

Grabs and Strikes

GRABS

Aihanm Katate dori	Opposite wrist grab
Gyakuhanmi Katate dori	Same side wrist grab
Ryote dori	Grab both wrists in front
Ushiro Ryote dori	Grab both wrists from behind body
Morote dori	Two hands grabbing one wrist on one side
Kata dori	To grab one sleeve with same hand
Mune dori	To grab lapel
Ryo Kata dori	Grab both shoulders in front
Ushiro Ryo Kata dori	Grab both shoulders from behind body
Ushiro Kubi shime	Opposite wrist grab and choke from behind body

PUNCHES AND STRIKES

Shomen uchi	Strike with blade of hand to centre of head
Yokomen uchi	Strike with blade of hand to side of head
Chudan tsuki	Punch to stomach
Jodan tsuki	Punch to face

Kicks

Mae geri	Front kick
Yoko geri	Side kick
Mawashi geri	Roundhouse kick