

Genbukai: 'Gen' means original, professional or beginning; 'bu' means martial arts; 'kai' means group

GENERAL COMMANDS/TERMS:

Karate: "empty hand" or weaponless art of defense.

Dojo: karate school/training room.

Honbu dojo: central dojo of an organization/region

Obi: belt

Gi: karate uniform

Shihan: chief or master instructor

Sensei: instructor

Sempai: senior student

Hajime: begin

Yame: stop.

Migi: right side

Hidari: left side

Mokuso: meditation

Yoi: ready position

Mawatte: turn around/other way

Kata: a sequence of pre-arranged movements and techniques

Kiai: shout given as techniques are delivered to focus energy

Kihon: basics

Arigato gozaimasu: thank you.

Domo arigato gozaimasu: thank you very much.

Onegai Shimasu: "I welcome you to train with me"

Seiza: Sit, kneel down

Rei: Bow

Shin zen ni rei: bow to the shin

zen (spiritual center)

Shomen ni rei: bow to the front

Sensei ni rei: bow to the sensei(s)

Sempai ni rei: bow to your sempai(s)

Otagai ni rei: Bow to each other

STANCES (Dachi)

Musubi dachi: ready stance (heels together, toes apart)

Zenkutsu dachi: front forward stance

Han zenkutsu dachi: half front forward stance

Sanchin dachi: tension stance

Neko ashi dachi: cat stance

Kokutsu dachi: back stance

Naifanchi dachi: horse stance

Shiko dachi: straddle stance

Kosa dachi: crossed-leg stance

BLOCKS (Uke)

Age uke: rising block

Yoko uke: inside block

Gedan ude uke: downward circular block

Yoko uchi uke: Outside block

Kake uke: hook block

Shuto uke: knife hand block

Shotei uke: palm heel block

Tetsui uke: hammerfist block

AREAS (TO STRIKE, ETC.)

Jodan: upper level, collar and up (e.g. Face, head, throat)

Chudan: middle level, belt up to collar (e.g. Stomach)

Gedan: lower level, "below the belt" (e.g. Abdomen, groin, legs)

HAND/ARM TECHNIQUES

Tzuki (-zuki): punch

Oi zuki: lunge punch

Kizami zuki: leading punch, jab

Gyaku zuki: reverse punch

Kagi zuki: hook punch

Ura zuki: short punch (palm side up)

Ura ken uchi: back fist strike, snapping wrist, striking with top of knuckles.

Hiji ate: elbow strike

Nukite: finger thrust/spear hand.

Shuto uchi: knife-hand strike

Tettsui: bottom fist strike. Closed fist, strike with bottom of fist.

Shotei zuki: palm-heel thrust.

Keiko-ken zuki: one knuckle fist.

Ippon-ken: middle knuckle punch.

Kaiko-ken zuki: crab shell fist.

Kote uchi: forearm strike

SPARRING Kumite:

sparring Sanbon kumite: three step sparring

Ippon kumite: one step sparring (block and counter)

Jiyu ippon kumite: free one step sparring, emphasis on technique

Randori kumite: slow and soft free style sparring with emphasis on technique

Jiyu kumite: hard and fast controlled continuous free fighting

Shobu sanbon kumite: three point competition karate

KICKS

Mae-geri: front kick

Mawashi-geri: roundhouse kick

Ushiro-geri: back kick Yoko-geri-

kekomi: side thrust kick

Ashi-barai: foot sweep

Mae-ashi-geri: front kick off the lead leg

Tobi-geri: jumping kick

Yoko-geri-keage: side snap kick