Champion Karate & Fitness

Terminology Sheet
To Obtain Youth/Adult Red Belt

Property of Champion Karate & Fitness (Sensei Samantha Hostettler)

Basic Karate Terms

ridge hand	haito
spear hand strike	nukite
foot sweep	ashi barai
knee strike	hiza geri
reverse roundhouse kick	uramawashi
back fist	ushiro geri
reinforced chest block	moroto uchi uke
front hand jab	kizami zuki
thrusting kick	kekomi geri
heel kick	kakato geri

kime	total focus of all mental and physical energy
zanshin	continued commitment after a technique has landed