

Karate Terminology:

Numbers:

Ichi	Ni	San	Shi	Go	Roku	Shichi	Hachi	Ku	Ju
1	2	3	4	5	6	7	8	9	10

Common Terms:

Karate - Empty hand	Karate-do - The way of karate	Sensei - Instructor
Samurai - Warrior	Bushido - Code of the warrior	Budo - Martial Arts
Dojo - Training hall	Gi - Training suit	Obi - Belt
Rei - Bow	Osu/Oss - Greeting	Hikite - Retract arm
Kiai - Yell	Shomen-ni-rei - Bow to the front	Sensei-ni-rei - Bow to senior instructor
Shihan-ni-rei - Bow to master	Otaga-ni-rei - Bow to each other	Sempei-ni-rei - Bow to senior
Yame - Stop	Yoi - Ready	Hajime - Start
Yasume - Rest	Kyu - Grades other than black belt (e.g. 6th kyu = white belt, etc.	Dan - Black belt degrees or levels

Shomen - Front	Gedan - Lower	Chudan - Middle
Jodan - Upper	Mokuso - Meditation	Seiza - Formal sitting position
Ki - Internal power	Kime - Focus	Tanden - Lower abdomen
Zanshin - State of mind and body - calm but fully aware.	Kata - Pre-arranged fighting forms	Kihon kumite - Basic pre-arranged fighting practice
Jiyu ippon kumite - One-step free-style fighting practice	Jiyu kumite - Free sparring	Ippon kumite - One point free-style sparring

Other Words:

- ***Kihon – basic(s)***
- ***Ki-ai – “spirit focus” / a focusing yell***
- ***Kime – “decision” / focus***
- ***Rei – bow***
- ***Youi – “get ready” / often a command to stand in hachinoji-dachi***
- ***Yame – stop***
- ***Yasume – rest, relax***
- ***Maware / mawatte – turn***
- ***Hajime – begin***
- ***Mokusou – “quiet meditation”***
- ***Dojo [dou-jou] – “way place,” the place where you train***
- ***Dojo kun – dojo desiderata***
- ***Seiza – “proper sitting” / kneeling***
- ***Sensei - Instructor***
- ***Sempai – senior student***
- ***Kou-hai – junior student***

Attacking Levels:

- *Jou-dan* – “upper level” / face
- *Chuudan* – “middle level” / stomach / solar plexus
- *Gedan* – “lower level” / groin

Stances:

- *Kiba-dachi* – Horse Stance
- *Shizen-tai* - Natural Stance
- *Zenkutsu-dachi* – Front Stance
- *Kou-kutsu-dachi* – Back Stance
- *Kake-dachi* - Hook Stance
- *Hachinoji-dachi* – Ready Stance
- *Neko-dachi* – Cat Stance
- *Sochin-dachi / fudou-dachi* – sochin stance / “Immovable” stance
- *Sanchin-dachi* – “Hourglass” Stance

Blocks:

- *Age-uke* – rising block
- *Ude-uke* – “arm block”, often used to mean outside block
- *Soto-uke* – outside block (see above)
- *Uchi-uke* – inside block
- *Gedan barai* – down block / “lower level sweep”
- *Shuto-uke* – knife-hand block
- *Nagashi-uke* – “flushing block” / deflecting block
- *Kakiwake-uke* – two-handed “separating” block
- *Juuj-uke* – two-handed “cross” block

Punch & Strike Terminology:

- *Zuki* or *Tsuki* – Punch
- *Uchi* – Strike
- *Jodan* – High Section (i.e. High Punch – *Jodan Zuki*)
- *Chudan* – Middle Section
- *Gedan* – Low Section

Punches:

- ***Age-Zuki (Age-Tsuki) – Uppercut Punch or Rising Punch***
- ***Choku-Zuki (Choku-Tsuki) – Straight Punch***
- ***Gyaku-Zuki (Gyaku-Tsuki) – Reverse Punch***
- ***Hasami Zuki – Scissor Punch***
- ***Kage-Zuki (Kage-Tsuki) – Hook Punch***
- ***Kizami-Zuki (Kizami-Tsuki) – Jab Punch***
- ***Mawashi-Zuki (Maswashi-Tsuki) – Roundhouse Punch***
- ***Morote-Zuki (Morote-Tsuki) – Double Fist Punch or Double U Punch***
- ***Oi-Zuki (Oi-Tsuki) – Lunge Punch***
- ***Tate-Zuki (Tate-Tsuki) – Vertical Punch***
- ***Tobikomi Zuki – Snap Punch***
- ***Ura-Zuki (Ura-Tsuki) – Upside-Down Punch or Inverted Punch (To The Solar Plexus)***
- ***Yama-Zuki (Yama-Tsuki) – Two-Level Double Punch or Mountain Punch***

Strikes:

- ***Uchi – Back hand strike***
- ***Haito uchi – Ridge hand strike (back of sword)***
- ***Ipon ken – Forefinger knuckle strike***
- ***Ipon nukite ken – First finger spear strike***
- ***Kai ko ken – Open fist strike***
- ***Kakuto – Head of the crane / goose neck strike***
- ***Ko koo – Tiger’s mouth strike***
- ***Kuma de – Bear hand strike***
- ***Keito – Head of the hen strike***
- ***Nakadaka ipon ken – Middle finger knuckle strike***
- ***Nihon nukite – Two finger spear strike***
- ***Nukite – Spear hand strike***
- ***Seiken – Clenched fist strike***
- ***Shuto uchi – Knife hand strike (sword)***
- ***Teisho uchi – Palm heel strike***
- ***Tetsu tsui – [Iron] Hammer fist***
- ***Uraken uchi – Back fist strike***
- ***Washi de – Eagle’s beak strike***
- ***Wan to – Sword arm strike***

Kicks:

- **Mae Geri – Front Kick**
 - **Mae-Gari-Keage – Front Snap Kick**
 - **Mae Geri Kekomi – Front Thrust Kick**
 - **Mae Tobi Geri – Jumping Front Kick**
 - **Mawashi Geri – Roundhouse Kick**
 - **Mikazuki Geri – Crescent Kick**
 - **Ushiro Geri – Back Kick**
 - **Ushiro Geri Keage – Back Snap Kick**
 - **Ushiro Geri Kekomi – Back Thrust Kick**
 - **Yoko Geri – Side Kick**
 - **Yoko Geri Keage – Side Snap Kick**
 - **Yoko Geri Kekomi – Side Thrust Kick**
 - **Kansetsu Geri – Joint Kick (usually attacking an opponent's knee)**
 - **Kin Geri – Groin Kick**
 - **Fumikomi – Stomp or Stomping Kick**
 - **Gedan Mawashi Geri – Low Roundhouse Kick**
 - **Hiza Geri – Knee Strike**
 - **Tobi Hiza Geri – Jumping Knee Strike**
 - **Tobi Mae Geri or Mae Tobi Geri – Jumping Front Kick**
 - **Tobi Geri - Jumping Knee Strike**
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- **Ashi Barai – Foot Sweep**

**Seek perfection of character.
Be faithful.
Endeavor.
Respect others.
Refrain from violent behavior.**

