

JAPANESE TERMS

AGU UKE	Upward Block
ASHI BARAI	Foot Sweep
BUNKAI	A study of the techniques and applications in KATA
CHUDAN	Mid-section
DAN	Black belt rank or degree
DOJO	The place where we practice karate
DOMO ARIGATO	“Thank you”. At the end of each class it is proper to bow and thank the instructor.
EMPI	Elbow
GEDAN	Lower section (low punch)
GI	Training costume, our uniform must be white.
GO NO SEN	The tactic where one allows the opponent to attack first to open up targets for counter.
HACHIJI DACHI	A natural stance, feet positioned about one shoulder width apart, with feet pointed slightly outward.
HAI	Yes
HAJIME	Begin
HIDARI	Left
IPPON KUMITE	One step sparring
JODAN	Upper level (high punch)
JI JI DACHI	X stance
JUJI UKE	X block
KARATE	“Empty Hand”
KARATE-DO	“The way of karate”
KARATEKA	A practitioner of karate
KATA	A form or prescribed pattern of movement
KIAI	A shout delivered for the purpose of focusing all of one’s energy into a single movement.
KIBA DACH	Straddle stance
KIME	Focus of power Á
KO?UTSU DACHI	A stance which most of the weight is to the back. “back stance”
KUMITE	Sparring

MAE	Front
MAE GERI	Front snap kick
MATTE	Wait
MAWASHI GERI	Roundhouse kick
MAWAT-TE	A command given by the instructor for students to turn around
MIGI	Right
MIKAZUKI GERI	Crescent kick
MOROTE UKE	Augmented block
NAGASHI UKE	Sweeping block
NAIHANCHI DACHI	Straddle stance
NEKO ASHI DACHI	Cat stance
NUKITI	Spear hand
OI-ZUKI	Lunge punch
REI	Respect (BOW)
SHANCHIN DACHI	Hour-glass stance
SEIZA	Kneel quietly
SEN NO SEN	Attacking at the exact moment when to opponent attacks
SEN SEN NO SEN	Attacking before the opponent attacks
SENSEI	Teacher
SHOMEN NI REI	Bow to the front
SHUTO UKE	Knife hand block
SOCHIN DACHI	Immovable stance (fudo dachi)
SOTO UKE	Outside (forearm) block
SUKUI UKE	Scooping block
TAI SABAKI	Body movement/sifting
TEISHO UCHI	Palm heel strike
TETTSUI UCHI	Hammer strike
TSUKI	A punch or thrust (an attack to the midsection)
UKE	Block

URAKEN	Back knuckle
USHIRO GERI	Back kick
WADO	Way of Peace and Harmony
WAZA	Technique(s)
YAME	Stop
YOKO	Side
YOKO GERI	Side kick
ZENKUTSU DACHI	Forward stance

JAPANESE NUMBERS

1	Ichi	6	Roku
2	Ni	7	Shichi
3	San	8	Hachi
4	Shi	9	Ku
5	Go	10	Ju