

WESTON MARTIAL ARTS

A.

AGE-- RISING
AGE UKE--RISING BLOCK
ASHI--FOOT
ASHI WAZA--FOOT TECHNIQUE
ATEMI--STRIKING POINT

C.

CHOKU ZUKI--STRAIGHT PUNCH
CHUDAN--MID/SECTION

D.

DACHI--STANCE
DAN--LEVEL
DO--THE WAY
DOJO--PLACE OF THE WAY

E.

EMPI--ELBOW

G.

GEDAN--LOW SECTION
GEDAN BARI--LOW SWEEPING BLOCK
GI--KARATE SUIT
GYAKA--REVERSE
GERI--KICK

H.

HAI--YES
HAI SOKO--TOP OF FOOT
HAJIME--START
HAMMIE CUMMIE--FIGHTING STANCE
HEAKO--EASY STANCE
HAITO--RIDGE HAND
HIDARI--LEFT
HISEKA DACHI--ATTENTION STANCE
HIZA--KNEE
HARA--LOWER ABDOMEN

I.

IPPON--ONE POINT
IPPON KEN--ONE KNUCKLE FIST

J.

JODAN--HIGH SECTION
JUJI UKE--X BLOCK
JIYU KUMITE--FREE SPARING

K.

KAGE UKE--HOOKING BLOCK
KAGE ZUKI--HOOK PUNCH

K.

KAKATO--HEEL
KATA--FORMAL EXERCISE
KARATE--EMPTY HAND
KEAGE--SNAPPING
KEKOMI--POWER
KENTSUKI--HAMMERFIST
KIAI--AUDIBLE POWER
KIBA--HORSE
KOKUTSU--BACKWARD
KOSHE--BALL OF FOOT
KUMADE--BEARS PAW
KIN GERI--GROIN KICK
KIME--FOCUS

M.

MAE--FRONT
MAKIWARA--STRIKE POST
MAWASHI--ROUNDHOUSE
MAWATE--TURN
MIGI--RIGHT
MIKAZUKI--CRESENT
MOROTE--AUGMENTED

N.

NEKO ASHI--CAT LIKE
NIDAN--DOUBLE
NUKITE--SPEARHAND

O.

OBI--BELT
OI--LUNGE
OSAE--PRESSING

R.

REI--BOW
REN--COMBINATION

S.

SANCHIN--HOURGLASS
SEMETE--ATTACKER
SEMPAI--SENSEI AIDE
SENSEI--INSTRUCTOR
SHIHAN--MASTER
SHOMAN--HEAD OF HALL
SHUTO--KNIFEHAND
SIEKEN--FOREFIST
SOKE--FOUNDER