

# *Karate Terminology*

Part of the fun of learning karate is learning about a new language. The following terms are introduced gradually as you progress through different training levels.

## Counting

ichi	one
ni	two
san	three
shi (yon)	four
go	five
roku	six
shichi (nana)	seven
hachi	eight
ku	nine
ju	ten

## General Vocabulary

jodan	upper area
chudan	middle area
gedan	lower area
hajime	begin
yame	stop
kime	focus
rei	bow
yoi	ready
hidari	left
migi	right
ushiro	back
tanden (dantien)	a point in the lower abdomen

<b>karate</b>	<b>empty hand</b>
<b>karate da</b>	<b>one who practices karate: karate student</b>
<b>goju</b>	<b>hard soft</b>
<b>ryu</b>	<b>style</b>
<b>shomen</b>	<b>front wall of dojo</b>
<b>shugo</b>	<b>line up</b>
<b>seiza</b>	<b>seated kneeling position</b>
<b>mokuso</b>	<b>meditation</b>
<b>shomen ni rei</b>	<b>bow to front wall</b>
<b>sensei ni rei</b>	<b>bow to sensei</b>
<b>do</b>	<b>way</b>
<b>sensei</b>	<b>teacher (one who leads the way)</b>
<b>dai</b>	<b>great</b>
<b>gi</b>	<b>karate uniform</b>
<b>dojo</b>	<b>training hall: school: (way place)</b>
<b>kiotsuke</b>	<b>attention</b>
<b>kyu ranks</b>	<b>below black belt</b>
<b>dan</b>	<b>black belt ranks</b>
<b>ippon</b>	<b>one (strike, point, etc.)</b>
<b>waza</b>	<b>technique</b>
<b>onagai shimasu</b>	<b>please teach me</b>
<b>domo arigato</b>	<b>thank you very much</b>
<b>kiai</b>	<b>spirit yell</b>
<b>kumite</b>	<b>fighting</b>
<b>seiken</b>	<b>fist</b>
<b>ashi</b>	<b>foot</b>
<b>te</b>	<b>hand</b>
<b>bunkai</b>	<b>application</b>
<b>goshin jutsu</b>	<b>self defense techniques</b>
<b>kamae</b>	<b>on guard</b>
<b>tori</b>	<b>attacker</b>

<b>uke</b>	<b>blocker/defender</b>
<b>mae</b>	<b>forward</b>
<b>yoko</b>	<b>side</b>
<b>tate</b>	<b>upward</b>
<b>hojo-undo</b>	<b>supplementary training</b>
<b>junbi-undo</b>	<b>preliminary exercises (warm-up)</b>
<b>makiwara</b>	<b>punching board (literally a type of straw)</b>
<b>kotekitae</b>	<b>exercises performed against a partner</b>

## **Stances**

<b>Dachi</b>	<b>stance</b>
<b>heisoku dachi</b>	<b>closed foot stance (feet together)</b>
<b>musubi dachi</b>	<b>formal attention stance (heels together, feet at an angle)</b>
<b>heiko dachi</b>	<b>parallel stance (feet shoulder width apart)</b>
<b>hachiji dachi</b>	<b>natural stance (feet shoulder width, slightly pointed out.)</b>
<b>shiko dachi</b>	<b>sumo stance</b>
<b>kiba dachi</b>	<b>horse stance</b>
<b>sanchin dachi</b>	<b>three battles stance</b>
<b>zenkutsu dachi</b>	<b>forward stance</b>
<b>han zenkutsu dachi</b>	<b>half forward stance</b>
<b>neko ashi dachi</b>	<b>cat stance</b>

## **Hand Techniques**

<b>zuki</b>	<b>punch</b>
<b>seiken zuki</b>	<b>two knuckle punch</b>
<b>age zuki</b>	<b>uppercut punch</b>
<b>kage zuki</b>	<b>hook punch</b>
<b>heiko zuki</b>	<b>parallel punch</b>
<b>uchi</b>	<b>strike</b>
<b>soku zuki</b>	<b>undercut</b>
<b>uraken uchi</b>	<b>backfist</b>

<b>shuto uchi</b>	<b>sword hand strike</b>
<b>yoko shuto uchi</b>	<b>side sword hand strike</b>
<b>age hiji ate</b>	<b>rising elbow strike</b>
<b>heito uchi</b>	<b>ridge hand strike</b>
<b>hiji uchi (empi)</b>	<b>elbow strike</b>
<b>tettsui uchi</b>	<b>bottom fist strike</b>
<b>nukite zuki</b>	<b>finger thrust</b>
<b>shotei zuki</b>	<b>palm heel thrust</b>
<b>mawashi zuki</b>	<b>round hook punch</b>
<b>tate zuki</b>	<b>vertical fist punch</b>
<b>oi zuki</b>	<b>lunge punch</b>
<b>gyaku zuki</b>	<b>reverse punch</b>
<b>nihon zuki</b>	<b>double punch</b>
<b>sanbon zuki</b>	<b>triple punch</b>
<b>sun zuki</b>	<b>one inch punch</b>
<b>jun zuki</b>	<b>leading punch</b>
<b>morote zuki</b>	<b>two fisted punch</b>
<b>tsukami hiki</b>	<b>grab pull</b>
<b>ashi dori</b>	<b>leg takedown</b>
<b>nage waza</b>	<b>throwing technique</b>

## **Foot Techniques**

<b>Geri</b>	<b>kick</b>
<b>mae geri (keage)</b>	<b>front snap kick</b>
<b>mae geri (kekomi)</b>	<b>front thrust kick</b>
<b>kensetsu geri</b>	<b>side kick to knee joint</b>
<b>hiza geri</b>	<b>knee kick</b>
<b>nidan geri</b>	<b>double front snap kick (rear leg first)</b>
<b>ren geri</b>	<b>double front snap kick (front leg first)</b>
<b>ashi barai</b>	<b>foot sweep</b>
<b>tobi geri</b>	<b>jumping kick</b>

<b>kakato otoshi</b>	<b>heel stomp</b>
<b>mae fumikomi geri</b>	<b>front stomp kick</b>
<b>kosa fumikomi geri</b>	<b>cross stomp kick</b>

### **Blocking Techniques**

<b>uke</b>	<b>block</b>
<b>jodan uke</b>	<b>rising block</b>
<b>chudan uke</b>	<b>inside circular block</b>
<b>kosa uke</b>	<b>cross block</b>
<b>kake uke</b>	<b>hook block</b>
<b>gedan uke</b>	<b>downward block</b>
<b>hiki uke</b>	<b>grasping block</b>
<b>shuto uke</b>	<b>sword hand block</b>
<b>shotei uke</b>	<b>palm heel block</b>
<b>ko uke</b>	<b>wrist block</b>
<b>hiji uke</b>	<b>elbow block</b>
<b>hiza uke</b>	<b>knee block</b>
<b>mawashi uke</b>	<b>round house block</b>
<b>soto uke</b>	<b>inside forearm block</b>
<b>morote uke</b>	<b>double handed block</b>

### **Practice Fighting**

<b>Kumite</b>	<b>sparring</b>
<b>sandan gi</b>	<b>basic sparring adapted from Geikisai kata</b>
<b>sanbon kumite</b>	<b>3 step sparring (3 jodan, 3 chudan, 3 gedan)</b>
<b>ippon kumite</b>	<b>one point sparring where one blocks an attack, then counters</b>
<b>sandan kumite</b>	<b>3 step, 3 level sparring (1 jodan, 1 chudan, 1 gedan)</b>
<b>sanbon zuki kumite</b>	<b>3 step sparring blocking with 1 hand against a triple punch</b>
<b>kihon ippon kumite</b>	<b>basic one step sparring</b>
<b>jiyu ippon kumite</b>	<b>one step free sparring from stance</b>

**randori**  
**jiyu kumite**

**slow and soft free style with emphasis on technique**  
**hard and fast controlled free style sparring**

### **Parts of the Foot**

**josokutei**  
**sokuto**  
**kakato**

**ball of the foot**  
**edge of the foot**  
**heel**