



Karate Terminology

General Terms

Karate: Empty Hands

Do: Way

Karate Do: The Way of Empty Hands

Karateka: Practitioner of Karate

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

Dojo: School or training room

Sensei: Teacher

Sempai: Senior students

Renshi: Entry Level Master

Shihan: Master Instructor

Kyu: Rank (Lower colored belts)

Dan: Rank (Upper black belts)

Gi: Uniform

Obi: Belt

Hai: Yes

Iie: No

Osu: "I understand and will try my best."

Kiai: Spirit shout/focus of spiritual energy

Dozo: Please

Domo Arigato Gozaimashita: "Thank:you very much"

Onegai Shimasu: Said to one's partner when initiating practice.

Kime: Focus

Kihon: Fundamentals/Basics

Kata: Practice form

Embusen: Floor pattern/lines of a kata

Bunkai: Application (interpretation) of kata techniques



Beginning Commands

Rei: Bow
Seiretsu: Line up by rank
Seiza: Meditation position:kneeling
Mokuso: Meditate/Gather Your Thoughts
Shomen ni: Face towards the front
Sensei ni: Face towards the teacher

Directions

Mae: Front
Yoko: Side
Ushiro: Back
Mawashi: Round
Jodan: Head high level
Chudan: Mid:high level
Gedan: Low level; Down
Migi: Right
Hidari: Left
Gyaku: Reverse
Age: Rising
Uchi: Inner
Soto: Outer

Descriptions of Techniques

Waza: Technique
Dachi: Stance
Tsuki (Zuki): Punch
Uchi: Strike
Uke: Block
Geri: Kick

General Commands

Yoi: Ready
Hajime: Begin
Yame: Stop
Mawatte: Turn around

Counting

Ichi: One
Ni: Two
San: Three
Shi: Four
Go: Five
Roku: Six
Shichi: Seven
Hachi: Eight
Ku: Nine
Ju: Ten

Dachi Waza (Stances)

Heisoku dachi: Feet Together Stance
Zenkutsu dachi: Front Stance
Kokutsu dachi: Back Stance
Musubi dachi: Formal Attention Stance (feet in a 'V')
Hachiji dachi: Open:legged Stance (Yoi)
Kiba Dachi – Horse Stance
Kokutsu Dachi - Back Stance
Sochin Dachi – Rooted Stance
Neko Ashi Dachi – Cat Stance
Kame: Fighting Stance



Tsuki Waza (Punches)

Gyaku tsuki: Reverse punch

Kizami tsuki: Jab

Oi:gyaku tsuki: Lunging reverse punch

Nee Tsuki: double punch

Sambon Tsuki: triple punch

Shihon Tsuki : four punches

Gohon Tsuki : five punches

Gedan Tsuki : lower punch

Chudan Tsuki : middle punch

Jodan Tsuki : face punch

Yoko Tsuki : side punch

Uke Waza (Blocks)

Age uke: Rising block

Gedan barai: Down block

Soto ude uke: Outside forearm block

Uchi ude uke: Inside forearm block

Shuto uke: Knife:hand block

Morote uke: Augmented block

Osai uke : Pressing block

Juji uke: X block

Heivan uke: square side block

Theisho: Palm Heel Strike

Heito: Ridge Hand

Kumite

Kumite: Sparring/fighting

Ippon kumite: One:step sparring

Sanbon kumite: Three:step sparring

Gohon kumite: Five:step sparring

Yakusoku kumite: "Promise" premeditated sparring

Jiyyu kumite: Free sparring

Uchi Waza (Strikes)

Nukite: Spear:hand

Uraken:uchi: back of fist strike

Enpi:uchi: elbow strike

Geri Waza (Kicks)

Mae geri: Front kick

Mawashi geri: Roundhouse kick

Yoko geri keage: Side snap kick

Yoko geri kekomi: Side thrust kick

Ushiro geri: Back thrust kick

Kin Geri: groin kick

Kensutsu Geri:

Ashi Geri: Shin Kick

Ashi Barai: tapping kick

Ura Mawashi Geri: Back

Roundhouse kick

Ushiro Udi Mawashi Geri: Spinning

reverse roundhouse kick

Kakato Geri: Axe Kick

Hiza Geri: Knee strike

Fumikomi geri: Stomping kick



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