

TSG KARATE

DICTIONARY

TITLES

Soke	Founder – Grand Master
Hanshi	Senior Master
Shihan	Master
Sensei	Teacher
Sempai	Senior
Kohai	Student

COMMANDS

Rei	bow
Yoi	be ready
Kamaete	take up stance
Naotte	return to ready stance
Yasume	relax
Hajime	begin
Yame	stop
Mokuso	close your eyes

LEVELS

Gedan	low
Chudan	middle
Jodan	high

NUMBERS

Ichi	one
Ni	two
San	three
Shi/ Yon	four
Go	five
Roku	six
Shichi	seven
Hachi	eight
Ku	nine
Ju	ten

ANATOMY

Seiken	fist
Uraken	backfist
Shuto	sword hand
Shotei	palm of hand
Tate	standing fist
Hiji	elbow
Kote	forearm

Ashi	foot/ leg
Momo	thigh
Hiza	knee
Sune	shin
Kakato	heel
Kinteki	testicles
Kubi	neck

STANCES

Fudo Dachi	ready stance
Yoi Dachi	relaxed ready stance
Kumite Dachi	fighting stance

TECHNIQUES

Tsuki	punch
Uchi	strike
Uke	block
Barai	parry
Geri	kick
Kerikomi Geri	step in and kick
Nage	throw
Age	raising
Oroshi	descending
Osae	pressing

BLOCKS

Gedan Barai	low parry
Gedan Uke	low block
Sune Uke	shin block
Kote Uke	forearm block
Shotei Uke	open hand block
Mawashi Uke	circular block
Jodan Juji Uke	high cross block
Jodan Age Hiji Uke	rising elbow block
Gedan Hiji Uke	low elbow block
Osae Uke	pressing palm block
Shotei Kote Uke	palm and forearm block
Sune/Kote Uke	shin and forearm block

PUNCHES & STRIKES

Oi Tsuki	front hand punch
Gyaku Tsuki	rear hand punch
Shita Tsuki	uppercut to solar plexus
Hiji Uchi	elbow strike
Age Hiji Uchi	rising elbow strike
Oroshi Hiji Uchi	descending elbow strike
Mawashi Uchi	hook punch
Jodan Age Uchi	uppercut to jaw

Shotei Uchi	palm heel strike
Mawashi Shotei Uchi	open hand hook strike
Uraken Yoko Uchi	backfist strike
Ura Uraken Yoko Uchi	spinning backfist strike
Shuto Oroshi Uchi	descending sword hand strike
Shuto Uchi Uchi	sword hand strike

KICKS

Mae Geri	front kick
Mae Hiza Geri	straight knee kick
Mawashi Hiza Geri	roundhouse knee kick
Tobi Hiza Geri	jumping knee kick
Mawashi Geri	roundhouse kick
Uchi Momo Geri	inside thigh kick
Ushiro Geri	back kick
Ushiro Mawashi Geri	spinning back kick
Kakato Geri	heel kick
Kansetsu Geri	kick to the knee joint
Yoko Geri	side kick
Kin Geri	groin kick
Uchi Geri	reversed triangle kick

TAKEDOWNS

Leg Hooks	leg hooks
Maki Komi Nage	forward rolling throw
Sune Ashi Barai	leg sweep
Osae Nage	pressing throw

CONTROL POSITIONS

Neck Clinch
Mawashi Kumi
Knee Mount