

Crouching Tiger Karate Detailed Vocabulary

| ENGLISH | JAPANESE | ENGLISH | JAPANESE |
|-----------------------------|----------------------|--------------------------------|-------------------|
| NUMBERS | | GENERAL | |
| One | Ichi | Empty-Hand | Kara-te |
| Two | Ni | Spirit | Ki |
| Three | San | Spirited Shout | Kiai |
| Four | Shi | Lower Grades | Kyu |
| Five | Go | The Way/Path | Do |
| Six | Roku | The Place of 'The Way' | Dojo |
| Seven | Shichi | Training Suit | Gi |
| Eight | Hachi | Teacher | Sensei |
| Nine | Ku | Senior | Sempai |
| Ten | Jyu | Empty Mind (Meditation) | Mokuso |
| Eleven | Jyu Ichi | | |
| Twenty | Ni Jyu | Fixed Sequence | Kata |
| Thirty | San Jyu | Applications of Kata | Bunkai |
| Forty | Yon Jyu | Basic Techniques | Kihon |
| Fifty | Go Jyu | 5-step Sparring | Gohon Kumite |
| Sixty | Roku Jyu | Belt | Obi |
| Seventy | Shichi Jyu | Sparring | Kumite |
| Eighty | Hachi Jyu | | |
| Ninty | Ku Jyu | Lower Section | Gedan |
| Hundred | Hyaku | Middle Section | Chu Dan |
| | | High Section | Jo Dan |
| STANCES | | | |
| Front Stance | Zenkutsu Dachi | Left | Hidari |
| Back Stance | Kokutsu Dachi | Right | Migi |
| Side/Straddle Stance | Kiba Dachi | Front | Mae |
| Cat Stance | Neko Ashi Dachi | Back | Ushiro |
| Crossed Feet Stance | Kosa Dachi | Side | Yoko |
| Kneeling posture | Seiza | | |
| Reverse Back Stance | Gyaku kokutsu Dachi | Basic training | kihon |
| Reverse Forward Stance | Gyaku Zenkutsu Dachi | Form | Kata |
| half Moon Stance | Hangetsu Dachi | Analysis | Bunkai |
| Parallel Stance | Heiko Dachi | Free-Sparring | Jiyu Kumite |
| Feet together Stance | Heisoku Dachi | Freestyle one-step sparring | Jiyu-Ippon Kumite |
| Fighting Stance | Kamae | five step sparring | gohon Kumite |
| | | Three step sparring | Sanbon Kumite |
| BLOCKS | | BASIC KATA | |
| Rising Block | Age Uke | Beginner's Mind | Taikyoku |
| Outside Block | Ude Uke | Peaceful Mind | Heian |
| Down Block | Gedan Barai | Iron Horseman | Tekki |
| Inside Block | Uchi Uke | Line/Diagram of Kata | Enbusen |
| Knifehand Block | Shoto Uke | | |
| X Block | Juji Uke | ADVANCED KATA | |
| Wedging Block | Kakiwaki Uke | Flying Swallow | Empi |
| Reinforced/double arm Block | Morote Uke | Half Moon | Hangetsu |
| Backhand Block | Haishu Uke | Penetrating The Fortress-Big | Bassai Dai |
| | | Penetrating The Fortress-Small | Bassai Sho |
| | | Love and Goodness | Jion |
| | | Look At The Sky-Big | kanku Dai |
| | | Look At The Sky-Small | Kanku Sho |
| | | Ten Hands | Jitte |
| | | Crane on the Rock | Gankaku |
| | | 24 steps | Nijushiho |

| ENGLISH | JAPANESE |
|----------------------------|----------------------|
| COMMANDS | |
| Command To Bow | Rei |
| Bow To Instructor | Sensei Ni Rei |
| Begin | Hajime |
| Stop or Halt | Yame |
| Get Ready | Yoi |
| Turn | Mawate |
| go into position | Kamaete |
| recover/return to position | Naore |
| HAND TECHNIQUES | |
| TE WAZA | |
| Punch | Zuki |
| Face Punch | Jo Dan Zuki |
| Body Punch | Chu Dan Zuki |
| Lunge Punch | Oi Zuki |
| Reverse Punch | Gyaku Zuki |
| Jab Punch | Kizami Zuki |
| Backfist | Uraken Uchi |
| Elbow | Empi |
| Elbow Strike | Empi-Uchi |
| Luging Reverse Punch | Oi-Gyaku Zuki |
| Spearhand | Nukite |
| Double Punch | Nidan Zuki |
| Triple Punch | Sanbon Zuki |
| Hammerfist Strike | Kentsui Uchi |
| Rising Punch | Age Zuki |
| Combination Punch | Irimi Awase Zuki |
| Hooking Punch | Kagi Zuki |
| Augmented Swingin Punch | Morote Koho Zuki Age |
| Bow Punch | Yumi Zuki |
| LEG TECHNIQUES | |
| Kick | Geri |
| Front Kick | Mae Geri |
| Front Snap Kick | Mae Geri Keage |
| Front Thrust Kick | Mae Geri Kekomi |
| Side Kick | Yoko Geri |
| Side-Snap Kick | Yoko Geri Keage |
| Side-Thrust Kick | Yoko Geri Kekomi |
| Roundhouse Kick | Mawashi Geri |
| Back Kick | Ushiro Geri |
| Rising Knee Strike | Age Hizagashira |
| BODY PARTS | |
| Foot/Leg | Ashi |
| fist | Ken |
| Forefist | Seiken |
| Flat Fist | Hiraken |
| Backfist | Uraken |
| Hammerfist | Kentsui |
| Knifehand | Shuto |
| Spearhand | Nukite |