

## Karate Terminology (quick study)

### GENERAL TERMS

Ashi-barai: Foot sweep  
Budo: Way of combat  
Bunkai: Application (interpretation) of kata techniques  
Dachi: Stance  
Do: Way  
Dojo: School or training room  
Domo Arigato Gozaimashita: "Thank-you very much"  
Dozo: Please  
Embusen: Floor pattern/lines of a kata  
Geri: Kick  
Gi: Uniform  
Gohon kumite: Five-step sparring  
Hai: Yes (or oose - I understand)  
Ippon kumite: One-step sparring  
Jiyuu kumite: Free sparring  
Kamae: Posture  
Karate: Empty Hand  
Karate Do: The Way of Karate  
Karateka: Practitioner of Karate  
Kata: Practice form  
Kiai: Spirit shout/focus of spiritual energy  
Kihon: Fundamentals/Basics  
Kime: Focus  
Kohai: Junior  
Kumite: Sparring/fighting  
Kyu: Rank  
Iie: No

Maai: Distance

Mokuso: Meditate/Gather Your Thoughts

Obi: Belt

Onegai Shimasu: "I welcome you to train with me" Literally: "I make a request." Said to one's partner when initiating practice.

Oose (osu): "I understand and will try my best." Also used to show respect, enthusiasm (Do not use outside of the dojo! )

Renshi: Entry Level Master

Rei: Bow

Sempai: Senior

Sensei: Teacher

Shihan: Master Instructor

Shotokan: "House of Shoto"; "Pine-Sea-waves"; pen name of Funakoshi

Tai-sabaki: Body shifting

Uchi: Strike

Uke: Block

Waza: Technique

Yakusoku kumite: "Promise" premeditated sparring

Yori-ashi: Sliding the feet

Zanshin: Poise and control

Zuki (Tsuki): Punch

### MAJOR CONCEPTS

Go no sen: Seizing the initiative later; Allowing your opponent to attack first so as to open up target for counter-attacks

Ikken Hissatsu: "To kill with one blow"

Karate ni sente nashi: Karate does not include the first move

Karate wa sente nari: Karate is the first move

Zanshin: Awareness; Continuing mind/heart - connotes "following through" a technique while maintaining awareness

Sen: Initiative

Sen no sen: Seizing the initiative earlier; attacking at the same moment your opponent attacks

Sen sen no sen: Seizing the opponent's sen no sen; Attacking before your opponent attacks-a preemptive attack

Shorei style kata: Slow, strong movement, emphasizing strength

Shorin style kata: Quick movement, emphasizing speed

Sun-dome: Stopping a technique just prior to contact (three centimeters)

#### BODY PARTS

Ashi: Leg

Ashikubi: Ankle

Atama: Head

Chudan: Mid-level

Empi (also Hiji): Elbow

Ensho: Back of the heel

Gedan: Lower level

Heisoku: Top (instep) of the foot

Hiza (also Hitsui): Knee

Ippon Ken: Single-point index-finger Fist

Jiku Ashi: Pivot leg

Jodan: Head level

Kakato: Heel of the foot

Kaishu: Open hand

Kata: Shoulder

Ken: Fist

Koshi: Ball of the foot

Naiwan: Back of Arm

Sokuto: Outer edge (knife) of the foot

Tate Ken: Vertical Fist

Te: Hand

Tekubi: Wrist

Teisho: Palm heel

Teisoku: Bottom of the foot

Tsumasaki: Toe tips

Ude: Forearm

Wan: Arm

#### COUNTING

Ichi: One

Ni: Two

San: Three

Shi: Four

Go: Five

Roku: Six

Shichi: Seven

Hachi: Eight

Ku: Nine

Ju: Ten

NiJu: Twenty

NiJu-Go: Twenty-five

Hyaku: One Hundred

Ippon: First

Yon: Fourth

Gohon: Fifth

#### COMMANDS

Age-te: Hands up (cover position)

Hajime: Begin

Mawatte: Turn around

Naore: Return to Shizen-tai  
Narande: Line up  
Otaigai ni: Face towards each other  
Seiza: Meditation position-kneeling  
Seiretsu: Line up by rank  
Sensei ni: Face towards the teacher  
Shomen ni: Face towards the front  
Rei: Bow  
Yame: Stop  
Yasume: Relax (or ready position)  
Yoi: Ready

#### DIRECTIONS

Age: Rising  
Chudan: Mid-high level  
Gedan: Low level; Down  
Gyaku: Reverse  
Hidari: Left  
Jodan: Head high level  
Mae: Front  
Mawashi: Round  
Migi: Right  
Otoshi: Dropping  
Sokumen: Side  
Soto: Outer  
Tate: Vertical  
Tobi: Jump  
Uchi: Inner  
Ushiro: Back  
Yoko: Side

#### DACHI WAZA (STANCES)

Fudo dachi: Fighting Stance  
Hachiji dachi: Open-legged Stance (Yoi)  
Hangetsu dachi: Wide Hour-glass Stance  
Heisoku dachi: Formal Attention Stance (Yoi)  
Hidari Ashi Orishiku: Left Leg Kneeling  
Kamae: Posture (Yoi)  
Kiba dachi: Straddle Stance  
Kokutsu dachi: Back Stance  
Kosa dachi: Cross-legged Stance  
Migi Ashi Orishiku: Right Leg Kneeling  
Musubi dachi: Informal Attention Stance (feet in a 'V')  
Neko-ashi dachi: Cat Stance  
Renoji dachi: "L" Stance  
Shizen-tai dachi: Natural Stance  
Zenkutsu dachi: Front Stance

#### UKE WAZA (BLOCKS)

Age uke: Rising block  
Awase Shuto Age Uke: Combined rising knife-hand block (Kanku-Dai)  
Empi uke (or Hiji uke): Elbow block (Heian 3)  
Gedan uke: Down block  
Haishu uke: Back-hand block (Heian 5)  
Haiwan Nagashi Uke: Sweeping back-arm block  
Juji uke: X block  
Kakiwaki uke: Reverse wedge block (Heian 4)  
Kosa uke: Cross block (Uchi/gedan uke-Heian 3)  
Manji uke: Hi/low block (Heian 5)  
Morote uke: Augmented block

Nagashi Uke: Sweeping block (Tekki, Jion)  
Osae uke: Pressing block (Heian 2, 3)  
Otoshi uke: Dropping or falling block (Heian 2, 3)  
Ryowan Uchi Uke: Double inside block (Jion, Bassai-Sho)  
Seiryuto Uke: Ox-Jaw block  
Shuto uke: Knife block  
Sokumen Awase Uke: Side combined block (Bassai-Dai)  
Soto ude uke: Outside forearm block  
Sukui Uke: Scooping block (Bassai, Chinte)  
Tate shuto uke: Vertical knife-hand block (Heian 3)  
Te Nagashi Uke: Sweeping hand block (parry) (Heian 5)  
Tsukami Uke: Grasping block (Bassai-Dai, Jion)  
Uchi ude uke: Inside forearm block

#### GERI WAZA (KICKS)

Fumikomi geri: Stamping kick (Heian 3, 5)  
Hiza geri: Knee kick/strike  
Mae geri keage: Front snap kick  
Mae geri kekomi: Front thrust kick  
Mawashi geri: Round kick  
Name ashi geri: Returning wave kick (Tekki 1)  
Nidan geri: Double kick (Kanku-Dai)  
Soto mikazuki geri: Outside crescent kick  
Tobi geri: Flying kick  
Uchi mikazuki geri: Inside crescent kick  
Ushiro geri: Back thrust kick

Yoko geri keage: Side snap kick  
Yoko geri kekomi: Side thrust kick

wood breaking

#### ZUKI WAZA (PUNCHES)

Age zuki: Rising punch  
Awase zuki: "U" punch  
Choku zuki: Straight punch  
Gedan zuki: Downward punch  
Gyaku zuki: Reverse punch  
Ippon Ken zuki: One-knuckle fist punch (Hangetsu)  
Kagi zuki: Hook punch  
Kizami zuki: Jab  
Morote zuki: Parallel punch  
Oi-gyaku zuki: Lunging reverse punch  
Oi zuki: Lunge punch  
Otoshi zuki: Dropping punch (Empi)  
Ren zuki: Double punch  
San zuki: Triple punch  
Ura zuki: Close punch  
Yama zuki: Wide "U" punch

#### UCHI WAZA (Strikes)

Empi Uchi: Elbow Strike  
Gyaku Haito Uchi: Reverse Backfist Strike  
Haishu Uchi: Back Hand Strike  
Haito Uchi: Index finger side of hand Strike  
Hiraken Uchi: Foreknuckle Strike  
Hiza Age Ate: Rising Knee Strike  
Ippon Nukite Uchi: Single Finger Strike

Koko Uchi: Tiger Mouth Strike  
Kumade Uchi: Bear Claw Strike  
Mae Empi Uchi: Front Elbow Strike  
Mawashi Empi Uchi: Round Elbow Strike  
Nihon Nukite Uchi: Two Finger Strike (Fork)  
Otoshi Empi Uchi: Downward Elbow Strike  
Shihon Nukite Uchi: Spear Hand Strike  
Shuto Uchi: Knife Hand Strike  
Soto Shuto Uchi: Outside Knife Hand Strike  
Tate Empi Uchi: Upward Elbow Strike  
Teisho Uchi: Palm Heel Strike  
Tettsui Hammer-fist strike  
Uchi Shuto Uchi: Inside Knife Hand Strike  
Uraken Uchi: Backfist Strike  
Ushiro Empi Uchi: Back Elbow Strike  
Washide Uchi: Eagle Beak Strike  
Yoko Empi Uchi: Side Elbow Strike  
Yoko Mawashi Empi Uchi: Side Roundhouse Elbow Strike

#### KATA (Forms)

Bassai: Storm the Fortress  
Chinte: Extraordinary Hands  
Dai: Greater, big  
Empi: Flying Swallow  
Gankaku: Crane on a rock  
Hangetsu: Crescent or Half moon  
Heian: Peaceful mind  
Jion: Temple Ground  
Jiin: Temple Sound

Jitte: Ten Hands  
Kanku: To look at the sky  
Nijushiho: Twenty-four steps  
Sho: Lesser, small  
Sochin: To keep the peace; Grand Suppression  
Shorei style Kata: Light and quick; emphasizing agility and speed  
Shorin style Kata: Slow, hard, and strong; emphasizing muscles and strength  
Tekki: Iron horse stance  
Ten-No-Kata: Kata of the Universe

WEAPONS (Kobujutsu Training)

Bokken: Wooden sword  
Bo: Long staff  
Jo: Short staff  
Kama: Sickles  
Nunchaku: Thrasher (two sticks joined by a chain)  
Shinai: Bamboo sword  
Sai: forked knife (Jitte)  
Tonfa: Batons