

## COMMONLY USED TERMS AND EXPRESSIONS

KARATE  
KARATE-DO  
DOJO  
SENSEI  
SEMPAI

EMPTY HAND  
WAY OF THE EMPTY HAND  
TRAINING ROOM  
TEACHER / INSTRUCTOR  
SENIOR

JODAN  
CHUDAN  
GEDAN

HEAD OR UPPER LEVEL  
CHEST OR MIDDLE LEVEL  
LOWER LEVEL

### DACHI

ZENKUTSU-DACHI  
KOKUTSU-DACHI  
KIBA-DACHI  
NEKO-ASHI-DACHI  
HACHIJI-DACHI  
MUSUBE DACHI  
JU-IPPON

### STANCE

FRONT STANCE  
BACK STANCE  
HORSE OR STRADDLE STANCE  
CAT STANCE  
NATURAL STANCE (as in YOI)  
ATTENTION STANCE (FEET TURNED OUT)  
FREESTYLE STANCE

### UKE-WAZA

AGE-UKE  
SOTO-UKE  
UCHI-UKE  
GEDAN-BARAI  
SHUTO-UKE  
UDE-BARAI  
JUJI-UKE  
KAKIWAKE-UKE  
MOROTE-UKE

### BLOCKING TECHNIQUES

RISING BLOCK  
OUTSIDE BLOCK  
INSIDE BLOCK  
LOWER, OR, DOWNWARD BLOCK  
KNIFE HAND BLOCK  
FOREARM BLOCK  
CROSS, OR, X-BLOCK  
REVERSE WEDGE BLOCK  
REINFORCED FOREARM

### ZUKI-WAZA

OI-ZUKI  
GYAKA-ZUKI  
KIZAMI-ZUKI  
KAGI-ZUKI  
URA-ZUKI  
SHTA-ZUKI  
YAMA-ZUKI

### PUNCHING TECHNIQUES

LUNGE PUNCH  
REVERSE PUNCH  
JAB OR SNAP PUNCH  
HOOK PUNCH  
CLOSE PUNCH  
DOWNWARD PUNCH  
U-PUNCH

## **UCHI-WAZA**

URAKEN UCHI  
EMPI UCHI  
HAITO  
TETSUI-UCHI  
SHUTO-UCHI  
NUKITE UCHI

## **STRIKING TECHNIQUES**

BACK FIST STRIKE  
ELBOW STRIKE  
RIDGE HAND  
HAMMER FIST STRIKE  
KNIFE HAND STRIKE  
SPEAR HAND STRIKE

## **GERI -WAZA**

MAI-GERI  
MAWASHI-GERI  
YOKO-GERI  
USHIRO-GERI  
USHIRO-MAWASHI GERI  
URA MAWASHI-GERI  
FUMIKOMI  
KIN-GERI

## **KICKING TECHNIQUES**

FRONT KICK  
ROUNDHOUSE KICK  
SIDE KICK  
BACK KICK  
BACK, ROUNDHOUSE KICK  
REVERSE ROUNDHOUSE KICK  
STAMPING KICK  
GROIN KICK

## **GENERAL TERMS**

MAWATE	TURN AROUND	ICHI	ONE
KEAGE	SNAP	NI	TWO
KEKOMI	THRUST	SAN	THREE
IPPON KUMITE	1-STEP SPARRING	SHI	FOUR
KUMITE	SPARRING	GO	FIVE
GI	TRAINING SUIT	ROKU	SIX
OBI	BELT	SHICHI	SEVEN
REI	BOW	HACHI	EIGHT
SOKUTO	EDGE OF FOOT	KU	NINE
KOSHI	BALL OF FOOT	JU	TEN
HAISOKU	INSTEP		
KAKATO	HEEL		
YOI	GET READY		
HAJIME	START		
YAME	STOP		
MIGI	RIGHT		
HIDARI	LEFT		
KIME	FOCUS		
KI	SPIRIT (INNER POWER)		
KIAI	SHOUT		

## **COMPETITION TERMS**

AIUCHI	SIMULTANEOUS
AKA	RED
AO	BLUE
CHUKOKU	WARNING
ENCHO-SEN	TIME EXTENSION
HANSOKU	DISQUALIFIED
HANTEI	DECISION
HASOKU-CHUI	WARN/PENALTY
HIKIWAKE	DRAW
IPPON	ONE POINT
JOGAI	EXITS AREA
KEIKOKU	WARN / PENALTY
KIKEN	RENUNCIATION
NIHON	TWO POINTS
NO-KACHI	THE WINNER
SANBON	THREE POINTS
SHIKKAKU	DISQUALIFIED
SHOBU	MATCH
TORIMASEN	NOT SCORED
TSUZUKETE	FIGHT ON