

Waikoloa Karate Academy



Karate Terminology

The Count One to Ten

<u>One--Ichi</u>	<u>Two--Ni</u>	<u>Three--San</u>	<u>Four--Shi</u>	<u>Five--Go</u>
<u>Six--Roku</u>	<u>Seven--Shichi</u>	<u>Eight--Hachi</u>	Nine—Ku (Kyu)	<u>Ten—Ju</u>

Punch - - Tsuki (Zuki)

Choku Zuki - - Straight Punch
Gyaku Zuki - - Opposite Side Punch – (Reverse Punch)
Kagi Zuki - - Hook Punch
Kizami Zuki - - Jabbing Punch
Oi Zuki - - Stepping Front Punch
San Bon Zuki - - Triple Punch
Hiki Te - - Pull Back Hand

Kick - - Keri (Geri)

Mae Geri - - Front Kick
Mae Tobi Geri - - Jump Front Kick
Mawashi Geri - - Roundhouse Kick
Ushiro Geri - - Back Kick
Yoko Keage Geri - - Side Snap Kick
Yoko Kekomi Geri - - Side Thrust Kick

Block - - Uke

Jodan Uke - - High Block
Soto Uke - - Outside Block
Uchi Uke - - Inside Block
Gedan Barai - - Low Sweeping Block
Shuto Uke - - Sword Hand Block
Morote Uke - - Double Hand Block
Nagashi Uke - - Sweeping (Flowing) Block

Strike--Uchi

Haito Uchi - - Sword Ridge Strike - (Ridge Hand Strike)
Kentsui - - Hammer Fist
Uraken - - Back Fist
Nukite - - Spear Hand
Shuto Uchi - - Sword Hand Strike

Stance--Dachi

Heisoku Dachi - - Feet Together Stance

Heiko Dachi - - Parallel Stance (Yoi stance)

Kiba Dachi - - Horse Riding Stance

Kokutsu Dachi - - Back Stance

Kosa Dachi - - Cross-Legged Stance

Musubi Dachi - - Connection Stance, Heels Together Toes Apart 45°

Neko Ashi Dachi - - Cat Foot Stance

Zenkutsu Dachi - - Front Stance

Commonly Used In-Class Terminology

Yoi - - Get Ready - Come to Attention

Yame - - Stop

Naore - - Recover – Return to normal

Seiza - - Assume the formal sitting position

Mokuso - - Meditate – Empty the Mind of Distracting Thoughts

Kamae te - - Get in Position to Begin

Kiai - - Harmony of Mind and Body

Ki o tsuke - - Attention - - Quickly Line up for the Beginning (or end) of Class

Mawatte – Turn Around

Shomen ni rei - - Bow to the Front of the Dojo

Otagai ni rei - - Bow to Each Other in Mutual Respect

Sensei ni rei - - Bow to The Sensei

Hajime - - Start! Begin!

Dojo Kun - - Dojo Code of Conduct

Osu - - Expression of Student's Spirit and Engagement

General Terms

Jodan - - High (Upper Level) Chudan - - Middle (Middle Level) Gedan - - Low (Lower Level)

Kyu - - Grade, Rank (Belt Ranks Below Black Belt)

Dan - - Step, Level (Black Belt Ranks 1st Degree and Higher)

Dojo - - School - - "Do" = Way (of self-realization) "Jo" = Place (where the "way" is studied)

Gi - - Karate Uniform (actually dogi)

Karate - - Empty Hand

Shotokan - - Japanese Style of Karate Founded by Master Gichin Funakoshi

Kihon - - Basic techniques and movements, Fundamentals

Kata - - Series of Movements Against Imaginary Opponents

Kumite - - Sparring with a Partner

Kime - - Focus - Concentration of Mental and Physical Energy

Rei - - Bow, Salutation

Sensei - - Teacher - "One Who Came Before"

Senpai (Pronounced Sempai) - - One's Senior - Upper Classman

Beginning Kata - - Heian = Peace and Stability

Heian Shodan - - Heian Nidan - - Heian Sandan - - Heian Yondan - - Heian Godan