**List of Karate Elbow Strikes**

* Empi Uchi - Elbow Strike (generic term used for all elbow strikes)
* Jodan Ushiro Empi -  [High Rear Elbow Strike](http://www.blackbeltwiki.com/high-rear-elbow-strike)
* Mae Empi Uchi -  [Forward Elbow Strike](http://www.blackbeltwiki.com/forward-elbow-strike)
* Mawashi Empi Uchi -  [Roundhouse Elbow Strike](http://www.blackbeltwiki.com/roundhouse-elbow-strike)
* Otoshi Empi Uchi -  [Downward Elbow Strike](http://www.blackbeltwiki.com/downward-elbow-strike)
* Tate Empi Uchi -  [Upward Elbow Strike](http://www.blackbeltwiki.com/uppercut-elbow-strike)
* Ushiro Empi Uchi -  [Back Elbow Strike](http://www.blackbeltwiki.com/rear-elbow-strike)
* Yoko Empi Uchi -  [Side Elbow Strike](http://www.blackbeltwiki.com/side-elbow-strike)

**Karate Blocks**

* [Age-Uke](http://www.blackbeltwiki.com/karate-age-uke)  - Rising Block
* Chudan-Uke - Middle Level Block
* [Gedan-Barai](http://www.blackbeltwiki.com/karate-gedan-barai)  - Downward Block
* [Juji-Uke](http://www.blackbeltwiki.com/karate-juji-uke)  - X Block
* [Morote-Uke](http://www.blackbeltwiki.com/karate-morote-uke)  - Augmented Block
* [Shuto-Uke](http://www.blackbeltwiki.com/karate-shuto-uke)  - Knife Hand Block
* [Soto-Uke](http://www.blackbeltwiki.com/karate-soto-uke)  - Outside Block
* [Sukui-Uke](http://www.blackbeltwiki.com/karate-sukui-uke)  - Scoop Block
* Sune-Uke -  [Shin Block](http://www.blackbeltwiki.com/shin-block)
* Teisho-Uke - Palm Heel Block
* [Uchi-Uke](http://www.blackbeltwiki.com/karate-uchi-uke)  - Inside or Inward Block

**Karate Kicking Techniques**

1. [Ashi Barai](http://www.blackbeltwiki.com/ashi-barai)  - Foot Sweep
2. [Fumikomi](http://www.blackbeltwiki.com/fumikomi)  - Stomp or Stomping Kick
3. [Gedan Mawashi Geri](http://www.blackbeltwiki.com/gedan-mawashi-geri) - Low Roundhouse Kick
4. [Hiza Geri](http://www.blackbeltwiki.com/hiza-geri)  - Knee Strike
5. [Kakato Otoshi Geri](http://www.blackbeltwiki.com/kakato-otoshi-geri) - Axe Kick.
6. [Kin Geri](http://www.blackbeltwiki.com/kin-geri)  - Groin Kick
7. [Mae Geri](http://www.blackbeltwiki.com/mae-geri)  - Front Kick
8. [Mae Tobi Geri](http://www.blackbeltwiki.com/mae-tobi-geri)  - Jumping Front Kick
9. [Mawashi Geri](http://www.blackbeltwiki.com/mawashi-geri)  - Roundhouse Kick
10. [Mikazuki Geri](http://www.blackbeltwiki.com/mikazuki-geri)  - Crescent Kick
11. [Tsumasaki Geri](http://www.blackbeltwiki.com/toe-kick)  - Toe Kick
12. [Ura Mawashi Geri](http://www.blackbeltwiki.com/ura-mawashi-geri)  - Reverse Roundhouse Kick or Hook Kick
13. [Ura Ushiro Mawashi Geri](http://www.blackbeltwiki.com/ura-ushiro-mawashi-geri) - Spinning Reverse Roundhouse Kick
14. [Ushiro Geri](http://www.blackbeltwiki.com/ushiro-geri)  - Back Kick
15. Yoko Geri -  [Side Kick](http://www.blackbeltwiki.com/side-kick)
16. [Yoko Tobi Geri](http://www.blackbeltwiki.com/yoko-tobi-geri)  - Jumping Side Kick or Flying Side Kick

**Karate Punches & Hand Strikes**

* Age-Zuki - Rising Punch
* [Choku-Zuki](http://www.blackbeltwiki.com/karate-choku-zuki)  - Straight Punch
* [Gyaku-Zuki](http://www.blackbeltwiki.com/karate-gyaku-zuki)  - Reverse Punch
* Haishu uchi - Back hand strike
* Haito uchi -  [Ridge hand strike](http://www.blackbeltwiki.com/ridge-hand-strike)
* Kage-Zuki - Hook Punch
* [Kizami-Zuki](http://www.blackbeltwiki.com/karate-kizami-zuki)  - Jab Punch
* Mawashi-Zuki - Roundhouse Punch
* [Morote-Zuki](http://www.blackbeltwiki.com/karate-morote-zuki)  - Double Fist Punch or Double U Punch
* Nukite -  [Spear hand strike](http://www.blackbeltwiki.com/spear-hand)
* [Oi-Zuki](http://www.blackbeltwiki.com/karate-oi-zuki)  - Lunge Punch
* Shuto uchi -  [Knife hand strike](http://www.blackbeltwiki.com/knife-hand-strike)
* [Tate-Zuki](http://www.blackbeltwiki.com/karate-tate-zuki)  - Vertical Punch
* Teisho uchi -  [Palm heel strike](http://www.blackbeltwiki.com/palm-strike)
* Tobikomi Zuki - Snap Punch
* Uraken uchi -  [Back fist strike](http://www.blackbeltwiki.com/back-fist)
* Ura-Zuki - Upside-Down Punch (To The Solar Plexus)
* [Yama-Zuki](http://www.blackbeltwiki.com/karate-yama-zuki)  - Two-Level Double Punch or Mountain Punch