shiko-dachi / jigotai-dachi	Square stance	Feet wide apart and pointing 45deg. Knees bent & pointing 45deg. Back straight. Weight evenly distributed. 'Square' refers to 90% angle of legs and feet. (lit. trans. 'four-thighs')	Strong low stance often used for low blocks and strikes. Variant: han shiko-dachi (half square stance) - legs pulled closer together.
15	naname zenkutsu-dachi	Slanted Front-leg-bent Stance (lit. Diagonal Front-ducking Stance)	As shiko-dachi but front foot turned to front.	Similar to back stance but often used to support forward mobility.
16	sochin-dachi / fudo-dachi	Immovable stance	As with kiba dachi but legs facing 45deg & body facing forward. Feet wide apart and pointing 45deg. Knees bent & pointing 45deg. Back straight. Weight evenly distributed.	Sometimes used in for defence/attacks to front and side whilst keeping strong base.
17	sanchin-dachi	Hourglass stance (Three Battles stance)	Heels of feet shoulder width apart. Feet turned inwards. Knees bent tight inwards to protect groin. Back straight. Tense stomach muscles and grip floor with toes.	Sometimes used in close combat fighting to protect groin and give & absorb body blows.
18	seisan-dachi	'natural' stance	Heels of feet shoulder width apart. Front foot turned inward. Back foot straight. Knees bent inwards. Back straight. Tense stomach muscles and grip floor with toes.	Strong gripping close combat stance. Note in styles seisan-dachi is another name for sanchin-dachi. Variant: Chokusen-seisan-dachi (straight line natural stance) - feet kept in straight line and body facing forward.
19	hangetsu dachi	(half moon stance)	Heels of feet slightly wider than shoulder width apart. Front foot turned inward. Back foot straight. Knees bent inwards. Back straight (or slight angle).Tense stomach muscles and grip floor with toes.	Strong gripping close combat stance and grappling. Note in some styles hangetsu-dachi is another name for seisan-dachi
20	neko-ashi-dachi	Cat stance	Back left bent and foot at 45deg. Front leg forward about shoulder width with leg bent and only ball of foot on ground.	Sometimes used as a defensive stance allowing quick movement and easy counter-attack kicks. Variant: tsumasaki-dachi (tip-toe stance) - front foot flat, reverse foot on tip of toes.
21	tsuru-ashi-dachi / gangaku-dachi	Crane stance	One leg raised - foot behind other knee. Other leg with foot at slight angle and knee slightly bent.	Sometime used in to prepare a kick, avoid a sweep, or turning/movement on the spot. Variant: Ippon-ashi-dachi (one leg stance) - one leg raised but not resting on other leg.
22	sagi-ashi-dachi	Heron Leg Stance	One leg raised - foot against other knee. Other leg with foot at slight angle and knee slightly bent.	As per tsuru-ashi-dachi but often used to deliver effective side snapping kicks.
23	kosa-dachi	Crossing stance	Move leg moving behind front leg and resting on ball of feet. Front leg slightly bent and foot at angle.	Sometimes used in transition to another move either sideways or turning. Can also be used as landing stance after leaping forward and striking. Variant: kake-dachi (hook stance) - front foot facing at 70-90deg.
24	iaigoshi-dachi / hiza-dachi	One-leg kneeling stance	Front leg bent, back leg kneeling on floor with ball of foot on floor	Sometimes used to punch or block low, for example to pre-emptively block a kick. With back leg straight it can be used to grab legs to pull down attacker, or to stoop low to avoid high (weapon) attack.
25	teidji-dachi	T stance	Back foot at 90 deg. One leg forward with foot straight ahead.	Often used to prepare against defensive attack or pull back from front attack.
26	renoji-dachi	L-stance	Back foot at 90 deg. One leg forward with foot straight ahead.	Often used to prepare against defensive attack or pull back from front attack or grab.
27	hiza-kakushi kosa-dachi	hidden knee stance	front leg bent, back leg against front with back knee behind front kneed	Sometimes used to appear smaller to attacker, distract, or to hide preparation for a kick.



Seiken
(Clenches fist strike)



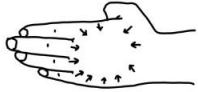
Hiraken
(front knuckles)



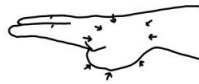
Uraken
(backfist)



Kentsui
(hammerfist strike)



Haishu
(backhand)



Haito
(ridge hand strike)



Seiruto
(ox jaw /
side palm)



Nukite
(spear hand strike)



Shuto
(Knife hand strike)



Teisho
(palm heel strike)



Nakadaka Ken
(middle knuckle strike)



Ippon Ken
(single knuckle
strike)



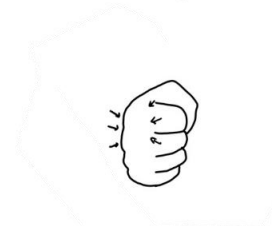
Ippon Nukite
(single finger
spear strike)



Nihon Nukite
(two finger
spear strike)



Kumade
(full palm strike)



Tate
(vertical strike /
vertical fist strike)



Washide
(eagle beak strike)



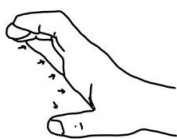
Kakuto
(wrist joint strike /
Goose neck strike)



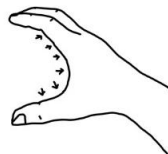
Keito
(chicken head strike)



Te Kubi Kake
(wrist hooking
strike/block)



Kakute
(tiger claw strike)



Toraguchi
(tiger mouth strike /
hook strike)

Karate Terms

General

karate	- Empty hand
karate-do	- The karate way
bushido	- The way of the warrior / samurai
shotokan	- Hall of pine waves
sensei	- Teacher
sempei	- Senior student
karateka	- Student of karate
obi	- Belt
kumite	- Sparring
bunkai	- To breakdown
kata	- Form
kiai	- Fighting shout
jodan	- High level/head height
chudan	- Mid-level / chest height
gedan	- Lower level / lower body height
hai	- Yes
lie	- No
oss	- *no translation* noise of acknowledgement
dojo	- Place of learning
dan	- (Black belt) level
arigato gozaimasu / arigato	- Thank you very much / thank you
yoi	- Get ready
yame	- Stop
hajime	- Start
rei	- Bow
narade	- Line up
kime	- Focus /energy
seiza	- Kneel
tatami	- (dojo) mat

Directions

hidari	- Left
migi	- Right
ushiro	- Back/backwards
soto	- Outside
yoko	- Side
mae	- Front

Counting

ichi	- 1
ni	- 2
san	- 3
yon/shi	- 4
go	- 5
roku	- 6
shichi (nana)	- 7
hachi	- 8
kyu	- 9
ju	- 10
ni ju. san ju, etc.	- 20, 30, etc.
hyaku	- 100

uke - blocks (to receive)

gedan barai	- Downward block
soto uke	- Outside block
shuto uke	- Knife hand block
nagashi uke	- Sweeping block
empi uke	- Elbow block
morote uke	- Augmented block
age uke	- Rising block
uchi uke	- Inside block
tate shuto uke	- Vertical knife hand block
haishu uke	- Back hand block
juji uke	- X block
kakewake uke	- Wedge block
kose uke	- Cross-hand block
haito uke	- Back hand knife block

tsuki - punches

kara/choku tsuki	- Straight punch
kizami tsuki	- Front hand punch
kagi tsuki	- Hook punch
sanbon tsuki	- Three punch combination
oi tsuki	- Stepping punch
gyaku tsuki	- Reverse punch
ren tsuki	- Two punch combination

uchi - strikes

age empi uchi	- Rising elbow strike
mawashi empi uchi	- Round elbow strike
tate empi uchi	- Downward elbow strike
uraken uchi	- Back fist strike
nukite	- Spear hand thrust
haito uchi	- Ridge hand strike
yoko empi uchi	- Side elbow strike
ushiro empi uchi	- Reverse elbow strike
shuto uchi	- Knife hand strike
tetsui uchi	- Hammer fist strike
teisho uchi	- Palm heel strike
hikite	- Pulling back hand to strike

keri - kicks

mae geri	- Front kick
yoko geri kekomi	- Side thrust kick
ushiro geri	- Back kick
ren geri	- Kicking combinations
yoko geri keage	- Side snap kick
mawashi geri	- Roundhouse kick
hiza geri	- Knee kick
nidan geri	- Two kicks with same leg
yoko tobi geri	- flying sidekick
ura mawashi geri	- Hook kick (reverse roundhouse)
keage	- Snap kick, e.g. mae geri keage
kekomi	- Thrust kick, e.g. mae geri kekomi
ashi barai	- Leg sweep

Karate kata – step by step

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