

Terminology

Dachi - Stances & Body Positions

Hachiji-dachi - natural stance, feet parallel

Heisoku-dachi - attention stance

Keba-dachi - horse riding stance

Zenkutsu-dachi - forward leaning stance

Kokutsu-dachi - backward leaning stance

Neko-ashi-dachi - cat footed stance

Juji-dachi - crossing (X) stance

Ju-dachi - free (fighting) stance

Seiza - formal kneeling posture

Zuki - Punches with Closed Fist

Choku-zuki - straight punch

Oi-zuki - lunge punch

Jun-zuki - front hand punch

Gyaku-zuki - reverse punch

Tate-zuki - vertical fist punch

Ura-zuki - inverted close punch

Kage-zuki - sideways hook punch

Mawashi-zuki - roundhouse punch

Uchi - Strikes with the Open or Closed Hand

Uraken-uchi - back fist strike

Tesui-uchi - hammer fist strike

Teisho-uchi - palm heel strike

Kokuto-uchi - bent-wrist strike

Shuto-uchi - knife hand strike

Haito-uchi - ridge hand strike

Nukite-uchi - 4 finger spear hand thrust

Empi-uchi - elbow strike

Uke - Blocking Techniques

Jodan/Age-uke - high/rising block

(Uchi-) Ude-uke - inside forearm block

Soto-ude-uke - outside forearm block

Genden-barai - downward sweeping block

Shuto-uke - knife hand block

Juji-uke - X block (crossing over)

Kakiwaki-uke - inside wedge block

Nami-gaeshi - lower leg block, leg sweep avoidance

Geri - Kicking Techniques

Mae-geri - front (snap) kick

Yoko-geri - side kick

Mawashi-geri - roundhouse kick

Ushiro-geri - back kick

Mikazuki-geri - inside crescent kick

Fumi-komi - stomping kick

Other Terms Relating to Karate Techniques

Jodan - face level

Chudan - solar plexus level

Gedan - lower abdominal or groin level

Seiken - fore fist (ken = fist)

Kime - focus

Ma-ai - proper distancing between opponents

Kihon Waza - practice of basic techniques

Atemi Waza - Techniques of attacking the vital points of the body

Tegumi - continuous flow drills to practice responses to attacks in forced or mutual confrontation

Kata - set sequences of blocks, attacks and stances performed individually against a variety of imagined attacks.

Bunkai - The practical application of kata form to self-defence situations with a partner

Kyusho - vital points of the body, used for both attacking and healing

Kiai - "spirit shout" loud, explosive shout used to unite physical and spiritual power.

Ippon-kumite - prearranged one-step sparring

Sanbon-kumite - prearranged three-step sparring to practice attack, block, and counter-attack

Jiya-kumite - free-style sparring

Terms Relating to Karate Practitioners

Dojo - training hall, "place of the Way"

Karate-ka - practitioner of Karate

Sensei - Teacher or "experienced person"

Sempai - senior karate-ka, applied to brown belts especially when offering instruction

Dan - "step or man," preceded by a Japanese numeral to indicate black belt or kata levels

Kyu - indicates a rank below black, beginning at 10th & rising to 1st (brown belt)

Yudansha - persons holding dan ranks (black belts)

Mudansha - persons holding kyu ranks (coloured belts)

Verbal Commands Common in the Dojo

Shugo - line up

Ski - some to attention stance (heisoku-dachi)

Rei - request to bow

Mokuso - breathing meditation begins

Mokuso Yame - meditation stops, open eyes

Sensei ni rei - bow to black belts at front of class

Hajimae - begin

Yamae - stop

Miscellaneous Terms

Gi - traditional white training uniform

Obi - tied belt

Ki - Japanese concept of life-energy; spirit or power (chi in chinese)

Hara - lower abdomen center of balance, considered the source or foundation of ki

Bushido - moral & ethical code of the warrior

Japanese Numerals for Counting

1 – ichi

2 - ni

3 - san

4 - shi (yon)

5 - go

6 - roku

7 - shichi

8 - hachi

9 - ku

10 - ju