

List of karate terms

Directions and levels

Mae-front

Ushiro-back

Hidari-left

Migi-right

Age-rising

Otoshi-dropping

Soto-outward

Uchi-inward

Mawashi-round

Jodan-high; above the shoulders; generally the chin

Chudan-middle; shoulders to waist; generally solar plexus

Gedan-low; below the waist; generally groin for punches and groin or knee for kicks

Taisabaki-body movement

Taiju no Ido-weight shifting

Ayumiashi-walking; one step forward or backward

Surikomiashi-step across; two steps forward or backward

Yoriashi-"tobi" movement; "leap" moving front foot first

Tsugiashi-"stutter step"; move back foot forward first, then step with front

Nijiriashi-gliding; glide both feet forward or backward

Kaiten-turning in various directions

Choyaku-jumping

Kagami-ducking

Chidoriashi-"drunk foot"; weaving, as in step across in Naihanchi kata

Classes of techniques and stances

Tachikata-stances

Ukewaza-blocks

Tsukiwaza-punches

Uchiwaza-strikes

Keriwaza-kicks

Atewaza-elbow strikes (short range strikes)

Renrakuwaza-combination techniques

Nagewaza-throwing techniques

Kansetsuwaza-joint techniques (locks)

Taoshiwaza-takedown techniques

Shimewaza-strangulation techniques (choke holds)

Weapons of the body

Ken-fist

Seiken-"normal" fist; strike with first knuckles of index and middle fingers

Uraken-back fist; back of same knuckles used in seiken

Tettsui-hammer fist; area below base of first pinkie knuckle

Ipponken-one finger fist

Hitosashi ipponken (ipponken)-middle knuckle of index finger

Nakadaka ipponken (naka ipponken)-middle knuckle of middle finger

Oyayubi ipponken-second knuckle of thumb extended to side

Hiraken-flat fist; middle knuckle of all four fingers

Koken-arch fist; back of wrist

Kaishu-open hand

Shuto-knife hand; area below base of pinkie knuckle

Haito-ridge hand; side of first knuckle of index finger

Haishu-back hand

Nukite-fingertip strike

- Ippon nukite-tip of index finger
- Yohan nukite-spear hand; tips of all four fingers
- Shotei-palm heel
- Ude-arm
 - Naiwan-inner forearm
 - Gaiwan-outer forearm
- Hiji (empi)-elbow
- Ashi-foot
 - Josokutei-ball of foot
 - Sokuto-knife or outside edge of foot
 - Haisoku-instep
 - Kakato-heel
 - Chusoku-sole of foot
- Ashi-leg
- Sune-shin
- Hiza-knee
- Tachikata-stances; can be classified as natural, even, and uneven, depending on weight distribution
 - Shizentai-natural stances
 - Heisokudachi-closed toes stance; toes and heels touching
 - Musubidachi-attention stance; heels touching, toes at 45 degrees
 - Heikodachi-parallel stance; feet parallel at one foot length apart
 - Shizenhontai-natural main stance; same width as heikodachi, with toes outward
 - Migishizentai-right natural stance; right foot forward
 - Hidarishizentai-left natural stance; left foot forward
 - Uneven stances
 - Zenkutsudachi (fighting stance)-front stance; front knee is bent
 - Junzucidachi-stance for front hand techniques
 - Gyakuzucidachi-stance for back hand techniques
 - Junzuki tsukkomidachi-front lunge stance
 - Gyakuzuki tsukkomidachi-reverse lunge stance
 - Kokutsudachi-back stance
 - Kokutsudachi
 - Mahanmi no kokutsudachi-side viewing back stance
 - Hanmi no kokutsudachi-half side viewing back stance
 - Nekoashi-cat stance
 - Mashomen no nekoashi-front viewing cat stance
 - Hanmi no nekoashi-half side viewing cat stance
 - Gyaku nekoashi-reverse cat stance (seen in pinan yondan)
 - Even stances
 - Sotowadachi-outer circular stance
 - Shikodachi-horse stance; feet outward
 - Kibadachi-horse stance; feet parallel
 - Uchiwadachi-inner circular stance
 - Naihanchidachi-stance in Naihanchi kata; feet inward but outward pressure on knees
 - Yoko seishan dachi-side stance in Seishan kata; feet perpendicular to attack line; heel-to-toe length
 - Tate seishan dachi-vertical stance in Seishan kata; feet parallel to attack line; heel-to-toe width
 - Chintodachi-stance in Chinto kata; similar to tate seishan but feet are in line
 - Other stances--found in kata but not used with great frequency
 - Kosadachi-cross stance; intermediate stance to throwing or kicking
 - Sagiashi dachi-one-legged stance, as in Chinto kata

Ukewaza-blocking techniques; striking area (weapon used)

Jodanuke (jodanageuke)-high block; naiwan

Gedanuke (gedanbarai)-low block; gaiwan

Sotouke (sotoudeuke)-outward arm block; gaiwan

Sotouke jodan-"normal" middle block

Sotouke chudan-"middle" middle block, as in Seishan kata

Uchiuke (uchiudeuke)-inward arm block; naiwan; also as jodan or chudan

Sukuiuke-scooping block; naiwan

Otoshiuke-dropping block; various weapons

Shutouke-knife hand block; can be done in variety of directions

Combat shutouke-variation of above used against mawashizuki

Mawashiuke-round block; last move in Seishan kata

Hijiuke-elbow block; various directions

Kokenuke-wrist block; various directions

Takeuke-hook block; shuto "bent" outward; various directions

Osaeuke-press block; haishu or shotei

Haishuuke-back hand block

Jujiuke-cross or x-block

Tsukiwaza-punching techniques; hand, wrist, and elbow are in line and travel in linear direction

Junzuki-front hand punch; seiken

Gyakuzuki-back hand punch; seiken

Junzuki-no-tsukomi-front hand lunge punch; seiken

Gyakuzuki-no-tsukomi-back hand lunge punch; seiken

Tatezuki-vertical fist; seiken

Urazuki-inverted punch; seiken; palm is up

Ipponken-hitosashi and nakadaka described under "weapons"

Nukite-ippou and yohan described under "weapons"

Tate shuto-knife hand delivered in linear fashion

Shotei-described under "weapons"

Agezuki-rising punch (upper cut); seiken

Kagizuki-hook punch, as in te uke position in various kata; seiken

Mawashizuki (mawashiuchi)-round punch; seiken; not true tsukiwaza

Two-handed punches

Awasezuki-combined punch; front hand-urazuki and back hand-seikenzuki; as in Niseishi kata

Yamazuki-mountain punch; front hand-urazuki and back hand-punch/block; as in Bassai and Rohai katas

Heikozuki-parallel punch; double seiken

Hasamizuki-scissors punch; double kagizuki

Uchiwaza-swinging techniques; hand travels in arc and is generally unsupported by the rest of the arm

Shutouchi-knife hand strike

Shuto tatemawashiuchi-vertical swing, i.e. to collarbone

Shuto yokomawashiuchi-horizontal swing, i.e. inward or outward shuto to temple

Uraken-back fist; can also be tate- or yokomawashiuchi

Tettsuiuchi-hammer fist strike; can be yoko- or otoshi- (sideward or dropping)

Haitouchi-ridge hand strike; can be yoko- or age- (sideward or rising)

Shoteiuchi-palm heel strike; can be yoko-, otoshi-, or ushiro- (sideward, dropping, or backward)

Haishuuchi-back hand strike

Kokenuchi-wrist strike

Toho-strike with web between index finger and thumb

Hitosashi ippouken-can be swung upwards

Oyayubi ipponken-described under weapons

Hasamiuchi-scissors strike; two tetsuiuchi inward at same time, as in Bassai

Atewaza-elbow strikes (short range strikes)

Mae-front; straight line, horizontally with front of elbow

Age-upward; diagonally upward with front of elbow

Yoko-sideward; straight line, horizontally with back of elbow

Tate-vertical; with front of elbow

Mawashi-round; with front of elbow

Otoshi-dropping; with back of elbow

Ushiro-backward; as in hikite

Uchi-inward; with inside of elbow

Soto-outward; with outside of elbow

Soto mawashi-outward circular; with back of elbow

Keriwaza-kicking techniques

Maegeri-front kick; ball of foot; knee points just above target

Maekekomi-ball of foot; knee as high as possible and ball of foot at least as high as target; ball of foot is pushed forward into target

Maekeage-straight leg swing; ball of foot or instep; usually against opponent that is bent over

Mawashigeri-round kick; ball of foot or instep

Yokogeri (sokuto yokogeri)-side kick (knife edge side kick); sole of foot points toward ground; can also be kekomi or keage

Ushirogeri-back kick; heel

Kingeri-groin kick; instep

Ushiro kingeri-backward groin kick; heel

Fumikomi-stamping kick

Mae-with heel, facing opponent

Yoko-with knife edge

Ushiro-with heel, facing away from opponent

Hizageri (hiza)-knee kick

Hizamawashigeri-round knee kick

Soto Mawashigeri-outward round kick; ball of foot or instep

Mikazukigeri (hakugeri)-crescent kick; sole

Soto mikazukigeri-outward crescent kick; knife edge

Ushiro mawashigeri-back round kick; heel or sole

Otoshigeri (ax kick)-dropping kick; heel

Tobigeri-jumping kick; many of above kicks can be done while jumping

Nidangeri-jumping double kick; first kick-chudan and second kick-jodan, as in Kushanku

Ashibarai-foot sweep; sole or ball of foot

Nagewaza-throws

Kansetsuwaza-locks

Taoshiwaza-takedowns

Shimewaza-chokes