

## **KARATE KOTOBA – GLOSSARY OF TERMS #1**

### **Karate – Empty hand**

Karate-do – Way of the empty hand

Kiotsuke – Attention

Rei – Bow

Kamae – Ready Position

Modotte – Return to Ready

Kiai – Shouting spirit

Uke – Block

Waza – Technique

Geru – Kick

Zuki – Punch

Seiken - Fist

Dachi – Stance

Kihon – Basic

Gi – Karate uniform

Domo Arigato Gozaimasu – Thank you very much

Mokuso – Quiet Meditation

Seiza – Seated position

Ki – Spirit

Kime – Focus

Kimochi – Attitude

### **Kicks:**

Mae geri – front kick

Mawashi geri – roundhouse kick

Ushiro geri – back kick

Yoko geri – side kick

Fumikomi geri – stomping kick

### **Blocks:**

Jodan (or age) Uke – high block

Uchi uke – middle inside block

Soto uke – middle outside block

Gedan uke – low block

Shuto uke – knifehand block