

KARATE TERMINOLOGY

Japanese language vowel sounds

"a" as in father ; "i" as in feet ; "u" as in flute ; "e" as in bed ; "o" as in okay

Stances (DACHI)

FUDO DACHI	Rooted stance
GANKAKU DACHI	Crane stance
HACHINOJI DACHI	Open leg stance
HANGETSU DACHI	Half-moon stance
HEIKO DACHI	Parallel stance
HEISOKU DACHI	Informal Attention stance
JIYU IPPON	Freestyle stance
KIBA DACHI	Horse-riding / Straddle-leg stance
KOKUTSU DACHI	Back stance
KOSA DACHI	Cross stance
MUSUBI DACHI	V stance / Attention stance
NEKO ASHI DACHI	Cat stance
RENOJI DACHI	'L' stance
SAGI ASHI DACHI	Heron stance
SANCHIN DACHI	Hourglass stance
SHIKO DACHI	Square stance
SHIZEN TAI	Natural stance
SOCHIN DACHI	Straddle stance
TEIJI DACHI	'T' stance
UCHI HACHINOJI DACHI	Inverted open leg stance
ZENKUTSU DACHI	Front stance

Blocks (UKE)

AGE UKE	Rising block
ASHIKUBI KAKE UKE	Ankle hooking block
GEDAN BARAI	Downward sweeping block
HAISHU UKE	Back hand block
HAITO UKE	Ridge hand block
HIJI SURI UKE	Elbow sliding block
JUJI UKE	'X' block
KAGI (KAKE) UKE	Hooking block
KAIISHO UKE	Open-hand block
KAKIWAKI UKE	Wedge block
KAKUTO UKE	Bent wrist block
KEITO UKE	Chicken-head wrist block
MAEUDE HINERI UKE	Forearm twist block
MANJI GAMAE	Double arm block
MOROTE UKE	Augmented forearm block
NAGASHI UKE	Sweeping / Parry block
NAME-ASHI UKE	Inside sweeping block
OTOSHI UKE	Dropping block
OSAE UKE	Pressing block
SEIRYUTO UKE	Ox-head block
SHUTO UKE	Knife hand block
SOKUMEN AWASE UKE	Side combined block
SOKUTEI MAWASHI UKE	Circular sole block
SOTO UKE	Outside forearm block
SUKUI UKE	Scooping block
TATE SHUTO UKE	Vertical knife hand block
TEISHO UKE	Palm-heel block
UCHI UKE	Inside forearm block

Punches (ZUKI / TSUKI)

AGE ZUKI	Rising punch
AWASE ZUKI	'U' punch
CHOKU ZUKI	Straight punch
DAN ZUKI	Consecutive punching
GYAKU ZUKI	Reverse punch
HASAMI ZUKI	Scissor punch
HEIKO ZUKI	Parallel punch
IPPON KEN ZUKI	One Knuckle punch
KAGE ZUKI	Hook punch
KIZAMI ZUKI	Jab
MAWASHI ZUKI	Roundhouse punch
MOROTE ZUKI	Double-fist punch
OI ZUKI	Lunge/ Stepping punch
REN ZUKI	Alternate punching
SANBON ZUKI	3 punches; one JODAN, two CHUDAN
TATE ZUKI	Vertical punch
URA ZUKI	Close punch
YAMA ZUKI	Wide 'U' punch

Strikes (UCHI)

EMPI UCHI (HIJI-ATE)	Elbow strike
HAISHU UCHI	Back-hand strike
HAITO UCHI	Ridge-hand strike
HIRAKEN	froe-knuckle fist
NUKITE	Sword / Spear fist
SHUTO UCHI	Knife-hand strike
TEISHO UCHI	Palm-heel strike
TETSUI UCHI	Hammer-fist strike (Iron Hammer)
URAKEN UCHI	Back-fist strike

The Hands As Weapons

HAISHU	Back hand
KAISHO	Open Hand
KAKUTO	Bent wrist
KUMADE	Bear hand
SEIKEN	Fore-fist
SEIRYOTO	Ox-Jaw hand
WASHIDE	Eagle hand

Kicks (GERI)

FUMIKOMI GERI	Stamping kick
FUMIKIRI	Cutting kick
HIZA GERI	Knee kick
KAKATO GERI	Heel Kick
KIN GERI	Groin snap kick
MAE GERI	Front kick
MAWASHI GERI	Roundhouse kick
MIKAZUKI GERI	Crescent kick
TOBI GERI	Jump kick
URA MAWASHI GERI	Reverse roundhouse kick
USHIRO GERI	Back / Reverse kick
YOKO GERI KEAGE	Side snap kick
YOKO GERI KEKOMI	Side thrust kick
REN GERI	consecutive kick

Parts of Body

ASHI	Leg / Foot
EMPI / HIJI	Elbow
GAN	Eye
HEISOKU	Instep
HIZA	Knee
KAKATO	Heel
KAMI	Hair
KOSHI	Ball of foot
SOKUTO	Edge of foot (sword foot)
UDE	Forearm
WAN	Arm

Directional

AGE	Rising
BARAI	Sweeping
GYAKU	Reverse
HANMI	Side facing
HIDARI	Left
KAKE	Hook
MAE	Forward
MAWASHI	Round
MAWATTE	Turn
MIGI	Right
OTOSHI	Downwards
TAI SABAKI	Body shifting
TATE	Vertical
TOBI	Jump
USHIRO	Back / Behind
YOKO	Side

Area

JODAN	Face Height / Upper area
CHUDAN	Chest Height / Middle area
GEDAN	Lower area

DOJO Instructions

HAJIME	Begin
MOKUSO	Meditate
MOKUSO YAME	Stop Meditating
REI	Bow
SEIZA	Kneeling position
SENSEI-NI-REI	Bow to teacher
OTAGAI NI REI	Bow to each other
YAME	Stop / Relax
YOI	Ready

General Terminology

BUDO	Martial way
BUNKAI	KATA Application
BUSHIDO	Way of the warrior
DO	Way
DOJO	Training Hall
GERI	Kick
GI	KARATE uniform /suit
GOHON KUMITE	5 step sparring
HONBU	Main DOJO
IPPON	One Point (Sparring)
JUYU KUMITE	Semi-free one-step sparring
KAMAE	Posture
KARATE	Empty Hand
KARATE-KA	Student of KARATE
KATA	Form / Formal Pattern
KI	Inner Strength
KIAI	Shout / 'spirit yell'
KIHON	Basics
KIME	Focus
KIRITSU	Stand
KOHAI	Junior student
KOKYU	Breathing
KUMITE	Sparring
KYU	Grade / Rank
MAAI	Distance
OBI	Belt
OSS	General Term, usually meaning indicating
understanding	
REI	Bow
SEMPAI	Senior student
SENSEI	Teacher
SHOTO	MASTER GICHIN FUNAKOSHI's pen name
SHOTOKAN	KARATE style founded by MASTER GICHIN
	FUNAKOSHI
TOKUI	Favourite / Free choice
WAZA	Technique
YUDANASHI	Black Belt
ZANSHIN	Awareness
ZUKI / TSUKI	Punch

COLOURS

AKA	Red
AOI	Blue
CHA-IRO	Brown
KIIROI	Yellow
KUROI	Black
MIDORI	Green
MURASAKI	Purple
DAIDAIRO	Orange
SHIROI	White
MOMOIRO	Pink

Counting

ICHI	one
NI	two
SAN	three
SHI	four
GO	five
ROKU	six
SHICHI	seven
HACHI	eight
KU	nine
JU	ten

Numbers 11 to 99 can be formed from a combination of 1 to 10

JU-ICHI	eleven (10 - 1)
NI-JU-SHI	twenty four (2 - 10 - 4)
GO-JU-SHI	fifty four (5 - 10 - 4)
KU-JU-KU	ninety nine (9 - 10 - 9)

HYAKU	one hundred
SEN	one thousand

KATA

TAIKYOKO	First Cause
KIHON	Basic KATA
HEIAN	Peaceful Mind / Way
TEKKI	Iron Horse / Horse Riding
BASSAI	To penetrate a fortress
CHINTE	Incredible hands
ENPI	Flying swallow
GANKAKU	Crane on a rock
GOJUSHIHO	54 steps
HANGETSU	Half Moon
JIIN	Temple Grounds
JION	Named after the Buddhist Temple
JITTE	Ten hands
KANKU	Viewing the sky
MEIKYO	Polished Mirror
NIJUSHIHO	24 steps
SOCHIN	Preserve Peace
UNSU	Hands of a cloud
WANKAN	Crown of a king
DAI	Major
SHO	Minor