

Kicks (Geri) - 2nd Degree Brown Belt

Japanese	Pronunciation	English	Part of Foot (instep, ball, heel, edge, sole, knee)	Approved
<i>Mae Ken Geri</i>	May-Ken-Gary	Front Instep Kick	(instep)	
<i>Mawashi Geri</i>	Ma-wash-ee Gary	Round House Kick	(instep / ball)	
<i>Yoko Kekomi</i>	Yo-ko Ke-ko-me	Side Thrust Kick	(heel)	
<i>Mae Fumi Komi</i>	May Foo-me Ko-me	Front Stomp Kick	(heel)	
<i>Mae Geri</i>	May Gary	Front Snap Kick	(ball)	
<i>Mae Kekomi</i>	May Ke-ko-me	Front Thrust Kick	(heel)	
<i>Yoko Shokuto</i>	Yo-ko Show-coot-toe	Side Knife Edge Kick	(edge)	
<i>Hiza Geri</i>	He's a Gary	Knee	(knee)	
<i>Yoko Geri</i>	Yo-ko Gary	Side Snap Kick	(ball)	
<i>Haku Geri</i>	Hah-coo Gary	Sweep	(sole)	
<i>Ushiro Geri</i>	You-sheer-oh Gary	Rear Snap Kick	(heel)	
<i>Ushiro Kekomi</i>	You-sheer-oh Ka-ko-me	Rear Thrust Kick	(heel)	
<i>Kaguto Geri</i>	Ka-goo-toe Gary	Heel Kick	(heel)	
<i>Kagi Geri</i>	Kog-ee Gary	Hook Kick	(ball--dancer)	
<i>Kangetsu Geri</i>	Kang-get-sue Gary	Joint Kick	(edge)	
<i>Mikazuke Geri</i>	Mick-a-zoo-key Gary	Crescent Kick	(edge)	
<i>Mae Tobi Geri</i>	May Toe-bee Gary	Flying Front Kick	(ball)	
<i>Mawashi Tobi Geri</i>	Mah-wash-ee Toe-bee Gary	Flying Round House Kick	(instep / ball)	
<i>Yoko Tobi Geri</i>	Yo-ko Toe-bee Gary	Flying Side Kick	(heel)	