

Shotokan Karate Kicks (Keri-waza)

English	Japanese	Pronunciation
Front Kick	Mae-geri	my gay-ree
Front Snap Kick	Mae-geri-keage	my gay-ree kay-ah-gay
Front Thrust Kick	Mae-geri-kekomi	my gay-ree kay-koh-mee
Side Kick	Yoko-geri	voh-koh gay-ree
Side Snap Kick	Yoko-geri-keage	voh-koh gay-ree kay-ah-gay
Side Thrust Kick	Yoko-geri-kekomi	voh-koh gay-ree kay-koh-mee
Back Kick	Ushiro-geri	oo-shee-roh gay-ree
Back Snap Kick	Ushiro-geri-keage	oo-shee-roh gay-ree kay-ah-gay
Back Thrust Kick	Ushiro-geri-kekomi	oo-shee-roh gay-ree kay-koh-mee
Roundhouse Kick	Mawashi-geri	mah-wah-she gay-ree
Crescent Kick	Mikazuki-geri	mee-ka-zoo-kee gay-ree
Stomping Kick	Fumikomi	foo-mee-koh-mee
Side Stomping Kick	Yoko-fumikomi	voh-koh foo-mee-koh-mee
Inside Snapping Kick	Namigaeshi	nah-mee-guy-she
Knee Kick	Hiza-geri	hee-zah gay-ree
Flying Side Kick	Yoko-tobi-geri	voh-koh toe-be gay-ree
Front Instep Kick	Kin-geri	kin gay-ree