



Renshin-Kai Karate Terminology
5th to 4th Kyu - Orange Belt to Green Belt



Punches/ Strikes

Morote- Double Hands

Morote Zuki- Double Handed Punch

Hiji- Elbow

Enpi- Elbow Strike

Kanzo Uchi- Livershot

Hizou Uchi- Strike to Spleen

Kicks

Kesa Geri- Diagonal Roundhouse Kick

Tate Geri- Vertical Roundhouse Kick

Mikazuki Geri- A Kick between Mae Geri and Mawashigeri

Kakato Otoshi Geri- Axe Kick

Tobi Geri- Jumping Kick

Stances

Neko Ashi Dachi- Cat Stance

Commands

Tenshin- Turning around without losing Alignment of Balance

Definition

Ibuki- Forced Tension Breathing

Tai Sabaki- Body Movement to adjust yourself to be in a better positioning to counter attack

Hiji/Enpi- Elbow

Kaiten- Spinning

Morote- Both Hands

Tanden- The center of the human body is located between the naval and the groin. All human power, both physical and spiritual, originates in the Tanden.

Uke Kaeshi- Block and Give Back

Zanshin- When movement is completed, keep attention focused on your opponent still. Do not let the mind relax

Jissen- Full Contact

Shotei- Palm Heel

Tsuki to Uke- Punch and Block

Weapons

Bo- Staff (long)

Jo- Staff (short)

Tonfa- Okinawan weapon, It consists of a stick with a perpendicular handle attached a third of the way down the length of the stick, and is about 15-20 inches long.

Nunchaku- Okinawan Weapon, consisting of two sticks connected at one end by a short

chain or rope.

Tateburi- Vertical swing

Yokoburi- Horizontal swing

Kesaburi- Diagonal swing

Tsukikomi- Thrust