

## List of Shotokan Karate Techniques

### Stances

fudo dachi: rooted stance

hachiji dachi: natural stance

hangetsu dachi: half-moon stance

heisoku dachi: informal attention stance

kiba dachi: horse stance / side stance

kokutsu dachi: back stance

kosa dachi: cross-legged stance

neko ashi dachi: cat stance

renoji dachi: L-stance (e.g. in the kata, Heian godan)

sanchin dachi: hourglass stance

shizentai: ready stance

katashi dachi: crane-like stance (e.g. in the kata Enpi)

tsuru ashi dachi: crane stance (e.g. in the kata Gankaku)

zenkutsu dachi: front stance

### Preparatory Positions

koshi gamae: hip preparatory position

manji gamae: "lambda"-shaped preparatory position, or "swastika"

preparatory position (e.g., in the kata, Heian godan)

manji uke: "lambda"-shaped block, or "swastika" block

ryoken koshi gamae: double hip preparatory position (e.g. in the kata, Heian sandan)

morote koko gamae: double handed preparatory position (e.g. in the kata, Enpi)

## **Blocking Techniques (Uke-waza)**

### **Using the Arms**

age-uke: rising high-level block

empi uke: elbow block (e.g in the kata, Heian sandan)

gedan barai: sweeping low block

gedan morote barai: double sweeping low block (usually while going into kiba dachi)

haiwan uke: square side block (e.g. in the kata, Heian nidan)

juji uke: x block

kaisho ake uke: open-palm rising block

kaisho haiwan uke: knife-hand square side block (e.g. in the kata, Heian yondan)

kaisho juji uke: open-palm x block (e.g. in the kata, Heian godan)

kakiwake uke: floating x block (e.g. in the kata, Heian yondan)

morote uke: double forearm block (e.g in the kata, Heian sandan)

nagashi uke: rising palm sweep block (e.g. in the kata, Tekki shodan)

osae uke: palm block

otoshi uke: dropping forearm block

shuto gedan barai: knife-hand sweeping low block

shuto uke: knife hand block

soto uke: outside mid-level block

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sukui uke: scooping block

tate shuto uke: half knife-hand block

te osae uke: dropping palm block

uchi ude uke: outside forearm block

uchi uke: inside mid-level block

uchi uke gyaku hanmi: inside mid-level block with reverse hand (e.g. in the kata, Heian nidan)

ude barai: reverse sweeping forearm block

kami tsukami: hair grab (e.g. in the kata, Enpi)

ushiro gedan barai: reverse low sweeping block (e.g. in the kata, Enpi)

### Using the Legs

ashikubi kake uke: hooking ankle block

mika zuki geri uke: crescent kick block (e.g. in the kata, Heian godan)

nami ashi, a.k.a. nami gaeshi: leg snapping wave block (e.g. in the kata, Tekki shodan)

sokutei osae uke: pressing sole block

sokuto osae uke: pressing footedge block

### Striking Techniques (Uchi-waza)

Age empi: Rising elbow strike

Age Zuki: Rising Punch

Choku zuki: Straight jab punch

Empi uchi: Elbow strike

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Gyaku zuki: Reverse punch

Haishu uchi: Back hand strike

Haito uchi: Ridge hand strike

Hisami zuki: Scissor strike

Jun Zuki: front hand 'jab' punch, differing from Kizami Zuki in that shoulders are square

Kagi zuki: Hook punch

Kizami zuki: Straight, front hand lunging punch (like a 'jab')

Mae mawashi empi uchi: Augmented side elbow strike (e.g. in the kata, Heian yondan)

Mawashi empi: Hook elbow strike

Morote zuki: Double punch (e.g. in the kata, Tekki shodan)

Nakadaka Ippon Ken : one knuckle fist

Nukite: Spear-hand strike

Oi zuki: Lunge punch (shoulders square)

Sanbon zuki: Triple punch

Shuto uchi: Knifehand strike

Sokumen empi uchi: Augmented elbow strike (e.g. in the kata, Tekki shodan)

Tate zuki: Half reverse punch, with a vertical fist

Teisho furi uchi: Sideways palm-heel strike

Teisho uchi: Palm-heel strike

Tettsui: Hammer-fist strike

Tettsui hasami uchi: Hammer-fist scissor strike

Uraken uchi: Backfist strike

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Ura zuki: Close short punch, with inverted fist, similar in nature to an 'uppercut'

Ushiro empi: Back elbow strike

Yama zuki ("mountain punch"): Wide double fisted strike (e.g. in the kata, Bassai dai and Wankan)

Awase zuke: Narrow double fisted strike

Yoko empi: Side elbow strike

Yoko tettsui: Sideways hammer-fist strike (e.g. in the kata, Heian sandan)

Gyaku age zuki: Rising reverse punch (e.g. in the kata, Enpi)

## **Kicking Techniques (Geri-waza)**

Ashi barai: Foot sweep

Fumikomi: Stomp kick

Hiza geri: Knee strike

Kin geri: Kick in the cross

Mae-ashi mae geri, a.k.a choku geri: Front kick with front leg

Mae geri: Front kick

Mae-ren geri: Double front kick (= double mae geri)

Mae tobi geri: Front flying kick

Mawashi geri: Roundhouse kick

Nidan tobi geri: Double jump kick

Tobi geri: Jump kick

Tobi ushiro mawashi geri: Jumping back roundhouse kick

Ushiro geri: Back kick

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Ushiro kekomi: Back side thrust kick

Ushiro mawashi geri: Reverse roundhouse kick

Ushiro ura mawashi geri: Reverse back roundhouse kick

Yoko geri keage: Side snap kick

Yoko geri kekomi: Side thrust kick

Yoko tobi geri: Jumping side kick

**(Taken from wikipedia page  
[http://en.wikipedia.org/wiki/List\\_of\\_shotokan\\_techniques](http://en.wikipedia.org/wiki/List_of_shotokan_techniques))**