

ST. NEOTS SHOTOKAN KARATE CLUB

TERMINOLOGY



SEPTEMBER 2007

A

AGE

Upper or rising.

AGE-HAISOKU-UCHI

Rising instep strike. Raising your instep into your attackers groin. Usually combined with a knee kick. It is used in the Kata Nijushiho. This is an effective "close-in" technique.

AGE-UKE

Upper rising block. A basic block to a Jodan attack.

AGE-ZUKI

Rising punch. Also called Age Tsuki.

AGE-EMPI-UCHI

Upward elbow strike or rising elbow strike. Also referred to as Tate Empi Uchi (vertical elbow strike).

AGO

Jaw or chin, as in mouth.

AGURA-WO-KAKU

Informal sitting. This is sitting with the legs crossed.

AI

Harmony.

AI-KAMAE

Harmony posture. This is in relation to your opponent when you are in matching stances. i.e. both have the right leg forward.

AI-KI

Harmonious spirit. This is where you integrate all your movements, breathing etc. to exactly match your opponents and you then control him from it. It is also called "Spirit Meeting" or "Harmony Meeting".

AIKIDO

The way of harmony.

AITE

Opponent or partner.

AITE-NO-TSUKURI

Conditioning of your opponent or partner. This is the preparing or setting up of your opponent in order to execute your technique so that it is most effective.

Once you have got him in the most advantageous position for you, you then execute your technique.

AIUCHI

Simultaneous strike.

AKA

Red.

AKIRESU-KEN

Achilles tendon. The large tendon at the back of the foot.

ANANKU

An Okinawan Shorin Ryu Kata, meaning light from the south.

ANTEI

Balance, stability or equilibrium. Also see Fu-Anti.

ASHI (1)

Foot or Leg.

ASHI (2)

One leg or single leg.

ASHI-ATE

Foot strikes or leg strikes. These are methods of attacking with the knee, ball or edge of the foot, heel, etc.

ASHI-BARAI

Foot or leg sweep. Also called Ashi Harai.

ASHI-DACHI

Single leg stance, a general term for one leg stances. See also Sashi Ashi Dachi, Tsuru Ashi Dachi and Sagi Ashi Dachi.

ASHI-FUMIKAE

Changing feet.

ASHI-GAKE

Used in the Kata Bassai Sho, where you hook your foot behind your attackers and then pull your foot back in towards you pulling your attackers foot with you, pulling him off balance. This is different to an Ashi Barai because this is not done in a sweeping motion.

ASHI-HARAI

Foot or leg sweeping, another name for Ashi Barai.

ASHI-HISHIGI

Leg lock or crunch. You apply pressure to your opponent's lower calf in order to pin him to the floor.

ASHI-SABAKI

Foot work or foot movement.

ASHI-WAZA

Name given to all leg and foot techniques.

ASHI-YUBI

Toes. Ashi meaning "of the foot" and Yubi being "the digit".

ASHIBO-KAKE-UKE

Leg hooking block, in which the leg is raised to the side and swung in a circle to deflect an opponents side kick to the abdomen.

ASHIKUBI

Ankle. Ashi means "of the foot" and Kubi means "of the joint".

ASHIKUBI-KAKE-UKE

Ankle hooking block. Normally used to block a front kick. It is similar in motion to Ashibo-Kake Uke.

ASHIZOKO

Bottom foot. You use this to sweep your opponents foot during Ashi Barai.

ATAMA

Head, or the top of the head.

ATE

Strike or striking.

ATE-WAZA

Striking or smashing techniques.

ATEMI

Body strike or striking.

ATEMI-WAZA

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

ATERU

To place, to put, or to hold.

ATO-UCHI

Delayed strike or feint. A feint must cause your opponent to believe that the attack is going to hit him and therefore cause him to move his guard and try to block it, which in turn will give you your target area.

ATTATE-IRU

Contact.

AU

To meet. This means to encounter an opponent, be it in the Dojo or "on the street".

AWASE

Combined.

AWASE-AGE-UKE

Combined upper rising block, both arms coming up together performing the block. It is seen in the Kata Bassai Dai. It can also be used as a defence when someone attempts a two handed grab.

AWASE-HIKI-TSUKAMI

Combined pulling grasp, As seen in the Kata Heian Godan after the hand-pressing block.

AWASE-KOKO-UKE

Combined tiger mouth block, as seen in the Kata Empi. A good technique against a Jo or Bo attack.

AWASE-MAWASHI-KAKE-UKE

Combined round house hooking block. Seen in the Kata Nijushiho. This technique can also be used to unbalance or throw your attacker.

AWASE-MAWASHI-UKE

Combined roundhouse block, as seen at the start of Kata Kankau Dai.

AWASE-SHUTO-AGE-UKE

Combined knife hand rising block. As seen in the Kata Chinte. The thumbs touch forming a triangle.

AWASE-UCHI

Combined strike. A general term for all combined strikes.

AWASE-UKE

Combined block. A general term for all combined blocks.

AWASE-WAZA

Combined techniques.

AWASE-ZUKI

U-punch. Also referred to as Morote Zuki.

AYUMI

Step or pace.

AYUMI-ASHI

Stepping foot, a method of footwork, where the feet move alternatively one ahead of the other each sliding along the floor.

AYUMI-DACHI

A stance found in ItosuKai Shito-Ryu. It is a natural "walking" stance with the weight over the centre.

B

BARAI

Sweep, sometimes seen as Harai.

BASSAI-DAI

To penetrate a fortress (greater of pair). Normally taught once third Kyu has been obtained. This Kata was originally called Passai.

BASSAI-SHO

To penetrate a fortress (lesser of pair). A technically more advanced Kata than Bassai Dai. The Kata is notable for its leg sweeps and blocks against a staff or Bo.

BETEI

The bones at the base of the spine.

BO

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

BO-UCHI

Bo strike. A general term for any strike using a Bo.

BO-UKE

Bo block, a block against an attack from a Bo. This is a general term that covers any block against a Bo attack.

BO-WAZA

Bo techniques.

BO-JUTSU

Wooden staff art.

BOGU (1)

Protective equipment. i.e. hand mitts.

BOGU (2)

Body armour.

BOGU-KUMITE (1)

Sparring wearing protective equipment.

BOGU-KUMITE (2)

A method of fighting wearing armour.

BOGYO-ROKU-KYODO

Six defence actions. A basic drill of the Japan Karate-Do Ryobu-Kai. Uses the old names of techniques.

BOKKEN

A wooden sword. It resembles a Katana and is used for practice.

BUDO

Martial way. In Karate, there is an assumption that the best way to prevent violent conflict is to emphasise 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.

BUGEI

Martial arts.

BUNKAI

A study of the techniques and applications in Kata.

BUSHI

Warrior.

BUSHI-TE

Warrior hands. One of the old names for Karate.

BUSHIDO

Way of the warrior. Bushi meaning "warrior" and Do meaning "way of".

BYOBUDAOSHI

To topple a folded screen. This is a throwing technique where you step your leg behind your attackers front leg and at the same time that you sweep his leg you attack his chin with your open hand pushing his head back in the opposite direction that which his leg is being swept in.

C

CHI

Blood.

CHIKARA

Power or strength.

CHINTE

Strange hands. A higher grade Kata. Master Funakoshi named this Kata Shoin. The Kata originally came from China.

CHINTO

An Okinawan Shorin Ryu Kata, meaning fighting to the east. The old name for the Kata Gankaku, which means "crane on a rock". Funakoshi changed its name.

CHOJI-DACHI

"T"-stance, this is an old name for what is now called Teiji Dachi. It is a stance where the feet form the shape of a "T".

CHOKKAKU

Right angle.

CHOKU

Straight.

CHOKU-ZUKI

Straight punch. This is a punch that is normally practised from the standing position and is generally the first punch taught in Karate. It is seen used in the Kata Bassai Dai.

CHOWA

Harmony. The harmonious mental and physical reaction while at practice.

CHOWASURU

To have harmony with opponent, to harmonise movements in Kata demonstrations etc.

CHOYAKU-HANGEKI

Jumping counter attack.

CHU

Middle.

CHUDAN

Mid-Level or mid-section. If called prior to an attack it indicates that the attack will be to the stomach area.

CHUDAN

Middle area.

CHUDAN-BARAI-UKE

Middle level sweeping block. The same as a Gedan Barai Uke but used against a middle level attack.

CHUDAN-CHOKU-ZUKI

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

CHUDAN-NO-KAMAE

Middle level posture, or middle level guard. A freestyle posture where your hands are held at middle level.

CHUDAN-TEISHO-FURI-UCHI

Middle level palm heel circular strike. Used in the Kata Chinte.

CHUDAN-UCHI-UDE-UKE

Middle level inside forearm block. A basic Shotokan block. Also see Uchi Ude Uke.

CHUDAN-UDE-UKE

Middle level forearm block, blocking an attack to the mid-section.

CHUDAN-UKE

Middle level block. A general term for middle level blocks.

CHUDAN-ZUKI

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

CHUSOKU

Ball of foot.

D

DAI

Lesser or minor. (the term describes the movements of the Kata rather than its importance).

DAN

Level, rank or degree. A black belt rank. Grades under black belt are known as Kyu grades. Most associations recognise up to 10 levels of black belt.

DAN-ZUKI

Consecutive punching (same hand). This can be effective if done quickly because your opponent will not expect a second punch from the same hand.

DANCHU

Summit of breast bone or sternum. A good technique to drop your opponent to the floor is to push your fingers down behind the top of the sternum.

DE

Advancing.

DEAI

Encountering. see Deai Osae Uke.

DEAI-OSAE-UKE

Pressing block, stepping in at the time, or encountering as the attack comes forward, or suppressing it.

DEASHI-BARAI

Advanced foot sweep. Sometimes seen as Deashi Harai.

DENKO

The area between the seventh and eighth ribs.

DESHI

Trainee.

DO (1)

Way or path. In Karate, the connotation is that of a way of attaining enlightenment or a way of improving one's character through traditional training.

DO (2)

Torso or trunk of body.

DO (3)

Movement or activity.

DO-KYAKU

Moving leg.

DOGU

Tools, equipment, instruments, etc. All of the pieces of equipment used in martial arts practice.

DOJI

Simultaneous.

DOJI-WAZA

Simultaneous techniques. Used to describe any time that techniques are performed simultaneously.

DOJO

Literally "place of the way." Also "place of enlightenment." The place where we practice Karate. Traditional etiquette prescribes bowing in the direction of the designated front of the Dojo (Shomen) when entering or leaving the Dojo.

DOJO-KUN

School oath, or standard of the school.

DOKAN

The ring of the way; repetition, constant practice.

DOKKO

The Mastoids. Found by pressing up behind the base of the ears.

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.

DORI (1)

Practice.

DORI (2)

Pull or hold.

DOSHU

Master or master of the way.

E

EKU

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

EMBUSEN

Performance line, the floor pattern of a given Kata. All Shotokan Kata will start and finish on the same spot.

EMPI (1)

A black belt level Kata, translated as "Flying Swallow". This Kata was originally called Wanshu. It is named after a flying swallow because the alternate high and low attacks that are seen in it are said to resemble a swallow in flight. It is considered to be one of the oldest Kata.

EMPI (2)

Elbow. Sometimes referred to as Hiji.

EMPI-SURI-UKE

See Hiji Suri Uke.

EMPI-UCHI

Elbow strike (also called Hiji Ate)

EMPI-UKE

Elbow block. A general term for the blocking action using the elbow.

EN

Circle.

EN-SHO

Round heel, an alternative name for Kakato.

ENGETSU-UKE

Circular foot block.

ENOREI

Relax. You may also see this as Enoy.

ENOY

Relax. See Enorei.

ENPI

Elbow, normally spelt as Empi.

ENSHIN

Centre of a circle or circular.

ERI

Lapel, as in the lapel on a Gi.

ERI-SEOI-NAGE

Lapel shoulder throw. People often think that there are no throws in Karate, yet the earliest Karate books demonstrate throws as Karate techniques.

ERI-TSUKAMI

Lapel grab.

F

FU-ANTI

Instability or lack of balance.

FUDO-DACHI

Immovable stance or rooted stance. Also referred to as Sochin Dachi.

FUKAI

Hold strongly.

FUKURAHAGI

Calf (of the leg).

FUKUTO

The outside of the lower part of the thigh.

FUMI-WAZA

Stamping techniques.

FUMIKIRI-GERI

Cutting kick. A stamping style kick using the edge or blade of the foot to strike with. A good technique for striking in to an opponents wind-pipe when he is on the floor.

FUMIKOMI-GERI

Stamping kick. Usually applied to the knee, shin, or instep of an opponent.

FURI

Swing or circular or round.

FURI-KOSA-BARAI

Circular cross sweep, It is used in the Kata Nijushiho.

FURIAGE

Swing up.

FURIKAERU

Turn (look) round, rotate and look back.

FURISUTE

Swing.

FUSE

Defence or ground.

FUSHI

Joint, knuckle.

FUSHO

Injury, wound.

G

GAESHI

Counter. This is also spelt Kaeshi.

GAI-WAN

Outer arm, part of the forearm located on the side opposite the thumb.

GAN

Eye. You may also see this as Gansei. .

GANCHU

Area below the nipples.

GANKAKU

"Crane on a rock", a Kata from Shotokan Karate.

GANKAKU-DACHI

Crane stance, sometimes referred to as Tsuru Ashi Dachi and Sagi Ashi Dachi.

GANKAKU-KAMAE

Crane posture, as used in the Kata Gankaku. The legs are in Tsuru Ashi Dachi and the arms in Manji Uke.

GASSHUKUA

Special training camp.

GEDAN

Lower level or lower section. If called prior to an attack it indicates that the attack will be to the lower area of the body.

GEDAN-BARAI

Lower level sweep. A basic karate block. Normally the first move students make prior to going on to do their combinations, one of the reasons for this is so that the first move in Karate is a block which demonstrates that Karate is for self-defence.

GEDAN-BARAI-UKE

Lower level sweeping block, usually shortened to Gedan Barai.

GEDAN-CHOKU-ZUKI

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

GEDAN-JUJI-UKE

Lower level X block. As seen in the Kata Heian Yondan and others. Normally used to block a front kick. The block should land after the attacker has

raised his knee but prior to his leg beginning to extend.

GEDAN-KAKE-UKE

Lower level hooking block.

GEDAN-SHUTO-OSAE

Lower level knife hand press. As seen in the Kata Gojushiho Dai.

GEDAN-SOTO-UDE-UKE

Lower level outside forearm block, as seen in the Kata Tekki Nidan.

GEDAN-SUKUI-UKE

Lower level hooking block, as seen in the Kata Bassai Dai.

GEDAN-UDE-UKE

Low forearm block.

GEDAN-UKE

Lower level block.

GEDAN-ZUKI

Lower level punch, usually directed at the groin area.

GEKON

The spot beneath the lower lip. Ippon Ken is a good technique to use to attack this target.

GERI

Kick, sometimes also seen as being spelt as Keri.

GERI-NUKE

Best described as slipping through the enemy by kicking.

GERI-WAZA

Kicking techniques.

GERIGAESHI

Return kick or kick counter. After you have executed the kick and performed Gerihanashi you then re-extend the kick back in to the target. This technique often works because after you have put your first kick in which may have been blocked by your opponent he doesn't expect the second kick to come from the same leg and drops his guard to it.

GERIHANASHI

Kick release. After executing a kick you must withdraw the leg with the same speed as the kick went in. If you leave your leg out after a kick it can be grabbed by your opponent who can then easily break your supporting leg with a simple kick.

GI

Training uniform. Traditionally in Japanese and Okinawan Karate Dojo, the Gi must be white and cotton. The only markings allowed are the organisation patch on the left breast area and the person's name at the front bottom corner of the jacket.

GO-NO-SEN

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

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 and Kiais.

GOJU-RYU

Hard, soft way. An Okinawan style of Karate.

GOJUSHIHO

An Okinawan Kata, meaning 54 steps.

GOJUSHIHO-SHO-/-DAI

Fifty Four Steps. Two high grade Katas which were originally performed over fifty four steps.

GOSHI

Hip, sometimes is spelt as Koshi.

GOSHIN

Self defence.

GYAKU

Reverse or opposite.

GYAKU-ASHI

Reverse foot or reverse leg.

GYAKU-HANMI

Reversed side-on, half front facing position. This stance is useful in assisting kicking off the back leg as a counter move because the hip is all ready in.

GYAKU-MAWASHI-GERI

Reverse round-house kick. Sometimes also called Ura Mawashi Geri. Instead of coming from the outside in, the leg travels from the inside out.

GYAKU-MAWASHI-EMPI-UCHI

Reverse roundhouse elbow strike.

GYAKU-MIKAZUKI-GERI

Back or reverse crescent kick, as seen in the Kata Empi. May also be seen as Ura Mikazuki Geri.

GYAKU-TE

Reverse hand.

GYAKU-ZUKI

Reverse punch. A basic Karate punch. The punching hand is the opposite one to the leg that is forward.

H

HA

Tooth.

HACHIJI-DACHI

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

HADA

Skin. also see Hifu.

HADASHI

Bare feet.

HAGUKI

Gums.

HAI (1)

Yes.

HAI (2)

Lung.

HAI-WAN

Back arm.

HAI-WAN-NAGASHI-UKE

Back arm-sweeping block. Nagashi can mean "flowing" as in Nagashi Zuki, or "flowing punch".

HAI-WAN-UKE

Back arm block.

HAIMEN

Back or rear side.

HAISHU

Backhand or back of the hand.

HAISHU-AGE-UCHI

Back hand rising strike. Used in the Kata Nijushiho.

HAISHU-AWASE-UKE

Backhand combined block, the opening block in the Kata Gankaku. Also seen in Bassai Sho.

HAISHU-JUJI-UKE

Backhand cross block.

HAISHU-UCHI

Back hand strike. A strike with the back of the hand where the hand and fingers are straight.

HAISHU-UKE

Back hand block. A block using the back of the hand.

HAISOKU

Instep of the foot. The area at the base of the shin bone and the top of the foot.

HAITO

Ridge hand. Thumb extended across the palm touching the base of the little finger and striking with the area just below the base of the index finger to the first joint of the thumb. Often used against the temple.

HAITO-KOSHI-KAMAE

Ridge-hand hip posture. The bottom hand is held as Seiken and the top hand is held in Haito with the palm facing up.

HAITO-SUKUI-NAGE

Ridge-hand scooping throw. Used to counter a front kick. As you scoop the leg you bring it up high, hopefully taking your attacker off balance and throwing him to the floor.

HAITO-UCHI

Ridge hand strike.

HAITO-UKE

Ridge hand block.

HAJIME

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

HAN

Half.

HAN-ZENKUTSU-DACHI

Half front stance, where the feet are only half the distance apart from the full stance. Also see Moto Dachi.

HANA

Nose.

HANAJI

Nosebleed.

HANGETSU

A black belt level Kata, meaning half moon.

HANGETSU-DACHI

Half moon stance. It is also known as wide hour glass stance.

HANMI

Side on, half front facing position.

HANMI-SASHI-ASHI-DACHI

Side on or half front facing stepping across position, as seen in the Kata Hungestsu.

HANMI-KAMAE

Half facing position.

HANSHI

Master. An honorary title given to the highest black belt of an organisation, signifying their understanding of their art.

HARA

Abdomen, belly, means the same as Tandan.

HARAI

Sweep or sweeping. Normally seen as Barai.

HARAI-FUMIKOMI-GERI

Sweeping stamping kick, as seen in the Kata Bassai Dai.

HARAI-TE

Sweeping technique with the hand.

HARAI-WAZA

Sweeping techniques.

HARU

Spread.

HASAMI

Scissors.

HASAMI-(UDE)-UKE-HIZA- KAMAE

Scissor (forearm) block knee posture. Both forearms perform a scissor block and at the same time the right knee raises attacking the groin.

HASAMI-GERI

Scissor kick.

HASAMI-TETTSUI-UCHI

Scissor bottom fist strike. Both bottom fists perform a scissor strike in to the sides of your attackers body.

HASAMI-ZUKI

Scissor punch.

HAYAI

Quick, fast or rapid.

HAZUSHI

Pulling away.

HAZUSHI-TE

Pulling away hand, used to describe the action of pulling your hand away, after it has been grasped.

HEIAN

Peaceful mind or peace or tranquillity. These five Kata were originally called Pinan. Funakoshi said that having mastered these five Kata and all of their moves, you should now be confident enough that you could defend yourself from attack and the meaning of the name Heian is to be taken in this context.

HEIKO-DACHI

Parallel stance. A natural stance. Feet positioned about shoulder width apart, pointed straight forward.

HEIKO-DACHI-(HIGAONNA- LINE)

A heiko dachi stance, where the front foot is turned slightly inwards while the rear foot is straight.

HEIKO-TATE-ZUKI

Parallel vertical fist punch, As seen in the Kata Gojushiho Dai.

HEIKO-URA-ZUKI

Parallel close punch. Used in the Kata Bassai Sho.

HEIKO-ZUKI

Parallel punch. A double, simultaneous punch.

HEISOKU

Instep.

HEISOKU-DACHI

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

HENKA

Changing.

HENKA-WAZA

Changing techniques.

HENTE

Changing hands. This means changing your blocking hand to your attacking hand, or your attacking hand to your blocking hand. For example you block and then attack straight away with the same hand.

HENTE-WAZA

Changing hands techniques.

HICHU

The base of the throat, Adam's-apple or projection of the thyroid cartilage of the larynx.

HIDARI

Left or left side. Also spelt as Hadari.

HIDARI-JIGO-TAI

Left defensive posture.

HIDARI-KAGI-KAMAE

Left hooking stance or posture, as seen in the Kata Heian Godan.

HIDARI-KAMAE

Left posture. Used to describe when your left side is forward in a stance.

HIDARI-NANEME-NI-YOKERU- KOTO

Left diagonal evasion.

HIDARI-TE

Left hand.

HIFU

Skin. also see Hada.

HIJI

Elbow, also known as Empi. Hiji is the older version.

HIJI-ATEMI

Elbow strikes.

HIJI-UKE

A blocking action using the elbow.

HIJI-WAZA

Elbow techniques.

HIJI-ATE

Elbow strike, also called Empi Uchi.

HIJIZUME

Elbow joint.

HIKI

Retract or pull back. Also sometimes spelt as Hiku.

HIKI-ASHI

Retracting leg, pulling your front leg back so that it is level with what was the rear leg. i.e. to avoid a sweep.

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.

HIKKAKU

Scratch, to wound with the nails. This is can be an application from the Kata Bassai Sho, where you bring your fingers back across your attackers eyes.

HIKUME

Low.

HINERI

Twist. Sometimes this is also seen spelt as Hineru.

HINERI-TENSHIN

A move where you twist and change your course, e.g. when you twist your wrist out of the grip of your opponent and at the same time change your body course. It is seen in the Katas Heian Sandan and Kanku Dai.

HINERI-YOKO-EMPI-UCHI

Twisting lateral elbow strike.

HINERITE-UKE

Twisting hand block.

HINERU

Twist. Sometimes this is also seen spelt as Hineri.

HIRA

Flat or level.

HIRA-HASAMI

Flat scissors. Normally called Koko or Tiger Mouth.

HIRA-NUKITE

Level spear hand or level piercing hand. This is when the palm is facing down.

HIRA-KOTE

Level forearm. Centre of the outer and inner forearms.

HIRAKEN

Flat fist or fore knuckle fist, as in a punch but with the knuckles extended. Also referred to as Hiraken Zuki.

HIRAKEN-ZUKI

Fore-knuckle strike.

HIRATE

Flat or level hand.

HIRATE-DE-UTSU

Slap, as in open handed strike.

HIRATE-OSAE-UKE

Fore hand pressing block, or flat hand pressing block.

HISHIRYO

Think without thinking; consciousness beyond thought.

HITAI

Brow or forehead.

HITOSASHI-IPPON-KEN

Forefinger knuckle fist, more commonly seen as Ippon Ken.

HITOSASHIYUBI-IPPON-KEN

Fore finger fist. Normally called Ippon Ken.

HIZA

Knee or lap.

HIZA

Knee.

HIZA-DACHI

One knee stance. Half or single kneeling position. As seen in the Kata Gankaku.

HIZA-GERI

Knee kick.

HIZA-UKE

Knee block, A blocking action using the knee.

HIZA-WAZA

Knee techniques.

HIZAGASHIRA

Knee cap.

HIZAGASHIRA-GERI

Knee cap kick.

HIZAKANSETSU

Knee joint.

HIZATSUI

Knee hammer.

HIZKEN-GERI

Kneefist kick. Another name for Hiza Geri.

HO

Step or pace.

HOKO

Direction.

HOMBU

Headquarters.

HOMBU-DOJO

A term used to refer to the central Dojo of an organisation.

HON

Basic or fundamental.

HONE

Bone.

HOO

Cheek.

HORAN-NO-KAMAE

"Egg in the nest posture" or ready position used in some Kata where the fist is covered by the other hand. Another way of explaining this position is that empty hand (karateka) overcomes angry fist (A non-karate person). It is also called wrapped fist.

HUNGETSU

Half moon. A black belt Kata mainly performed from Hungetsu Dachi. This Kata is sometimes seen spelt as Hangetsu.

HUNGETSU-DACHI

Half moon stance. Also seen spelt as Hangetsu Dachi.

HYOSHI

Rhythm.

I

IAI (1)

Sparring which begins with both the attacker and the defender seated and facing each other is called Iai.

IAI (2)

Swordplay.

IAIDO

Way of the sword.

IBUKI

Breathing method.

ICHI (1)

One.

ICHI (2)

Position or location.

ICHIBYOSHI

In one breath.

IIE

No, that is incorrect.

IKKEN-HISSATSU

To kill with one blow.

INASU

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

IPPON

One point (in sport karate).

IPPON-DACHI

Another term for a one legged stance, also see Ashi Dachi.

IPPON-KEN

One knuckle fist.

IPPON-KUMITE

One step sparring.

IPPON-NUKITE

One finger spear hand. A stabbing action using the extended index finger. Normally aimed at the eyes or throat.

IPPON-ZUKI

One finger thrust. Normally called Ippon Nukite.

IRIMI

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

ISSHIN-RYU

"One heart school" An Okinawan style of karate.

J

JI-IN

Temple grounds.

JI-ON

From the temple of Ji-On. A higher grade Kata

JIAI

To be in harmony with one's self (start position of Ji Katas). It said that it was a form of greeting used by the monks at the temple of Ji-On.

JIAI-NO-KAMAE

In harmony with one's self posture, as seen at the start of the Katas Bassai Dai, Jion, Jiin etc. It describes the state of mind that you should be in before you begin the Kata.

JIKU-ASHI

Pivot leg.

JINCHU

Philtrum, or the spot just under the nose.

JINZO

Kidney.

JION

A Shorei-Ryu Kata.

JITTE

Ten hands. A higher grade Kata. The translation implies that if the Kata is mastered you can face ten opponents. This Kata is unique in that there is not a single punch in it.

JIYU

Freedom (of movement etc.).

JIYU-DACHI

Free sparring posture.

JIYU-IPPON-KUMITE

One step free sparring.

JIYU-KUMITE

free sparring.

JO

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

JO-TSUKAMI-WAZA

Jo grasping techniques.

JO-UKE

Jo block, A block against a Jo.

JODAN

Upper level. If called prior to an attack it indicates that the attack will be to the head area.

JODAN-MOROTE-UKE

Upper level augmented forearm block. As seen in the Kata Ji-On.

JODAN-UKE

Upper level block.

JO-DO

Way of the 4 foot staff.

JOGAI

Out of bounds.

JOKO

Slow.

JOMYAKU

Vein.

JOSO-KUTEI

Raised Sole.

JOTAI

Upper Body.

JU

Soft, gentle.

JUDO

Gentle way.

JUJI

Cross.

JUJI-UKE

Cross block or X block. Where the arms cross and block at the base of where they cross.

JUJUSTU

Art of gentleness.

JUN-KAITEN

Regular rotation, corresponding rotation. The hip and arm going in the same direction.

JUN-ZUKI (1)

Corresponding punch. i.e. punching with the same arm as the leg that is forward.

JUN-ZUKI (2)

The Wado Ryu term for Oi Zuki.

JUTTE (1)

A Shorei Ryu Kata.

JUTTE (2)

A forked iron truncheon.

K

KA

Person or practitioner.

KACHI

Win, victory.

KACHIKAKE

Point on jaw. Also see Ago.

KAESHI

Counter, the countering of an opponent's offensive action. Sometimes this seen spelt as Kaesu.

KAESHI-IPPON-KUMITE

Returning one step sparring, or countering one step sparring.

KAFUKUBU

Abdomen.

KAGI

Hook.

KAGI-UKE

Hooking block.

KAGI-ZUKI

Hook punch.

KAHANSHIN

Lower half of the body.

KAHO

Downward.

KAI

Style.

KAISHIN

Open heart, The beginning move of the Kata Kanku Dai.

KAISHO

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

KAISHO-KOSA-UKE

Open hand cross block.

KAISHO-UKE

Open hand block.

KAITEN

Turn or rotate.

KAIUN-NO-TE

Open the cloud. From the Kata Unsu

KAKAE-NAGE

Trapping throw.

KAKAE-TE-UKE

Trapping hand block

KAKATO

Heel (of the foot)

KAKATO-GERI

Heel kick or also known as Axe Kick, striking with the back of the heel of the foot.

KAKE

Hooking.

KAKE-DORI

Hooking grasp or pull.

KAKE-TE

Hooking hand.

KAKE-UKE

Hooking block.

KAKE-WAZA

Hooking techniques.

KAKIWAKE

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

KAKIWAKE-UKE

Reverse wedge block. A two handed block used when an attacker attempts to grab the front chest area of the defender.

KAKUTO (1)

Bent wrist.

KAKUTO (2)

Heel of hand.

KAKUTO-UCHI

Bent wrist strike. Wrist joint strike. Also known as Ko Uchi.

KAKUTO-UKE

Bent wrist block. Wrist joint block. Also known as Ko Uke.

KAMA

Grass sickle (an Okinawan weapon).

KAMAE (1)

Posture or stance. Sometimes spelt Gamae.

KAMAE (2)

Attitude.

KAMAE-TE

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

KAMI

Hair. Kami Dori or Tsukami is Hair grab. Also see Ke.

KAMI-TSUKAMI

Hair Grab.

KAMITSUKU

Bite.

KAN

Fighting awareness, or penetrating the true nature of things.

KANJI

The symbols of Japanese writing. Karate is made up of two kanji. The first being the symbol for "Empty" and the second symbol being for "hand".

KANKU-DAI

A Shotokan Kata, meaning "To view the sky"
Developed from the Okinawan Kata Kusanku.

KANKU-SHO

Viewing the sky. (Sho describes the movements of the Kata rather than its importance)

KANSETSU

Against the joint. Also used to describe locking techniques against joints.

KANSETSU-GERI

Joint kick, against a joint. Often used against the knee.

KANSETSU-UCHI

Joint strike.

KANSETSU-WAZA

Against the joint techniques, or locking techniques.

KAO

Face, as in of the head.

KARA

Empty. In Karate we use the Kara to imply that we are weapon-less or empty handed. Also, Master Funakoshi said "that the person who follows Karate must make himself void or empty by ridding himself of all self-centredness and greed, making yourself empty within, but upright without. This is the real meaning of the "empty" in Karate.

KARADA

Body, physique.

KARATE

Empty Hand. When Karate was first introduced to Japan, it was called "To- De". The meaning of To De is Chinese Hand.

KARATE-NI-SENTENASHI

A term which sums up the essence of the art, it means "in Karate there is no first strike".

KARATE-D0-NYUMON

The first book written by Gichin Funakoshi. It translates literally as "A passage through the gates of the Karate way".

KARATE-DO

The way of the empty hand. This implies not only the physical aspect of Karate, but also the mental and social aspects of Karate.

KARATE-KA

A practitioner of Karate.

KARIKOMI

Cutting in.

KASEI

Under.

KASEI-GERI

Under kick. It is kicking from under your opponent. It is seen in the Kata Unsu.

KASUMI

Temple on the side of the head. Also see Komikami

KASUSATSU

The area between the fifth and sixth vertebra.

KATA (1)

Form, figure or shape. In Karate, Kata is a form or prescribed pattern of movement fighting imaginary opponents.

KATA (2)

Shoulder.

KATA(3)

Single or one.

KATANA

A type of sword. It was the longer of the two swords normally carried by a Samurai.

KATATE

One hand or single hand.

KATATE-UKE

One hand or single hand block.

KATSU (1)

Win.

KATSU (2)

A resuscitation technique.

KATSU (3)

A type of loud shout, similar to a Kiai.

KAWASHI

"Interaction", In practice you pass through your opponents attack, in effect exchanging places with him. Stepping in towards the attacker, while turning (Kawasu) your body to avoid the attack. Evasion.

KE

Hair.

KE-TSUKAMI

Hair Grab. This could also be Kami Tsukami.

KEAGE

"Kick Up" Generally used to describe snapping as opposed to thrusting kicks. See Keriage

KEBANASHI

Kick off.

KEGA

Injury or wound.

KEICHU

Nape of the neck.

KEIKO (1)

Training or practice.

KEIKO (2)

Joined fingertips or Chicken Head hand.

KEITO-UCHI

Chicken head strike.

KEITO-UKE

Chicken head block.

KEITO-UKE-NAGASHI

Chicken head blocking sweep.

KEKKAN

Blood vessel.

KEKOMI

Thrust kick (literally kick into or straight). See Kerikomi.

KEMPO

Fist Law. A generic term to describe fighting systems that uses the fist.

KEN (1)

Fist.

KEN (2)

Sword.

KENDO

Way of the sword.

KENSEI

The technique with silent Kiai. Related to meditation.

KENSEITAI

Feint.

KENTSUI

Hammer Fist Also known as Tetsui.

KENTSUI-UCHI

Hammer fist strike. See also Tetsui Uchi

KENTSUI-UKE

Hammer fist block. Also know as Tetsui Uke.

KERI

Kick. Also called Geri when used with another word.

KERI-WAZA

Kicking techniques.

KERIAGE

Kick up, this is the original name for a snap kick
Keage.

KERIKOME

Kick in, this is the original name for a thrust kick or
Kekomi.

KETTO

Blood.

KI

Mind. Spirit. Energy. Vital force. Intention. (Chinese
"chi") Ki cannot easily be translated directly into any
language.

KI-KEN-TAI-NO-ITCHI

Spirit, technique and body as one.

KI-O-TSUKU

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. One translation
of Kiai is "the expression of vital spirit". It is often
translated as "spirit shout".

KIBA-DACHI

Horse straddle stance or horse riding stance. Also
known as Naihanchi Dachi.

KIHAKU

Spirit.

KIHON

Basic techniques.

KIHON-IPPON-KUMITE

Basic one-step sparring. The attacker calls the attack.
The defender blocks and counters the attack. All
carried out in basics. Kihon Kumite would be basic
sparring.

KIME

Focus of power and concentration. Kime comes about
as a result of Shin-Gi- Tai.

KIN-GERI

Front kick with the instep (aimed at groin).

KINNIKU

Muscles.

KINTEKI

Testicles.

KIREI-TU

Stand up.

KIRI

Cut or repeat.

KIRI-KAESHI

Repeated counter.

KISHO-IPPON-KUMITE

Returning one step sparring.

KIZAMI-GERI

Jabbing kick. Also called Kizami Mae Geri. It is a
front kick off the front leg, thrown with a jabbing
action.

KIZAMI-ZUKI

Jabbing punch.

KO (1)

Arc.

KO (2)

Back.

KO-BO-ICHI

The concept of "attack-defence connection".

KO-EMPI-UCHI

Rear elbow strike. Normally called Ushiro Empi Uchi.

KO-UCHI

Wrist joint strike. Also known as Kakuto Uchi.

KO-UKE

Crane block or arch block. Same as Kakuto Uke.

KOBAYASHI-RYU

"Small forest" An Okinawan form of Shorin Ryu karate.

KOBORE

Tibia.

KOBUDO

Ancient warrior art. Usually refers to weapons training.

KOBUSHI

Fist, in Karate Seiken is used.

KODENKO

The base of the spine.

KOHAI

A student junior to oneself.

KOHAI

A student junior to oneself.

KOHO

Back, behind or rear.

KOHO-KAITEN-TOBI

Rear turning jump, as used in the Kata Empi.

KOHO-OSAE

Rear grab. Often called a "bear hug".

KOHO-TENKAN

Reversing direction.

KOKEN

Wrist joint or bent wrist.

KOKO

Tiger mouth.

KOKO-HIZA-KUZUSHI

Tiger mouth knee pull down as seen in the Kata Nijushiho.

KOKO-OSAE

Tiger mouth grasp.

KOKO-UCHI

Tiger mouth strike. A strike using the area between the thumb and index finger.

KOKO-UKE

Tiger mouth block

KOKORO

Spirit, heart. In Japanese culture, the spirit dwells in the heart.

KOKOTSU

The centre point of the fibula and tibia (shin bone).

KOKUTSU-DACHI

Back stance. A stance with most of the weight over the rear leg. The actual translation means back knee bent stance.

KOKYU

Breath or breathing.

KOMANAGE

Spinning top. This is a throwing technique where you place your hand in the arm pit area of your attacker whilst your other hand holds his wrist. You then force your opponent down.

KOMEKAMI

The temple area of the head.

KOMI

Near or against.

KOMPAI

Peers, those of similar grade.

KORI

The upper surface of the instep.

KOSA

Cross.

KOSA-DACHI

Crossed stance referring to the feet. or Kosa Ashi Dachi.

KOSHI (1)

Ball of foot.

KOSHI (2)

Hip or waist.

KOSHI-KAMAE

Hip posture or stance. A stance where the fists are held one above the other against the hip.

KOSHI-NO-KAITEN

Hip rotation.

KOSHIN

Rearward.

KOTE (1)

Wrist.

KOTE (2)

Back hand.

KOTE (3)

Forearm.

KOTE-HODOKI-WAZA

Wrist releasing techniques.

KOTE-UCHI

Forearm strike.

KOWASU

Break.

KUBI

Neck.

KUBIWA

Neck circle or "to encircle the neck". This is a throwing technique where you encircle your opponents neck with your arm and then force his head and body off balance backwards throwing him to the ground.

KUBOTAN

A self-defence tool developed by Takayuki Kubota. This tool serves normally as a key chain.

KUCHI

Mouth.

KUCHIBIRU

Lip.

KUMADE

Bear hand.

KUMADE-UCHI

Bear hand strike.

KUMITE

Fighting or sparring

KUN

Oath.

KUSAGAKURE

The outside edge of the top of the foot.

KUSANKU

An Okinawan Shorin Ryu Kata, named after a Chinese Master.

KUSSU

Bent. For example, Hiza Kussu is bent knee.

KUTSU

Pain.

KUZUSHI

Breaking or upsetting.

KYO

Teach or teaching.

KYOEI

Area below the armpits, approximately the spot between the fifth and sixth ribs.

KYOKU

Breathing.

KYOSEN

Solar plexus. Also called Suigetsu.

KYOSHI

Knowledgeable person. Usually this title is conferred at rokudan or shichidan, depending on system.

KYOTOTSU

Base of breastbone or sternum.

KYU

Grade. Any rank below Shodan.

KYUSHIN

To study or seek. You may also see this as Kyoshin.

KYUSHO

Vital points, or pressure points.

KYUSHO-WAZA

Vital point techniques.

M

MA-AI

Distancing. Distancing 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.

MA-AI-GA-TOH

Not proper distance.

MAE

Front or forward.

MAE-ASHI

Front leg or front foot.

MAE-ASHI-GERI

Front leg kick. A kick delivered from your front leg.

MAE-EMPI

Forward elbow strike.

MAE-EMPI-UCHI

Front elbow strike.

MAE-GERI

Front Kick. One of the basic Karate kicks.

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-HIJI-ATE

Front elbow strike.

MAE-NI-ITE

Going forward.

MAE-TOBI-GERI

Front jumping kick or flying front kick.

MAE-UKEMI

Forward fall or roll.

MAKIWARA

Punching board or post.

MAKOTO

A feeling of absolute sincerity, 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-KAMAE

A double block where one arm executes Gedan Barai to one side, while the other arm executes Jodan Haiwan Uke, usually carried out in Kokutsu Dachi.

MANJI-UKE

Another way of saying Manji Kamae.

MATA

Top of the thigh.

MATSUKAZE

The side of the neck.

MATTE

Stop or wait.

MAWARI-KOMI

Turning (like a top).

MAWASHI-EMPI-UCHI

Round house or circular elbow strike. Also referred to as Mawashi Hiji Ate.

MAWASHI-GERI

Roundhouse kick. This kick is considered to be a recent innovation and may explain why it is not seen in many Kata.

MAWASHI-HIJI-ATE

Roundhouse elbow strike. Also referred to as Mawashi Empi Uchi.

MAWASHI-HIZA-GERI

Roundhouse knee kick. Done with the same action as a normal roundhouse kick but striking with the knee.

MAWASHI-TOBI-GERI

Roundhouse jumping kick, or flying roundhouse kick.

MAWASHI-ZUKI

Roundhouse punch. This punch can be hooked around your opponents guard. It is not often used in Karate.

MAWAT-TE

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

MAYU

Eyebrow.

ME

Eye.

MEIJIN

Expert or master.

MEIKYO

Polished mirror. A black belt Kata.

MEN

Side, face or surface.

MIGAMAE

Physical readiness.

MIGI

Right or right side.

MIGI-KAMAE

Right posture. Used to describe when your right side is forward in a stance.

MIGI-NANEME-NI-YOKERU-KOTO

Right diagonal evasion

MIGITE

Right hand.

MIKAZUKI (1)

Crescent.

MIKAZUKI (2)

The lower ridge of the lower jaw, the mandible base.

MIKAZUKI-GERI

Crescent kick.

MIKAZUKI-GERI-UKE

Crescent kick block, where the kick is used to block an attack.

MIKEN

Summit of the nose in the centre of the forehead.

MIMI

Ear(s).

MIRU

Look.

MIZO-NAGARE-KAMAE

Water flowing posture, Nagare also translates as "sweeping" in the same way that Nagashi does.

MIZU

Water.

MIZU-NO-KOKORO

Mind like water. A psychological principle emphasising the need to calm your mind, like the surface of undisturbed water, while facing an opponent.

MOKUSO

Meditation. Training often begins or more normally ends with a short period of meditation. The reason for this is to clear ones mind and relax.

MOMO

Thigh.

MOROASHI-BARAI

Two leg sweep.

MOROTE

Augmented, double or two handed.

MOROTE-JO-UKE

Double handed Jo block.

MOROTE-KOKO-DORI

Double tiger mouth grasp.

MOROTE-KOKO-UKE

Double tiger mouth block.

MOROTE-KUBI-OSAE

Two handed head or neck hold, where both hands are used to grab either side of the opponents head.

MOROTE-SEIRYUTO-UCHI

Two handed Ox-jaw strike. Generally used against the collar bones.

MOROTE-UDE-UKE

Augmented forearm block. The opposite fist is placed close to the elbow of the blocking forearm. Often called Morote Uke.

MOROTE-UKE

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

MOROTE-ZUKI

Augmented punch or U-punch. Punching with both fists simultaneously. Also referred to as Awase Zuki.

MOTO

Original.

MUDANSHA

Students without black-belt ranking.

MUKI

Facing.

MUNE

Chest.

MUNEN-MUSO

Free of all idea's and thoughts. You are therefore ready to learn, or act with a clear mind, dedicating yourself to the task in hand.

MURASAME

The front portion of the throat on either side, just above the collar bone. The supraclavicular fossa.

MUSHIN

No mind, or without mind. It indicates a clear, calm spirit.

MUSUBI-DACHI

Informal attention stance. Heels placed together but with each foot turned out at 45 degrees.

MYAKU

Pulse.

MYOJO

Area about one inch below the navel.

N

NAGARI

Flowing stream or current. It has the same meaning or translation as Nagashi. Also spelt as Nagare or Nagareru.

NAGASHI

Flowing, or sweeping.

NAGASHI-UKE

Sweeping open handed block.

NAGE-WAZA

Throwing techniques.

NAIHANCHI

This was the original name for the Tekki Katas, but was changed by Funakoshi.

NAIHANCHI-DACHI

Kiba Dachi.

NAKADAKA-IPPON-KEN

Middle finger one knuckle fist. Sometimes also called Nakayubi Ippon Ken.

NAKAYUBI-IPPON-KEN

Middle finger fist. Normally called Nakadaka Ippon Ken.

NAMI

Wave.

NAMI-ASHI

Inside snapping block, also known as Returning Wave because of the motion of the leg. It is some times called Nami Geashi.

NANAME

Diagonal.

NEKO

Cat.

NEKO-ASHI-DACHI

Cat stance.

NI

Two or second.

NI-NO-KOSHI-NO-HYOSHI

In two beats (feint).

NIHON-NUKITE

Two finger spear hand. Striking with the index and middle fingers, usually to the eyes.

NIHON-ZUKI

Two consecutive punches from alternate hands.

NIJUSHIHO

Twenty four steps. A black belt Kata that is performed over twenty four steps.

NIKEITO-KAMAE

Double chicken head posture.

NIKU

Flesh.

NO-MUKO-HOFAKU

Facing opposite way.

NOBASHI

Extend.

NODO

Throat.

NOGARE

A style of breathing used in Karate that advocates proper breath control even in the face of danger.

NUKITE

Spear hand

NUNCHAKU

An Okinawan weapon. Two lengths of wood hinged together by cord. Was probably developed from a horse bridle (and not rice flail).

O

OBI

Belt

OI-ZUKI

Lunge punch.

OKINAWA

One of a group of islands South East of Japan. Where karate was developed.

OKINAWA-TE

An old name for what today is known as Karate, also see To-De and To-Te.

OKURI-ASHI-BARAI

Moving on-to foot sweep. The opponents foot is swept out from under him as he steps forwards.

OMOTE

Front.

OMOTE-KOTE

Front forearm or inner forearm.

ONAJI-WAZA

Same technique.

OSAE

Pressing or holding.

OSAE-UKE

Forearm pressing block.

OSHI

Pressing. Also see Osae.

OSS

A word peculiar to Karate; it is used as a form of greeting, or "yes" etc.

OSU

Push.

OTOSHI

Drop or dropping.

OTOSHI-EMPI-UCHI

Dropping (downward) elbow strike. An elbow strike made 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.

P

PASSAI

An Okinawan Shorin Ryu Kata, whose meaning is unknown.

PINAN

A series of five Kata formulated by Itosu.

R

REI (1)

Bow, respect. A method of showing respect in Japanese culture is the bow.

REI (2)

Zero.

REIGI

Etiquette. Also referred to as Reishiki. Observance of proper etiquette at all times, especially observance of proper Dojo etiquette.

REINOJI-DACHI

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

REISHIKI

Etiquette. See Reigi.

REMNEI

Association.

REN

Consecutive punches or kicks i.e. Ren Zuki or Ren Geri.

REN-GERI

Consecutive kicking; alternate kicking i.e. left and then right.

REN-ZUKI

Consecutive punching; alternate punching i.e. left and then right.

RENOJI-DACHI

A stance with feet making a "L" shape. If called as Migi Renoji Dachi then the right foot is in front, and Hidari Renoji Dachi the left foot is in front.

RENRAKU

Combinations. In relation to fighting combinations.

RENRAKU-WAZA

Combination techniques. Multiple attacks and defences performed in succession.

RENSHI

"A person who has mastered oneself." This person is considered an expert instructor. This status is prerequisite before attaining the status as Kyoshi. Renshi means "has a name." Renshi is no longer one of the many, so to speak. Renshi is usually given at yodan to rokudan, depending on the system.

ROKKOTSU

Rib.

RONIN

A leaderless samurai, he was seen as being of low moral virtue.

RYO

Both or both sides.

RYO-ASHI

Both feet or legs.

RYO-KOSHI-KAMAE

Both hip stance. A stance where the fists are clenched and placed on the hips. So that the bottoms of the fists are touching the hips.

RYO-SOKU

Both sides.

RYO-TE

Both hands.

RYU (1)

School or Style. The literal translation of Ryu is to flow, drift or circulate. It has been used to mean "Style" or "Method" because of the way Karate was taught. In more primitive times, the style was "handed down"- "circulated" from master to pupil.

RYU (2)

Dragon.

S

SAEI-REI-TU

Line up.

SAGETA-EMPI-UCHI

Lowered elbow strike. Normally called Otoshi Empi.

SAGI

Heron.

SAGI-ASHI-DACHI

One leg stance or Heron stance. Also referred to as Gankaku Dachi or Tsuru Ashi Dachi.

SAHO

Etiquette.

SAI

An Okinawan weapon, a steel pronged truncheon.

SAKOTSU

Collar bone.

SAN (1)

Three.

SAN (2)

Friend.

SANBON-KUMITE

Three step sparring. Usually the first attack is Oi Zuki Jodan, the second Oi Zuki Chudan and the third Mai Geri.

SANBON-SHOBU

Three point match. Used in tournaments.

SANBON-ZUKI

A series of three punches, generally the first is Oi Zuki Jodan, followed by a slight pause then, Chudan Gyaku Zuki, immediately followed by Chudan Choku Zuki.

SANCHIN

The core Goju Ryu Kata, which emphasises correct breathing.

SANCHIN-DACHI

Hour-glass stance. So named from the shape that the legs form.

SANKAKU

Triangular. It translates as "three angles".

SASAE

Prop or propping.

SASHI-ASHI-DACHI

Stepping across or extending the foot.

SASHITE

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

SEBONE

Backbone, spine.

SEI

Tranquillity or inactivity.

SEIDOKAN

An Okinawan Karate system founded by Soke Toma. It encompasses the punching, kicking and blocking techniques of Karate; the throwing and joint locking techniques of Aiki-Ju-Jutsu; and the traditional weaponry of Okinawa.

SEIDON

The area above and below the eyes.

SEIKEN

Forefist. This is the basic fist where the fingers are rolled tightly in to the palm and the thumb presses on top. The two largest knuckles are used to strike.

SEIKEN-ZUKI

Fore fist punch.

SEIPAI

An Okinawan Shorei Ryu Kata.

SEIRYUTO

Ox jaw. The area on the hand corresponding to the base of the Shuto.

SEIRYUTO-UKE

Ox jaw block. A hand technique delivered with the base of the Shuto.

SEISAN

An Okinawan Shorin Ryu Kata.

SEISHIN

Mind and spirit.

SEIZA

Proper sitting position. Sitting on one's knees. It is used for the formal opening and closing of the class.

SEKAKU

Accuracy.

SEMPAI

A senior student.

SEMPAI

A senior student.

SEMPAI

Senior.

SEN-NO-SEN

To counter attack or attack at the precise moment your opponent attacks you.

SENAKA

The back.

SENSEI

Literally "one who has gone before". Teacher. It is usually considered proper to address the instructor during practice as Sensei.

SENSEI-NI-REI

Bow to teacher.

SEOI

Shoulder.

SEOI-NAGE

Shoulder throw.

SHIHAN

A formal title meaning master or master instructor. A teacher of teachers. Generally a 5th Dan or above.

SHIKO-DACHI

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

SHIN

Core, centre.

SHINKEI

Nerves.

SHINTAI

Body, another expression for body.

SHINZO

Heart.

SHIRO

White

SHIRYOKU

Eyesight.

SHITA

Tongue.

SHITTSUI

Knee hammer.

SHIZEN-DACHI

Natural stance. A term used to describe any natural stance.

SHIZENTAI

Natural position. The body remains relaxed but alert.

SHO (1)

Major or Greater.

SHO (2)

Palm, as in hand.

SHODAN

A first level black belt.

SHOFU

Side of neck.

SHOMEN

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

SHOMEN-NI-REI

Bow to the front.

SHOREI-RYU

An Okinawan karate system which originated in Naha.

SHORIN-RYU

The major style of Okinawan karate, meaning "Pine Forest" school.

SHOTOKAN

A style of Karate. The name is derived from the pen name that Gichin Funakoshi. The name is made up of "Shoto", meaning Waving Pines, which was Funakoshi's pen name, and "Kan" meaning House or School.

SHRUI-TE

An ancient Okinawan style of karate - the forerunner of Shorin Ryu.

SHUKO

Back of the hand. Generally called Haishu.

SHUTO

Knife hand.

SHUTO-TE

Same as Shuto Uke.

SHUTO-UCHI

Knife hand strike.

SHUTO-UKE

Knife hand block.

SHUTSUI

Hammer hand. See Tetsui.

SOBI

The area on the inside of the lower part of the leg, approximately at the base of the calf.

SOCHIN

Immovable in the face of danger. A black belt Kata mainly performed in Sochin Dachi.

SOCHIN-DACHI

Diagonal Straddle Leg Stance or Immovable Stance, also referred to as Fudo Dachi. In Sochin Dachi the weight is evenly distributed over both legs.

SODA (1)

The area between the shoulder blades.

SODE (2)

Sleeve.

SOERU

Attach or to attach.

SOESHO

Palm on or palm assisted.

SOESHO-KAESHI-UDE

Palm assisted counter fore-arm.

SOETE

Hand on or hand assisted.

SOETE-MAE-EMPI-UCHI

Hand on or hand assisted front elbow strike.

SOETE-SOKUMEN-UKE

Hand assisted side block.

SOKKO

Top of the foot.

SOKUDO

Speed.

SOKUMEN

Side or flank.

SOKUMEN-AWASE-UKE

Side combined block.

SOKUMEN-EMPI-UCHI

Side combined elbow strike. The opponent is pulled onto the strike.

SOKUMEN-MOROTE-ZUKI

Side double punch.

SOKUMEN-SOETE-GEDAN-UCHI-UDE-UKE

Side hand assisted lower level inside fore-arm block.

SOKUTEI

Sole of foot.

SOKUTEI-MAWASHI-UKE

Sole (foot) circular block.

SOKUTEI-OSAE-UKE

Sole (foot) pressing block.

SOKUTO

Edge of foot. The striking area in a side thrust or snap kick.

SOKUTO-GERI

Edge of foot kick. Also called Ashi Gatana.

SOKUTO-KAKE-UKE

Hooking foot block. Using the edge of the foot.

SOKUTO-OSAE-UKE

Foot edge pressing block.

SONU

Area between the throat and top of the breastbone or sternum.

SORASHI

Feint.

SOTO

Outside, outer or exterior.

SOTO-(UDE)-UKE

Outside (forearm) block.

SOTO-UDE-UKE

Outside forearm block or sometimes called lower wrist block.

SOTO-UKE

Outside block, a shortened version of Soto Ude Uke.

SOTO-YOKO-TE

Same as Uchi Ude Uke.

SOTOJAKUZAWA

The outer part of the forearm where the pulse can be felt.

SOWAN

Both arms.

SOWAN-UKE

Both arm block.

SUASHI

Bare foot.

SUBERKOMI

Sliding in.

SUHADA

Bare skin.

SUIGETSU

Solar plexus.

SUIHEI

Horizontal or level.

SUIHEI-BO-DORI

Horizontal bo grasp.

SUJI

Muscle fibre.

SUKI

Opening.

SUKUI

Scooping or to scoop up.

SUKUI-TE

Same as Sukui Uke.

SUKUI-UKE

Scooping block.

SUMI

Corner.

SUNDOME

No contact, arresting a technique.

SUNE

Shin.

SUNE-UKE

Shin block. Generally used against a roundhouse kick.

SURI

Sliding, as in Hiji Suri Uke or elbow sliding block.

SURI-ASHI

To slide your feet along the floor.

SUTEMI-WAZA

"Last chance" technique.

SUWARI-WAZA

Techniques from a sitting position.

T

TACHI (1)

A Japanese long sword.

TACHI (2)

Standing or stance. Zenkutsu Tachi is the old term for Zenkutsu Dachi.

TACHI-WAZA

Standing techniques.

TACHIKATA

Stances. In some works you may see TachiKata as a general term for karate stances.

TAI

Body.

TAI-SABAKI

Body movement, shifting or evasion.

TAIKAKU

Build or physique, body shape.

TAIKYOKYU

First cause. The first Kata taught in Shotokan Karate. Three Taikyo Kyu Kata were originally devised and all share a common line of movement. Funakoshi noted that a beginner would take appropriately 40 seconds to complete and a higher grade some 5 seconds less. Taikyo Kyu 4, 5 and 6 are French inventions. Some say that Taikyoku Kata were originally from the Goju-Ryu and as the name implies, consist of nine Kata. Funakoshi made the statement that if a student understood the concepts of the Taikyoku Kata, then he should be able to understand the idea that you begin with basics and return to basics.

TAIMING-GA-OSOI

Not proper timing.

TAIRA-NA

Level or even.

TAMERAU

Hesitate.

TAMESHIEARI

To test and to break. Breaking (of wood, tiles, etc.). Trial by Wood.

TANDEN

Centre of gravity, naval area.

TANIOTOSHI

To push off a cliff. This is a form of shoulder throw where you step in to your attacker so that your shoulder goes under your attackers same armpit whilst holding on to his same arm.

TAOSHI

Down.

TATAMI

Floor mat.

TATE

Vertical.

TATE-EMPI-UCHI

Vertical (or upward) elbow strike. Also called Age Empi.

TATE-NUKITE

Vertical spear hand, or vertical piercing hand.

TATE-SHUTO-OSAE

Vertical knife hand press, used to push your attackers punching arm further round than in just a block and therefore turning his body further away from you.

TATE-SHUTO-UKE

Vertical knife hand block.

TATE-URAKEN-UCHI

Vertical back fist strike.

TATE-ZUKI

Vertical punch. A fist punch with the palm along a vertical plane.

TE

Hand.

TE-GATANA

Hand sword, generally referred to as Shuto.

TE-GATANA-UCHI

Hand sword strike, generally referred to as Shuto Uchi.

TE-GATANA-UKE

Hand sword block, generally referred to as Shuto Uke.

TE-TSUKAMI

Hand grasp.

TE-WAZA

Hand techniques.

TE-NAGASHI-UKE

Hand sweeping block. Usually called Nagashi Uke

TE-OSAE-UKE

Hand pressing block. Usually called Osae Uke.

TEIJI-DACHI

A Stance with the feet in a "T" shape. If called Migi Teiji Dachi then the right foot is forward, and if termed Hidari Teiji Dachi then the left foot is forwards.

TEISHO

Palm heel. The area at the base of the palm.

TEISHO-BARAI

Palm heel sweep.

TEISHO-UCHI

Palm heel strike.

TEISHO-UKE

Palm heel block.

TEKKI

Horse riding. Originally called Naihanchi.

TEKKI-SHODAN/-NIDAN/-SANDAN

A group of three Katas each performed from Kiba Dachi or horse riding stance.

TEKUBI-KAKE-UKE

Wrist hooking block.

TEN-NO-KATA

A Kata created and designed under the leadership and guidance of Funakoshi. It is a Kata unique to the Shotokai.

TENCHI

Heaven and earth. "Tenchi Uke" is to simultaneously perform the same blocking technique, one high and one low.

TENDO

The crown of the head.

TENSHIN

Changing course. See Hineri Tenshin.

TENTO

The space between the crown of the head and the forehead.

TETSUI

Hammer fist or bottom fist.

TETSUI-HASAMI-UCHI

Bottom fist scissor strike. As seen in the Kata Bassai Dai.

TETSUI-UCHI

Bottom fist strike or hammer fist strike. Also called Kentsui Uchi.

TO-DE

An old Okinawan name for Karate, also see Okinawa-Te and To-Te.

TO-TE

To-te was an Okinawan form of Karate, also see To-De and Okinawa-Te.

TOBI

Jump or jumping.

TOBI-ASHI-BARAI

Jumping foot sweep. Used to clear the target area for Tobi Ushiro geri.

TOBI-GERI

Jumping kick.

TOBI-TETSUI-UCHI

Jumping Bottom Fist Strike. The normal target area would be the top of the head or the collarbone.

TOBI-USHIRO-GERI

Jumping back kick.

TOBI-ZUKI

Jumping punch.

TOBIGOSHI

Jumping over.

TOBIKOMI-ZUKI

Jumping front punch.

TOKUI

Favourite. I.e. Tokui Kata would be your favourite Kata.

TOMOE

Stomach.

TONFA

A farm tool developed into a weapon by the Okinawans.

TORA

Tiger. The animal that represents Shotokan Karate.

TOSHI

Fighting spirit.

TSUBAMEGAESHI

V-turning swallow. A throwing technique.

TSUGI-ASHI

Following foot, a method of moving where one foot follows the other, but never passes it.

TSUKAMI-UKE

Grasping block.

TSUKAMI-WAZA

Grasping technique. A blocking technique by seizing the opponent's arm, leg or weapon.

TSUKAMI-YOSE

Grasping and pulling.

TSUKI

A punch or thrust. Also referred to as Zuki.

TSUKKOMI

Charging.

TSUMASAKI

Tips of the toes.

TSUMASAKI-GERI

Kicking using the tips of the toes to strike with. Only used to attack the soft parts of the opponents body e.g. groin.

TSUME

Nail, of the fingers or toes. Used to cut across the opponent's eyes.

TSURU

Crane, as in the bird.

TSURU-ASHI-DACHI

Crane stance, also referred to as Gankaku Dachi and Sagi Ashi Dachi.

TSUYOI

Strong or powerful.

TUITE

Grappling skills.

U

UCHI (1)

Strike or striking.

UCHI (2)

Inner or interior.

UCHI-(UDE)-UKE

Inside (Forearm) block.

UCHI-DESHI

Number one student, sometimes a live-in student or trainee.

UCHI-KOMI

Striking thrust.

UCHI-MAWASHI-GERI

Inside roundhouse kick.

UCHI-UKE

Inside block. Generally used as a short version of Uchi Ude Uke.

UCHI-YOKO-TE

Same as Soto Ude Uke.

UCHI-HACHIJI-DACHI

Inverted open leg stance, or inverted figure eight stance. The feet are shoulder width apart but with the feet facing inwards.

UCHIJAKUZAWA

The inner parts of the forearm where the pulse can be felt. Sometimes called Miyakudokoro.

UCHIKUROBUSHI

The inside of the ankle joint.

UCHITE

Striking hand.

UDE

Forearm.

UDE-UKE

Forearm block.

UDEKANSETSU

Arm joint.

UE

Top, as in "on", "above" or "over".

UKE (1)

Block.

UKE (2)

Receive.

UKE-GAE

Changing blocks.

UKE-KIME

Blocking and finishing.

UKEMI

Breakfalling.

UKEMI-WAZA

Breakfall techniques.

UKETE

Blocking hand.

UNKOKU

Rhythm and fluidity of movement.

UNSOKU

Moving (leg movement).

UNSU

Hands in the cloud. A senior black belt Kata.

URA

Reverse, rear, reverse side or back.

URA-MAWASHI-GERI

Back or reverse round house kick.

URA-MIKAZUKI-GERI

Back or reverse crescent kick.

URA-WAZA

Reverse techniques.

URA-ZUKI

An upper cut or close punch used at short distance. Sometimes called Staz Zuki.

URAKEN

Back fist.

URAKEN-UCHI

Back fist strike. This is an extremely fast technique although mechanically it is not as powerful as some other hand techniques.

URAKEN-UKE

Back fist block.

URAOMOTE

Both sides, back and front.

USHIRO

Back or rear.

USHIRO-ASHI-BARAI

Rear leg sweep. Sweeping an opponent's back leg.

USHIRO-EMPI-UCHI

Striking to the rear with the elbow.

USHIRO-GERI

Back kick. Delivered with the heel of the foot, the toes must point down.

USHIRO-KAKATO-GERI

Back heel kick. A good technique when in a "bear-hug". The target area would be your attackers shin bone.

USHIRO-MAWASHI-EMPI-UCHI

Back roundhouse elbow strike.

USHIRO-MAWASHI-GERI

Back round house kick.

USHIRO-NI-ITE

Going back.

USHIRO-OSAE-KOMI

Best described a "bear hug" from behind.

USHIRO-SURI-ASHI

Rear sliding leg. The movement of the rear leg to meet the front leg.

UTO

The point at the base of the nose between the eyes.

W

WA (1)

Circle or ring.

WA (2)

Peace.

WA-UKE

Circle block, where the path taken is a half-circle. At the end of the block the hand is angled slightly to the outside.

WADO-RYU

Way of peace school. A Japanese style of karate.

WAKI

Side or flank.

WAKIBARA

Side of the chest.

WAKIZASHI

The shorter of two swords worn by the Samurai.

WAN

Arm.

WANKAN

A Shotokan Kata. "Kings Crown"

WANSHU

An Okinawan Shorin Ryu Kata named after a Chinese Master.

WANSHUN

Top of outside edge of upper arm.

WASHI

Eagle.

WASHIDE

Eagle hand. Formally called Washi-te.

WASHIDE-AGE-UCHI

Eagle hand rising strike.

WASHIDE-OTOSHI-UCHI

Eagle hand dropping strike.

WASHIDE-UCHI

Eagle hand strike

WASHIDE-UKE

Eagle hand block

Y

YAKO

The inside of the upper thigh.

YAMA-UKE

Mountain block.

YAMA-ZUKI

Mountain punch. A wide U-shaped dual punch.

YAME

Finish or stop.

YASUME

Rest. An instruction to the students to relax, normally following a long series of drills.

YOBO

Face.

YOI

Ready, in a state of alertness.

YOKO

Side or lateral.

YOKO-EMPI-UCHI

Side elbow strike.

YOKO-GERI

Side kick.

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

Side roundhouse elbow strike. Striking with the elbow to the side.

YOKO-TOBI-GERI

Side jumping kick or flying side kick.

YONHON-NUKITE

Four finger spear hand. It is more commonly called Nukite.

YORI-ASHI

Sliding the feet, without legs crossing.

YOSE

Pulling.

YUBI

Finger or toe.

YUBI-NO-KANSETSU

Knuckle.

YUBISAKI

Fingertip.

YUDANCHA (1)

The collective name for all Dan grades present.

YUDANSHA (2)

Black belt holder (any rank).

YUMI

Bow, as in archery.

YUMI-ZUKI

Bow punch, or called bow drawing punch. One hand pulls your opponent forward as you execute the punch.

Z

ZA

Seated or kneeling.

ZA-REI

The traditional Japanese bow from the kneeling position.

ZANSHIN

Literally "remaining mind or heart". Awareness of one's surroundings. Even after a technique has been completed, one should remain in a balanced and aware state.

ZANSHIN-KAMAE

Awareness posture.

ZEMPO

Front or forward.

ZEN-EMPI-UCHI

Front elbow strike. Normally called Mae Empi Uchi.

ZENKUTSU-DACHI

Forward stance or front stance. The actual translation means front knee bent stance. The most basic Karate stance.

ZENSHIN (1)

Forward or advance.

ZENSHIN (2)

Whole (entire) body.

ZENWAN

Forearm.

ZOE

Supporting.

ZORI

Japanese slippers.

ZUKAMI

An alternative spelling of Tsukami meaning grasping.

ZUKI

A different spelling of Tsuki.

ZUNO

Head.