



**DRAW A LINE FROM THE  
JAPANESE WORD ON THE  
LEFT TO ITS  
ENGLISH TRANSLATION  
ON THE RIGHT**

**KOKUTSU DACHI**

**FRONT KICK**

**OI ZUKI**

**SITTING STANCE**

**AGE UKE**

**HIGH BLOCK**

**MAE GERI**

**REVERSE PUNCH**

**GYAKU ZUKI**

**FRONT STANCE**

**KIBA DACHI**

**THRUSTING SIDE KICK**

**YOKO GERI KEKOMI**

**ROUND HOUSE KICK**

**YOKO GERI KEAGE**

**LOW BLOCK**

**GEDAN BERAI**

**OUTSIDE BLOCK**

**KIZAMI ZUKI**

**SNAP SIDE KICK**

**MAWASHI GERI**

**BACK STANCE**

**ZENKUTSU DACHI**

**LUNGE PUNCH**

**SOTO UKE**

**FRONT HAND PUNCH (JAB)**