

Foot/leg Techniques

- keru (-geri) – kick
- mae geri – front kick. mae geri keage is a snap front kick, and mae geri kekomi is a thrust front kick. The strike is made with the ball of the foot (josokutei), and with the toes pulled up and back. mae kakato geri is a kick that strikes with the heel.
- kin geri – Gedan kick using kasokutei (top of foot).
- mawashi geri – roundhouse kick
- ushiro geri – back thrust kick
- yoko geri – side kick. yoko geri keage is a snap side kick, and yoko geri kekomi is a thrust side kick. The strike is with sokuto, the outside edge of the foot.
- kansetsu geri – stamping kick, joint kick
- kake geri – hook kick
- ashi barai – foot sweep. Either a hooking sweep using the inside/instep of the foot (sokko) or a larger sweeping of the leg.
- mae tobi geri – jumping front kick
- yoko tobi geri – jumping side thrust kick
- hiza geri or hiza ate – knee kick
- tobi geri – jumping kick
- tobi nidan geri – jumping double kick
- ushiro tobi geri – jumping back kick
- yoko tobi geri – jumping side kick
- ura yoko geri – spinning side kick
- ura yoko tobi geri – spinning jumping side kick
- ura ushiro tobi geri – spinning jumping back kick
- ura mawashi geri – spinning roundhouse kick
- kakatoto oshi – heel kick/heel drop
- fumikomi geri – stamping kick, strike is made by stamping inwards (the kansetsu geri is similar but towards the outside).
- gyaku mawashi geri – reverse roundhouse kick. Delivered from inside to outside of body.
- mikazuki geri – crescent kick (inside to outside). Also called soto mikazuki geri.
- kakato geri – inside crescent kick (outside to inside). Also called uchi mikazuki geri.
- ura mikazuki tobi geri – spinning jumping crescent kick
- otoshi geri – descending kick, or axe kick (also otoshi kake geri)