

**AGE UKE**

Upward Block.

**AGE ZUKI**

Rising Punch.

**AIUCHI**

"Simultaneous Scoring Technique." No point awarded to either contestant. Referee brings fists together in front of the chest.

**AKA**

Red

**AKA (SHIRO) IPPON**

"Red (White) Scores Ippon." The Referee obliquely raises his arm on the side of the winner (as in ...NO KACHI).

**AKA (SHIRO) NO KACHI**

"Red (White) Wins!" The Referee obliquely raises his arm on the side of the winner.

**ASHI BARAI**

Foot Sweep.

**ASHI WAZA**

Name given to all leg and foot techniques.

**ATEMI WAZA**

Striking techniques that are normally used in conjunction with grappling and throwing techniques.

**ATTATE IRU**

"Contact"

**AWASE UKE**

Joined Hand Block.

**AWASE ZUKI**

U Punch. Also referred to as MOROTE ZUKI.

**AYUMI DACHI**

A stance found in ITOSU-KAI SHITO-RYU. It is a natural "Walking" stance with the weight over the center.

**BO**

Staff. A long stick used as a weapon (approximately 6 feet long).

**BOGYO ROKU KYODO**

Six Defense Actions. A basic drill of the Japan Karate-Do Ryobu-Kai. Uses the old names of techniques such as AGE TE, HARAI TE (or GEDAN BARAI), SOTO YOKO TE, UCHI YOKO TE, SHUTO TE, and SUKUI TE.

**BUDO**

Martial way. The Japanese character for "BU" (martial) is derived from characters meaning "stop" and (a weapon like a) "halberd." In conjunction, then, "BU" may have the connotation "to stop the halberd." In Karate, there is an assumption that the best way to prevent violent conflict is to emphasize the cultivation of individual character. The way (DO) of Karate is thus equivalent to the way of BU, taken in this sense of preventing or avoiding violence so far as possible.

**BUNKAI**

A study of the techniques and applications in KATA.

**CHOKU ZUKI**

Straight Punch.

**CHUDAN**

Middle level, mid-section.

**CHUDAN ZUKI**

A punch to the mid-section of the opponent's body.

**CHUI**

"Warning"

**COUNTING TO 10 IN JAPANESE**

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

**DAN**

Lever, Rank or Degree. Black Belt rank. Ranks under Black Belt are called KYU ranks.

**DO**

Way/path. The Japanese character for "DO" is the same as the Chinese character for Tao (as in "Taoism"). In Karate, the connotation is that of a way of attaining enlightenment or a way of improving one's character through traditional training.

**DOJO**

Literally "place of the Way." Also "place of enlightenment." The place where we practice Karate.

**DOMO ARIGATO GOZAIMASHITA**

Japanese for "thank you very much." At the end of each class, it is proper to bow and thank the instructor and those with whom you've trained.

**EKKU**

A Wooden oar used by the Okinawans which was improvised as a weapon.

**EMBUSEN**

Floor pattern of a given kata. Direction of movement

**EMPI**

- (1) One the Black Belt level KATA, translated as "The Flight of a Sparrow".
- (2) Elbow. Sometimes referred to as HIJI.

**EMPI UCHI**

Elbow strike (also called HIJI-ATE)

**FUDO DACHI**

Immovable Stance. Also referred to as SOCHIN DACHI.

**FUJUBUN**

"Not enough power"

**FUMIKOMI**

Stomp kick, usually applied to the knee, shin, or instep of an opponent.

**GANKAKU DACHI**

Crane Stance, sometimes referred to as TSURU ASHI DACHI and SAGI ASHI DACHI.

**GASSHUKUA**

Special training camp.

**GEDAN**

Lower section, Lower level

**GEDAN BARAI**

Downward Block.

**GEDAN UDE UKE**

Low Forearm Block.

**GEDAN ZUKI**

A punch to the lower section of the opponent's body.

**GI (DO GI) (KEIKO GI) (KARATE GI)**

Karate Uniform

**GO NO SEN**

The tactic where one allows the opponent to attack first so to open up targets for counterattack.

**GOHON KUMITE**

Five step basic sparring. The attacker steps in five consecutive times with a striking technique with each step. The defender steps back five times, blocking each technique. After the fifth block, the defender executes a counter-strike.

**GYAKU MAWASHI GERI**

Reverse Round-house Kick.

**GYAKU ZUKI**

Reverse Punch.

**HACHIJI DACHI**

A natural stance, feet positioned about one shoulder width apart, with feet pointed slightly outward.

**HAI**

"Yes".

**HAISHU UCHI**

A strike with the back of the hand.

**HAISHU UKE**

A block using the back of the hand.

**HAITO UCHI**

Ridge-hand Strike.

**HAJIME**

"Begin". A command given to start a given drill, Kata, or Kumite.

**HANGETSU**

A Black Belt level Kata.

**HANGETSU DACHI**

"Half-Moon" Stance.

**HANSHI**

"Master." An honorary title given to the highest Black Belt of an organization, signifying their understanding of their art.

**HANSOKU**

"Foul."

**HARAI TE**

Sweeping technique with the arm.

**HARAI WAZA**

Sweeping techniques.

**HASAMI ZUKI**

Scissor Punch.

**HEIKO DACHI**

A natural stance. Feet positioned about one shoulder width apart, with feet pointed straight forward. Some Kata begin from this position.

**HEIKO DACHI (HIGAONNA LINE)**

A Heiko Dachi stance, where the front foot is turned slightly inwards while the rear foot is straight..

**HEIKO ZUKI**

"Parallel Punch" (A double, simultaneous punch).

**HEISOKU DACHI**

An informal attention stance. Feet are together and pointed straight forward.

**HENKA WAZA**

Techniques used after OYO WAZA is applied. HENKA WAZA is varied and many, dependent on the given condition.

**HIDARI**

"Left".

**HIJI**

"Elbow", also known as Empi.

**HIJI ATEMI**

Elbow Strikes.

**HIJI UKE**

A blocking action using the elbow.

**HIJI-ATE**

Elbow strike (also called EMPI-UCHI)

**HIKI-TE**

The retracting (pulling and twisting) arm during a technique. It gives the balance of power to the forward moving technique. It can also be used as a pulling technique after a grab, or a strike backward with the elbow.

**HITOSASHI IPPON KEN**

Forefinger Knuckle.

**HIZA GERI**

Knee Kick.

**HIZA UKE**

A blocking action using the knee.

**HOMBU DOJO**

A term used to refer to the central dojo of an organization.

**HORAN NO KAMAE**

"Egg in the Nest Ready Position." A "ready" position used in some KATA where the fist is covered by the other hand.

**INASU**

Evasion of an on-coming attack through the course of removing the body from the line of attack.

**IPPON KEN**

"One Knuckle Fist".

**IPPON KUMITE**

One step sparring.

**IPPON NUKITE**

A stabbing action using the extended index finger.

**IRIMI**

To penetrate, to enter. Usually describes moving closer to the opponent than the attack as you close in defense.

**JIKAN**

"Time".

**JIYU IPPON KUMITE**

One step free sparring. The participants can attack with any technique whenever ready.

**JIYU KUMITE**

Free Sparring.

**JO**

Wooden staff about 4'-5' in length. The JO originated as a walking stick.

**JODAN**

Upper level.

**JUJI UKE**

X Block.

**JUN ZUKI**

The WADO RYU term for OI-ZUKI.

**KAGI ZUKI**

Hook Punch.

**KAISHO**

Open hand. This refers to the type of blow which is delivered with the open palm. It can also be used to describe other hand blows in which the fist is not fully clenched.

**KAKE-TE**

Hook Block.

**KAKIWAKE**

A two handed block using the outer surface of the wrist to neutralize a two-handed attack, such as a grab.

**KAKUSHI WAZA**

"Hidden techniques."

**KAKUTO UCHI**

Wrist joint strike. Also known as "KO UCHI."

**KAKUTO UKE**

Wrist Joint Block. Also known as KO UKE.

**KAMAE**

A posture or stance either with or without a weapon. KAMAE may also connote proper distance (Ma-ai) with respect to one's partner. Although "KAMAE" generally refers to a physical stance, there is an important parallel in Karate between one's physical and one's psychological bearing.. It is important to try so far as possible to maintain a positive and strong mental bearing in Karate.

**KAMAE-TE**

A command given by the instructor for students to get into position.

**KAPPO**

Techniques of resuscitating people who have succumbed to a shock to the nervous system.

**KARATE**

"Empty Hand". When Karate was first introduced to Japan, it was called "TO-DE". The characters of TODE could be pronounced. However, the meaning of TODE is Chinese Hand.

**KARATE-DO**

"The Way of Karate". This implies not only the physical aspect of Karate, but also the mental and social aspects of Karate.

**KARATEKA**

A practitioner of Karate.

**KATA**

A "form" or prescribed pattern of movement. (But also "shoulder.")

**KEAGE**

Snap Kick. (Literally, Kick upward).

**KEIKO**

- (1) Training. The only secret to success in Karate.
- (2) Joined Fingertips.

**KEKOMI**

Thrust Kick ( Literally, Kick Into/Straight ).

**KEMPO**

"Fist Law." A generic term to describe fighting systems that uses the fist. In this regard, KARATE is also KEMPO.

**KENSEI**

The technique with silent KIAI. Related to meditation.

**KENTSUI**

Hammer Fist Also known as TETTSUI.  
KENTSUI UCHI (Or TETTSUI UCHI) Hammer Fist Strike.

**KERI**

Kick.

**KI**

Mind. Spirit. Energy. Vital-force. Intention. (Chinese "chi") The definitions presented here are very general. KI is one word that cannot be translated directly into any language.

**KI-O-TSUKE**

"Attention". Musubi Dachi with open hands down both sides.

**KIAI**

A shout delivered for the purpose of focusing all of one's energy into a single movement. Even when audible KIAI are absent, one should try to preserve the feeling of KIAI at certain crucial points within Karate techniques. Manifestation of KI (simultaneous union of spirit and expression of physical strength).

**KIBA DACHI**

Horse Stance, Straddle Stance. Also known as NAIFANCHI or NAIHANCHI DACHI.

**KIHON**

(Something which is) fundamental. Basic techniques.

**KIKEN**

"Renunciation." The Referee points one index finger towards the contestant.

**KIME**

Focus of Power.

**KIZAMI ZUKI**

Jab Punch.

**KO BO ICHI**

The concept of "Attack-Defense Connection".

**KO UCHI**

Wrist joint strike. Also known as KAKUTO UCHI.

**KO UKE**

"Crane Block" or "Arch Block". Same as KAKUTO UKE.

**KOHAI**

A student junior to oneself.

**KOKEN**

Wrist Joint.

**KOKORO**

"Spirit, Heart." In Japanese culture, the spirit dwells in the Heart.

**KOKUTSU DACHI**

A stance which has most of the weight to the back. A Back Stance.

**KOSA DACHI**

Crossed-Leg Stance.

**KOSHIN**

Rearward.

**KUATSU**

The method of resuscitating a person who has lost consciousness due to strangulation or shock.

**KUBOTAN**

A self-defense tool developed by TAKAYUKI KUBOTA. Placed on ones' key chain.

**KUMADE**

Bear hand.

**KYOSHI**

"knowledgeable person," and usually this title is conferred at rokudan or shichidan, depending on system.

**KYU**

"Grade". Any rank below Shodan.

**KYUSHO WAZA**

Pressure Point techniques.

**MA-AI**

Proper distancing or timing with respect to one's partner. Since Karate techniques always vary according to circumstances, it is important to understand how differences in initial position affect the timing and application of techniques.

**MAAI GA TOH**

"not proper distance"

**MAE**

Front.

**MAE ASHI GERI**

Kicking with the front leg.

**MAE EMPI**

Forward Elbow Strike.

**MAE GERI KEAGE**

Front Snap Kick. Also referred to as MAE KEAGE.

**MAE GERI KEKOMI**

Front Thrust Kick. Also referred to as MAE KEKOMI.

**MAE UKEMI**

Forward fall/roll.

**MAKOTO**

A feeling of absolute sincerity and total frankness, which requires a pure mind, free from pressure of events.

**MANABU**

"Learning by imitating." A method of studying movement and techniques by following and imitating the instructor.

**MANJI UKE**

A Double block where one arm executes GEDAN BARAI to one side, while the other arm executes JODAN UCHI UKE (or JODAN SOTO YOKO TE).

**MATTE**

"Wait".

**MAWASHI EMPI UCHI**

Circular Elbow Strike. Also referred to as MAWASHI HIJI ATE.

**MAWASHI GERI**

Roundhouse Kick.

**MAWASHI HIJI ATE**

Circular Elbow Strike. Also referred to as MAWASHI EMPI UCHI.

**MAWASHI ZUKI**

Roundhouse Punch.

**MAWAT-TE**

A command given by the instructor for students to turn around.

**MIGI**

Right.

**MIKAZUKI GERI**

Crescent Kick. Thrust kick

**MOKUSO**

Meditation. Practice often begins or ends with a brief period of meditation. The purpose of meditation is to clear one's mind and to develop cognitive equanimity. Perhaps more importantly, meditation is an opportunity to become aware of conditioned patterns of thought and behavior so that such patterns can be modified, eliminated or more efficiently put to use.

**MOROTE UKE**

Augmented Block. One arm and fist support the other arm in a block.

**MOROTE ZUKI**

U-Punch. Punching with both fists simultaneously. Also referred to as AWASE ZUKI.

**MOTO NO ICHI**

Return to "Original Position."

**MUDANSHA**

Students without black-belt ranking.

**ONEGAI SHIMASU**

"I welcome you to train with me," or literally, "I make a request." This is said to one's partner when initiating practice.

**OSAE UKE**

Pressing Block.

**OTOSHI EMPI UCHI**

An elbow strike by dropping the elbow. Also referred to as Otoshi Hiji Ate.

**OYAYUBI IPPON KEN**

Thumb Knuckle.

**OYO WAZA**

Applications interpreted from techniques in Kata, implicated according to a given condition.

**REI**

"Respect". A method of showing respect in Japanese culture is the Bow. It is proper for the junior person bows lower than the senior person.

**REIGI**

Etiquette. Also referred to as REISHIKI. Observance of proper dojo etiquette at all times is as much a part of one's training as the practice of techniques. Observation of etiquette indicates one's sincerity, one's willingness to learn, and one's recognition of the rights and interests of others.

**REINOJI DACHI**

A stance with feet making a 'L-shape.'

**RENSHI**

"A person who has mastered oneself." This person is considered an expert instructor. Renshi is usually given at yodan to rokudan, depending on the system.

**SAGI ASHI DACHI**

One Leg Stance. Also referred to as GANKAKU DACHI or TSURU ASHI DACHI.

**SAI**

An Okinawan weapon that is shaped like the Greek letter 'Psi' with the middle being much longer.

**SANBON KUMITE**

Three Step Sparring.

**SANCHIN DACHI**

Hour-glass Stance.

**SASHITE**

Raising of the hand either to strike, grab, or block.

**SEIKEN**

Forefist.

**SEIRYUTO**

Bull Strike. A hand technique delivered with the base of the SHUTO (Knife hand).

**SEIZA**

A proper sitting position. Sitting on one's knees. Sitting this way requires acclimatization, but provides both a stable base and greater ease of movement than sitting cross-legged. It is used for the formal opening and closing of the class.

**SEMPAI**

A senior student.

**SEN NO SEN**

Attacking at the exact moment when the opponent attacks.

**SEN SEN NO SEN**

Attacking before the opponent attacks. Preemptive attack.

**SENSEI**

Teacher. Usually considered proper to address the instructor during practice as "Sensei" rather than by his/her name. If the instructor is a permanent instructor for one's DOJO or for an organization, it is proper to address him/her as "Sensei" off the mat as well.

**SHIAI**

A match or a contest (Event).

**SHIDOIN**

Formally recognized Instructor who has not yet be recognized as a SENSEI. Assistant Instructor.

**SHIHAN**

A formal title meaning, approximately, "master instructor." A "teacher of teachers." Hanshi is "wise" or sage-like, hence the common translation of "master." Shinan may be an alternative pronunciation.

**SHIKO DACHI**

Square Stance. A stance often used in Goju-Ryu and Shito-Ryu.

**SHIRO**

White

**SHIZENTAI**

Natural Position. The body remains relaxed but alert.

**SHOBU SANBON HAJIME**

"Start the Match"

**SHOMEN**

Front or top of head. Also the designated front of a Dojo.

**SHUTO TE**

Same as SHUTO UKE. This name was used before the advent of sport karate. Used to describe one of the techniques in BOGYO ROKU KYODO.

**SHUTO UKE**

Knife-hand Block.

**SOCHIN DACHI**

Immovable Stance. Also referred to as FUDO DACHI.

**SOKUTO**

Edge of foot. This term is often used to refer to the side thrust kick.

**SOTO (UDE) UKE**

Outside (Forearm) Block.

**SOTO YOKO TE**

Same as UCHI UDE UKE. This name was used before the advent of sport karate. Used to describe one of the techniques in BOGYO ROKU KYODO.

**SUKUI TE**

Same as SUKUI UKE. This name was used before the advent of sport karate. Used to describe one of the techniques in BOGYO ROKU KYODO.

**SUKUI UKE**

Scooping Block.

**SUWARI WAZA**

Techniques from a sitting position.

**TAI SABAKI**

Body movement/shifting.

**TAIMING GA OSOI**

"Not proper timing"

**TATE EMPI**

Upward Elbow Strike.

**TATE URAKEN UCHI**

Vertical back-fist attack.

**TATE ZUKI**

Vertical Punch. Anvil fist, Sun fist. A fist punch with the palm along a vertical plane.

**TEIJI DACHI**

A Stance with the feet in a 'T-shape.'

**TEISHO UCHI**

Palm Heel Strike.

**TEISHO UKE**

Palm Heel Block.

**TETTSUI UCHI**

Hammer Strike. Also called KENTSUI.

**TOBI GERI**

Jump Kick.

**TONFA**

A farm tool developed into a weapon by the Okinawans.

**TORANAI**

"No Point"

**TSUKAMI WAZA**

Catching technique. A blocking technique by seizing the opponent's weapon, arm, or leg. Used often for grappling techniques.

**TSUKI**

A punch or thrust (esp. an attack to the midsection).

**TSURU ASHI DACHI**

Crane Stance, also referred to as GANKAKU DACHI and SAGI ASHI DACHI.

**TSUZUKETE**

"Fight On!" Resumption of fighting ordered when unauthorized interruption occurs.

**TUITE**

Grappling skills.

**UCHI (UDE) UKE**

Inside (Forearm) Block.

**UCHI DESHI**

A live-in student. A student who lives in a dojo and devotes him/herself both to training and to the maintenance of the dojo

**UCHI MAWASHI GERI**

Inside Roundhouse Kick.

**UCHI YOKO TE**

Same as SOTO UDE UKE. This name was used before the advent of sport karate. Used to describe one of the techniques in BOGYO ROKU KYODO.

**UKE**

Block.

**UKEMI WAZA**

Techniques used in falling

**URA ZUKI**

An upper cut punch used at close range.

**URAKEN**

Back Knuckle.

**USHIRO EMPI UCHI**

Striking to the rear with the elbow.

**USHIRO GERI**

Back Kick.

**WA-UKE**

A block where the path taken is similar to the yoko-uke. Imagine wiping a wall in front of you with your palm in a half-circle. At the end of the block the hand is angled slightly to the outside.

**WAZA**

Technique(s).

**YAMA ZUKI**

Mountain Punch. A wide U-shaped dual punch.

**YAME**

Stop!

**YASUMI**

Rest. A term used by the instructor to have the students relax, normally following a long series of drills.

**YOI**

Ready.

**YOKO**

Side.

**YOKO GERI KEAGE**

Side Snap Kick. Also referred to as YOKO KEAGE.

**YOKO GERI KEKOMI**

Side Thrust Kick. Also referred to as YOKO KEKOMI.

**YOKO MAWASHI EMPI UCHI**

Striking with the elbow to the side.

**YOKO TOBI GERI**

Flying Side Kick.

**YOWAI**

"Weak Focus"

**YUDANSHA**

Black belt holder (any rank).

**ZA-REI**

The traditional Japanese bow from the kneeling position.

**ZANSHIN**

Literally, "remaining mind/heart." Even after a Karate technique has been completed, one should remain in a balanced and aware state. ZANSHIN thus connotes "following through" in a technique, as well as preservation of one's awareness so that one is prepared to respond to additional attacks.

**ZENKUTSU DACHI**

Forward Stance.

**ZENSHIN**

Forward.

**ZORI**

Japanese slippers.