

#	UCHI STRIKE	TRANSLATION
1	AGE EMPI UCHI	RISING ELBOW STRIKE
2	EMPI UCHI	ELBOW STRIKE
3	GYAKU TATE EMPI UCHI	REVERSE UPWARD ELBOW
4	HAISHU UCHI	BACK HAND STRIKE
5	HAITO UCHI	RIDGE HAND STRIKE
6	HIJI ATE	ELBOW STRIKE
7	JUJI UCHI	CROSS ARM STRIKE
8	MAE EMPI UCHI	FORWARD ELBOW STRIKE
9	MAWASHI EMPI UCHI	ROUND(HOUSE) ELBOW STRIKE
10	MOROTE TEISHO UCHI	COMBINED PALM HEEL STRIKE
11	MOROTE YOKO EMPI UCHI	AUGMENTED SIDE ELBOW STRIKE

#	UKE BLOCK	TRANSLATION
12	OTOSHI EMPI UCHI	DROPPING ELBOW STRIKE
13	SHIHON NUKITE	SPEAR HAND STRIKE
14	SHUTO UCHI	KNIFE HAND STRIKE
15	SURI EMPI UCHI	SLIDING ELBOW STRIKE
16	TATE EMPI UCHI	UPWARD ELBOW STRIKE
17	TEISHO UCHI	PALM HEEL STRIKE
18	URAKEN UCHI	BACK FIST STRIKE
19	USHIRO EMPI UCHI	BACK ELBOW STRIKE
20	USHIRO MAWASHI EMPI UCHI	BACK ROUND ELBOW STRIKE
21	YOKO EMPI UCHI	SIDE ELBOW STRIKE
22	YOKO MAWASHI EMPI UCHI	SIDE ROUND ELBOW STRIKE

#	GERI KICK	TRANSLATION
1	FUMIKIRI	CUTTING KICK
2	FUMIKOMI	STAMPING KICK
3	GYAKU MAWASHI GERI	REVERSE ROUND(HOUSE) KICK
4	HIZA GERI	KNEE KICK
5	KAKATO GERI	AXE/HEEL KICK
6	KEAGE GERI	SNAP KICK
7	KEBANASHI	KICK OFF (SNAP KICK)
8	KEKOMI GERI	THRUST KICK
9	KESA GERI	DIAGONAL KICK
10	MAE ASHI GERI	FRONT LEG KICK
11	MAE GERI	FRONT KICK
12	MAE GERI KEAGE	FRONT SNAP KICK
13	MAE GERI KEKOMI	FRONT THRUST KICK
14	MAE TOBI GERI	JUMPING FRONT KICK

#	GERI KICK	TRANSLATION
15	MAWASHI GERI	ROUNDHOUSE KICK (BALL OF
16	MAWASHI GERI HAISOKU	ROUNDHOUSE KICK (INSTEP)
17	MIKAZUKI GERI	CRESCENT KICK
18	NAMI ASHI GERI	LEG SWEEP KICK
19	NIDAN TOBI GERI	DOUBLE JUMP KICK
20	RENZOKU GERI	COMBINATION KICK
21	USHIRO ASHI GERI	BACK LEG KICK
22	USHIRO GERI	BACK KICK
23	USHIRO MAWASHI GERI	BACK ROUND(HOUSE) KICK
24	YOKO GERI	SIDE KICK
25	YOKO GERI KEAGE	SIDE SNAP KICK
26	YOKO GERI KEKOMI	SIDE THRUST KICK
27	YOKO TOBI GERI	JUMPING SIDE KICK