

## GENERAL KARATE TERMS

- **Karate:** Empty Hands
- **Karate Do:** The Way of Karate
- **Karateka:** Practitioner of Karate
- **Dojo:** School or training room
- **Sensei:** Teacher
- **Sempai:** Senior
- **Kohai:** Junior
- **Kyu:** Rank
- **Gi:** Uniform
- **Obi:** Belt
- **Hai:** Yes
- **Osu:** "I understand and will try my best."  
Also used to show respect, enthusiasm.  
Do not use outside of the dojo!
- **Do:** Way
- **Budo:** Way of combat
- **Zanshin:** Poise and control
- **Kime:** Focus
- **Kihon:** Fundamentals
- **Kiai:** Spirit shout/focus of spiritual energy
- **Kata:** Practice form
- **Embusen:** Floor pattern/lines of a kata
- **Maai:** Distance
- **Bunkai:** Application (interpretation) of kata techniques
- **Kumite:** Sparring/fighting
- **Ippon kumite:** One-step sparring
- **Yakusoku kumite:** "Promise" premeditated sparring
- **Gohon kumite:** Five-step sparring
- **Jiyyu kumite:** Free sparring
- **Waza:** Technique
- **Dachi:** Stance
- **Tsuki (Zuki):** Punch
- **Uchi:** Strike
- **Uke:** Block
- **Geri:** Kick
- **Ashi-barai:** Foot sweep
- **Kamae:** Posture
- **Yori-ashi:** Sliding the feet
- **Tai-sabaki:** Body shifting
- **Shotokan:** "House of Shoto" ; "pine sea"; pen name of Funakoshi.
- **DomoArigato Gozaimashita:** "Thank-you very much"
- **Onegai Shimasu:** "I welcome you to train with me"  
Literally: " I make a request." Said to one's partner when initiating practice.

## MAJOR CONCEPTS

- **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.
- **Go no sen:** Seizing the initiative later; Allowing your opponent to attack first so as to open up target for counter-attacks.
- **Sen sen no sen:** Seizing the opponents sen no sen; Attacking before your opponent attacks-a preemptive attack.
- **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.
- **Shorin (kata):** Quick movement, emphasizing speed
- **Shorei (kata):** Slow, strong movement, emphasizing strength
- **Sun-dome:** Stopping a technique just prior to contact (three centimeters)

## COMMANDS

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

## DIRECTIONS

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

## **DACHI WAZA (STANCES)**

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

## UKE WAZA (BLOCKS)

- **Age uke:** Rising block
- **Gedan uke:** Down block
- **Soto ude uke:** Outside forearm block
- **Uchi ude uke:** Inside forearm block
- **Shuto uke:** Knife block
- **Morote uke:** Augmented block
- **Kakiwaki uke:** Reverse wedge block (Heian 4)
- **Juji uke:** X block
- **Kosa uke:** Cross block (Uchi/gedan uke-Heian 3)
- **Manji uke:** Hi/low block (Heian 5)
- **Tate shuto uke:** Vertical knife-hand block (Heian 3)
- **Haishu uke:** Back-hand block (Heian 5)
- **Empi uke (or Hiji uke):** Elbow block (Heian 3)
- **Osae uke:** Pressing block (Heian 2, 3)
- **Otoshi uke:** Dropping or falling block (Heian 2, 3)
- **Nagashi Uke:** Sweeping block (Tekki, Jion)
- **Haiwan Nagashi Uke:** Sweeping back-arm block
- **Te Nagashi Uke:** Sweeping hand block (parry) (Heian 5)
- **Sukui Uke:** Scooping block (Bassai, Chinte)
- **Sokumen Awase Uke:** Side combined block (Bassai-Dai)
- **Tsukami Uke:** Grasping block (Bassai-Dai, Jion)
- **Awase Shuto Age Uke:** Combined rising knife-hand block (Kanku-Dai)
- **Ryowan Uchi Uke:** Double inside block( Jion, Bassai-Sho)
- **Seiryuto Uke:** Ox-Jaw block

## **GERI WAZA (KICKS)**

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

## **TSUKI WAZA (PUNCHES)**

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

## UCHI WAZA (Strikes)

- **Tettsui** Hammer-fist strike
- **Kumade Uchi:** Bear Claw Strike
- **Uraken Uchi:** Backfist Strike
- **Hiraken Uchi:** Foreknuckle Strike
- **Teisho Uchi:** Palm Heel Strike
- **Ippon Nukite Uchi:** Single Finger Strike
- **Nihon Nukite Uchi:** Two Finger Strike (Fork)
- **Shuto Uchi:** Knife Hand Strike
- **Soto Shuto Uchi:** Outside Knife Hand Strike
- **Uchi Shuto Uchi:** Inside Knife Hand Strike
- **Shihon Nukite Uchi:** Spear Hand Strike
- **Gyaku Haito Uchi:** Reverse Backfist Strike
- **Haito Uchi:** Backfist Strike
- **Empi Uchi:** Elbow Strike
- **Mawashi Empi Uchi:** Round Elbow Strike
- **Mae Empi Uchi:** Front Elbow Strike
- **Otoshi Empi Uchi:** Downward Elbow Strike
- **Ushiro Empi Uchi:** Back Elbow Strike
- **Yoko Empi Uchi:** Side Elbow Strike
- **Yoko Mawashi Empi Uchi:** Side Roundhouse Elbow Strike
- **Tate Empi Uchi:** Upward Elbow Strike
- **Hiza Age Ate:** Rising Knee Strike
- **Washide Uchi:** Eagle Beak Strike
- **Koko Uchi:** Tiger Mouth Strike
- **Haishu Uchi:** Back Hand Strike

## KATA

- **Taikyoku:** First Cause
- **Heian:** Peaceful mind
- **Tekki:** Iron Knight
- **Bassai:** Storm the Fortress
- **Sho:** Lesser, small
- **Dai:** Greater, big
- **Jion:** Bhuddist temple name; Gratitude for the Bhudda (2nd Kyu)
- **Kanku:** To look at the sky (2nd Kyu)
- **Hangetsu:** Crescent or Half moon (1st Kyu)
- **Empi:** Flying Swallow (1st Kyu)
- **Chinte:** Extraordinary Hands (Nidan)
- **Jitte:** Ten Hands (Nidan)
- **Gankaku:** Crane on a rock (Sandán)
- **Sochin:** To keep the peace; Grand Suppression (Sandán)
- **Nijushiho:** Twenty-four steps (Sandán)
- **Shorei Kata:** Light and quick; emphasizing agility and speed
- **Shorin Kata:** Slow, hard, and strong; emphasizing muscles and strength

## BODY PARTS

- **Ken:** Fist
- **Ippon Ken:** Single-point index-finger Fist
- **Tate Ken:** Vertical Fist
- **Te:** Hand
- **Kaishu:** Open hand
- **Tekubi:** Wrist
- **Teisho:** Palm heel
- **Ude:** Forearm
- **Empi (also Hiji):** Elbow
- **Ashi:** Leg
- **Ashikubi:** Ankle
- **Hiza (also Hitsui):** Knee
- **Ensho:** Back of the heel
- **Heisoku:** Top (instep) of the foot
- **Teisoku:** Bottom of the foot
- **Kakato:** Heel of the foot
- **Koshi:** Ball of the foot
- **Sokuto:** Outer edge (knife) of the foot
- **Tsumasaki:** Toe tips
- **Atama:** Head
- **Wan:** Arm
- **Naiwan:** Back of Arm
- **Kata:** Shoulder
- **Jiku Ashi:** Pivot leg
- **Jodan:** Head level
- **Chudan:** Mid-level
- **Gedan:** Lower level

## 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
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- **Ippon:** First
  - **Yon:** Fourth
  - **Gohon:** Fifth

## Colors

- **Shiro:** White
- **Ki:** Yellow
- **Ao:** Blue
- **Midori:** Green
- **Murasaki:** Purple
- **Cha:** Brown
- **Kuro:** Black
- **Aka:** Red

