

BUSHIKEN KARATE

Blue – Yellow Belt 7th Kyu – 6th Kyu

Terminology

Stances

Han Kiba Dachi – Half horseback stance

Kiba Dachi – Horseback stance

Musubi Dachi – Training stance toes pointed out 45 degrees, heels together back straight

Punches/ Strikes

Nihon Tsuki – One, two punch

Tateken – Punch with fist turned vertically

Jun Tsuki – Another way of saying “Seiken” fist turned horizontally

Kicks

Mawashi Geri – Roundhouse Kick

Soto Mawashi – Outside to in crescent kick

Uchi Mawashi – Inside to out crescent kick

Ushiro Geri – Back kick

Yoko Geri – Side Kick

Yoko Ke Age – Side High Kick (Straight leg)

Blocks

Uke – Block Technique

Gedan Barai – Lower parry block

Chudan Uchi Uke Gedan Barai – Middle and Lower at the same time

Mawashi Uke – Roundhouse block

Jodan Uke – Upper block

Chudan Soto Uke – Middle outside to in block

Definitions

Han – Half

Han Mi – A posture, body facing front diagonally; shoulders and waist at 45 degree angle

Mawashi – Circular “roundhouse” technique

Ushiro – Back

Kyu – Color belt rank

Sokuto – Knife edge foot

Dan – Black belt degree