

Japanese Karate Terminology

DIRECTIONS/LOCATIONS:

Jodan- Upper area point under the nose, upper lip as a punching target)

Chudan- Middle area (sternum area as a striking target)

Gedan- Lower area (groin area as a striking target)

Soto-Outside

Uchi-Inside

Yoko-Side

Kesa-Diagonal

Naname-Oblique

Migi-Right

Hidari-Left

Mae-Front

Ushiro-Back

Mawashi-Round/turn

Ue-Up

Shta-Down

Gyaku-Reverse

STANCES:

Kiyotsuke-Attention

Hachiji Dachi-Natural stance

Heiko Dachi- Parallel stance (feet shoulder width apart)

Heisoku Dachi- Closed foot stance (feet together)

Kiba Dachi-Horse riding stance

Kokutsu Dachi- Back leaning stance

Musubi Dachi- Formal attention stance (heels together, feet at an angle)

Naname Dachi- Scissor stance

Neko Dachi- Cat stance

SanchinDachi- Hourglass stance

Seisan Dachi- Half-moon stance

Seiuchan Dachi- Like Kiba, but feet pointed out

STRIKING AND BLOCKING:

Ushiro Geri- Back thrust kick

Yoko Geri - Side kick

Mae Geri- Front kick

Mawashi Geri- Roundhouse kick

Mikazuki Geri- crescent kick

Gyaku Mikazuki Geri- moon kick

Deashi Barai- Foot sweep

STRIKING AND BLOCKING

Hiza Geri- Knee kick (also called Hiza Ate)



Mae Tobi Geri- Jumping front kick

Teisoku Geri- Stepmover kick

Age (Jodan) uke- Rising block

Uchi uke- Inside block

Soto uke- Side block

Gedan Barai or **Gedan Uke**- Downward block

Shuto Uke- Knife hand block



Age Tsuki- Rising punch like upper cut

Age Empi- Elbow strike (vertical)

Yoko Empi- Elbow strike (horizontal)

Tsuki - Punch

Seiken- Normal punch (fist)

Uraken- Backfist

Haito-Ridge hand strike

Mae shuto- Throat chop

Mawashi shuto- Neck chop

Kizami tsuki- Jab

Oi tsuki- Punch

Nukite-Spear hand

Shotei -Palm heel

Tettsui- Hammer fist



GENERAL TERMINOLOGY:

Rei- Bow (shomen ni= to front/ otagi ni= to each other[peers])

Jiyu Kumite- Free Sparring

Hajime- Begin

Kamae- Combative posture or Ready Position

Kata (Kah-tah)- Formal exercises. Pre-arranged attack/defense routines.

Kihon (key-hone)- Basic techniques. Kicks, blocks, punches and stances.

Kime- Focus

Sempai- A student of higher rank than oneself.

Kohai (co-high)- A student of lower rank than oneself.

Kyu (que)- Colour ranks- literally "tying together of threads"

Yame- Stop

Yoi- Ready

Bunkai- Applications of kata movements

Ippon kumite- One step sparring



Kansetsu waza- Joint locking techniques

Kyusho- Vital point

Mawatte- Turn around

Mokuso- Quiet thought, meditation

Seiza- Kneeling position

Anza- Crossed-legged sitting position

Tai sabaki- Body shifting/evasion

Ukemi- Breakfalling

Shisei- Posture

Tatami- Mat

Tori-The Attacker

Uke-The Defender