

The following terminology is not exhaustive, students should you this as the basis for their own knowledge of karate terms.

Japanese language vowel sounds

"a" as in father ; "i" as in feet ; "u" as in flute ; "e" as in bed ; "o" as in okay

Stances (DACHI)

FUDO DACHI Rooted stance
GANKAKU DACHI Crane stance
HACHINOJI DACHI Open leg stance
HANGETSU DACHI Half-moon stance
HEIKO DACHI Parallel stance
HEISOKU DACHI Informal Attention stance
JIYU IPPON Freestyle stance
KIBA DACHI Horse-riding / Straddle-leg stance
KOKUTSU DACHI Back stance
KOSA DACHI Cross stance
MUSUBI DACHI V stance / Attention stance
NEKO ASHI DACHI Cat stance
RENOJI DACHI 'L' stance
SAGI ASHI DACHI Heron stance
SANCHIN DACHI Hourglass stance
SHIKO DACHI Square stance
SHIZEN TAI Natural stance
SOCHIN DACHI Straddle stance
TEIJI DACHI 'T' stance
UCHI HACHINOJI DACHI Inverted open leg stance
ZENKUTSU DACHI Front stance

Blocks (UKE)

AGE UKE Rising block
ASHIKUBI KAKE UKE Ankle hooking block
GEDAN BARAI Downward sweeping block
HAISHU UKE Back hand block
HAITO UKE Ridge hand block
HIJI SURI UKE Elbow sliding block
JUJI UKE 'X' block
KAGI (KAKE) UKE Hooking block
KAIISHO UKE Open-hand block
KAKIWAKI UKE Wedge block
KAKUTO UKE Bent wrist block
KEITO UKE Chicken-head wrist block
MAEUDE HINERI UKE Forearm twist block
MANJI GAMAE Double arm block
MOROTE UKE Augmented forearm block
NAGASHI UKE Sweeping / Parry block
NAME-ASHI UKE Inside sweeping block
OTOSHI UKE Dropping block
OSAE UKE Pressing block
SEIRYUTO UKE Ox-head block
SHUTO UKE Knife hand block
SOKUMEN AWASE UKE Side combined block
SOKUTEI MAWASHI UKE Circular sole block
SOTO UKE Outside forearm block
SUKUI UKE Scooping block
TATE SHUTO UKE Vertical knife hand block
TEISHO UKE Palm-heel block
UCHI UKE Inside forearm block

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Punches (ZUKI / TSUKI)

AGE ZUKI Rising punch
AWASE ZUKI 'U' punch
CHOKU ZUKI Straight punch
DAN ZUKI Consecutive punching
GYAKU ZUKI Reverse punch
HASAMI ZUKI Scissor punch
HEIKO ZUKI Parallel punch
IPPON KEN ZUKI One Knuckle punch
KAGE ZUKI Hook punch
KIZAMI ZUKI Jab
MAWASHI ZUKI Roundhouse punch
MOROTE ZUKI Double-fist punch
OI ZUKI Lunge/ Stepping punch
REN ZUKI Alternate punching
SANBON ZUKI 3 punches; one JODAN, two CHUDAN
TATE ZUKI Vertical punch
URA ZUKI Close punch
YAMA ZUKI Wide 'U' punch

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Strikes (UCHI)

EMPI UCHI (HIJI-ATE) Elbow strike

HAISHU UCHI Back-hand strike

HAITO UCHI Ridge-hand strike

HIRAKEN froe-knuckle fist

NUKITE Sword / Spear fist

SHUTO UCHI Knife-hand strike

TEISHO UCHI Palm-heel strike

TETTSUI UCHI Hammer-fist strike (Iron Hammer)

URAKEN UCHI Back-fist strike

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The Hands As Weapons

HAISHU Back hand

KAISHO Open Hand

KAKUTO Bent wrist

KUMADE Bear hand

SEIKEN Fore-fist

SEIRYOTO Ox-Jaw hand

WASHIDE Eagle hand

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Kicks (GERI)

FUMIKOMI GERI Stamping kick
FUMIKIRI Cutting kick
HIZA GERI Knee kick
KAKATO GERI Heel Kick
KIN GERI Groin snap kick
MAE GERI Front kick
MAWASHI GERI Roundhouse kick
MIKAZUKI GERI Crescent kick
TOBI GERI Jump kick
URA MAWASHI GERI Reverse roundhouse kick
USHIRO GERI Back / Reverse kick
YOKO GERI KEAGE Side snap kick
YOKO GERI KEKOMI Side thrust kick
REN GERI consecutive kick

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Parts of Body

ASHI Leg / Foot

EMPI / HIJI Elbow

GAN Eye

HEISOKU Instep

HIZA Knee

KAKATO Heel

KAMI Hair

KOSHI Ball of foot

SOKUTO Edge of foot (sword foot)

UDE Forearm

WAN Arm

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Directional

AGE Rising
BARAI Sweeping
GYAKU Reverse
HANMI Side facing
HIDARI Left
KAKE Hook
MAE Forward
MAWASHI Round
MAWATTE Turn
MIGI Right
OTOSHI Downwards
TAI SABAKI Body shifting
TATE Vertical
TOBI Jump
USHIRO Back / Behind
YOKO Side

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Area

JODAN Face Height / Upper area

CHUDAN Chest Height / Middle area

GEDAN Lower area

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DOJO Instructions

HAJIME Begin

MOKUSO Meditate

MOKUSO YAME Stop Meditating

REI Bow

SEIZA Kneeling position

SENSEI-NI-REI Bow to teacher

OTAGAI NI REI Bow to each other

YAME Stop / Relax

YOI Ready

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General Terminology

BUDO Martial way
BUNKAI KATA Application
BUSHIDO Way of the warrior
DO Way
DOJO Training Hall
GERI Kick
GI KARATE uniform /suit
GOHON KUMITE 5 step sparring
HONBU Main DOJO
IPPON One Point (Sparring)
JUYU KUMITE Semi-free one-step sparring
KAMAE Posture
KARATE Empty Hand
KARATE-KA Student of KARATE
KATA Form / Formal Pattern
KI Inner Strength
KIAI Shout / 'spirit yell'
KIHON Basics
KIME Focus
KIRITSU Stand
KOHAI Junior student
KOKYU Breathing
KUMITE Sparring
KYU Grade / Rank
MAAI Distance
OBI Belt
OSS General Term, usually meaning indicating understanding
REI Bow
SEMPAI Senior student
SENSEI Teacher
SHOTO MASTER GICHIN FUNAKOSHI's pen name
SHOTOKAN KARATE style founded by MASTER GICHIN FUNAKOSHI
TOKUI Favourite / Free choice
WAZA Technique
YUDANASHI Black Belt
ZANSHIN Awareness
ZUKI / TSUKI Punch

COLOURS

AKA Red

AOI Blue

CHA-IRO Brown

KIIROI Yellow

KUROI Black

MIDORI Green

MURASAKI Purple

DAIDAIRO Orange

SHIROI White

MOMOIRO Pink

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Counting

ICHI one

NI two

SAN three

SHI four

GO five

ROKU six

SHICHI seven

HACHI eight

KU nine

JU ten

Numbers 11 to 99 can be formed from a combination of 1 to 10

JU-ICHI eleven (10 - 1)

NI-JU-SHI twenty four (2 - 10 - 4)

GO-JU-SHI fifty four (5 - 10 - 4)

KU-JU-KU ninety nine (9 - 10 - 9)

HYAKU one hundred

SEN one thousand

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KATA

TAIKYOKO First Cause

KIHON Basic KATA

HEIAN Peaceful Mind / Way

TEKKI Iron Horse / Horse Riding

BASSAI To penetrate a fortress

CHINTE Incredible hands

ENPI Flying swallow

GANKAKU Crane on a rock

GOJUSHIHO 54 steps

HANGETSU Half Moon

JIIN Temple Grounds

JION Named after the Buddhist Temple

JITTE Ten hands

KANKU Viewing the sky

MEIKYO Polished Mirror

NIJUSHIHO 24 steps

SOCHIN Preserve Peace

UNSU Hands of a cloud

WANKAN Crown of a king

DAI Major

SHO Minor

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