

Japanese Karate Terminology

age-uke	<i>rising block above head</i>	juji-uke	<i>double hand cross block</i>
age-zuki	<i>rising punch</i>	jushin	<i>center of gravity</i>
ashi	<i>foot</i>	jutsu	<i>"art"</i>
ashi-barai	<i>foot sweep</i>	kage-zuki	<i>hook punch</i>
ashi-sabaki	<i>foot work</i>	kakato	<i>heel</i>
bassai-dai	<i>"to penetrate a fortress"</i>	kake-dachi	<i>one-legged stance knee</i>
budo	<i>"military way"</i>		<i>-pressed into calf.</i>
bushido	<i>"way of the warrior"</i>	kake-te	<i>hook hand</i>
choku-zuki	<i>straight punch</i>	kakuto	<i>bent wrist</i>
chudan uke	<i>middle area block</i>	kakuto-uke	<i>bent-wrist block</i>
ch'uan fa	<i>"way of the fist"</i>	kamae	<i>posture or attitude</i>
do	<i>way or path</i>	kamae-te	<i>"on guard"</i>
dojo	<i>training hall</i>	kansetsu-geri	<i>stomping or joint kick</i>
fumikomi	<i>stomping kick</i>	karate	<i>"empty hand"</i>
fumi-waza	<i>stomping techniques</i>	karate-ka	<i>karate practitioner</i>
gasshuku	<i>training camp</i>	kata	<i>prearranged exercise</i>
gedan	<i>lower level</i>	keito	<i>chicken-head wrist block</i>
gedan barai	<i>lower sweeping block</i>	kempo	<i>"fist way", chinese boxing</i>
geri/keri	<i>kick</i>	kendo	<i>"way of the sword"</i>
gi	<i>training uniform</i>	kentsui	<i>bottom fist strike</i>
gohon kumite	<i>five step sparring</i>	keri/geri	<i>kick</i>
gyaku-zuki	<i>reverse punch</i>	keri-waza	<i>kicking techniques</i>
hangetsu-dachi	<i>wide hour-glass stance</i>	ki	<i>spirit</i>
haishu	<i>back hand</i>	kiai	<i>concentrated shout</i>
haishu-uchi	<i>back hand strike</i>	kiba-dachi	<i>straddle-leg stance</i>
haishu-uke	<i>back hand block</i>	kihon	<i>basics or basic training</i>
haisoku	<i>instep</i>	kime	<i>focus or ki</i>
haito-uchi	<i>ridge hand strike</i>	kin-geri	<i>groin kick</i>
hajime	<i>begin</i>	kobudo	<i>study of weaponry</i>
hara	<i>stomach</i>	kokutsu dachi	<i>back stance</i>
heiko-dachi	<i>parallel open stance</i>	koshi	<i>ball of foot</i>
heisoku-dachi	<i>informal attention stance</i>	kumite	<i>sparring or combat</i>
hidari	<i>left or left side</i>	ma-ai	<i>distancing</i>
hiji/empi	<i>elbow</i>	mae-geri	<i>front kick</i>
hijate/empi-uchi	<i>elbow strike</i>	mae-geri keage	<i>front snap kick</i>
hiji-waza	<i>elbow techniques</i>	mae-geri kekomi	<i>front thrust kick</i>
hiraken-zuki	<i>foreknuckle fist punch</i>	mae-ken zuki	<i>front fist punch</i>
hiza	<i>knee</i>	mae-tobi-geri	<i>flying front kick</i>
hiza-geri	<i>knee kick</i>	makiwara	<i>punching board</i>
iaido	<i>"way of the sword"</i>	mawate	<i>"turning hand" order to</i>
ibuki	<i>breath control</i>		<i>-turn around</i>
ippon	<i>one point</i>	mawashi-geri	<i>roundhouse kick</i>
ippon-ken	<i>one-knuckle fist</i>	mawashi-zuki	<i>roundhouse punch</i>
ippon-ken-zuki	<i>one-knuckle punch</i>	mawashi-uke	<i>circular block</i>
ippon-nukite	<i>one-finger spear hand</i>	migi	<i>right or right side</i>
jiyu kumite	<i>free sparring</i>	mikazuki-geri	<i>crescent kick</i>
jodan	<i>upper level</i>	mine-uke	<i>back hand block</i>

morote-uke	<i>supported block</i>	teisoku	<i>sole of the foot</i>
morote-zuki	<i>supported punch</i>	tettsui	<i>hammer fist</i>
musubi-dachi	<i>informal attention stance</i>	tettsui-uke	<i>bottom fist block</i>
nagashi-uke	<i>sweeping block</i>	tobi-geri	<i>jump kick</i>
nage-waza	<i>throwing techniques</i>	tsugi-ashi	<i>shuffle step</i>
nami-ashi	<i>snapping block with foot</i>	tsukami-uke	<i>grasping block</i>
neko-ashi-dachi	<i>cat stance</i>	tsuki/zuki	<i>punch</i>
ne-waza	<i>ground techniques</i>	tsuki-waza	<i>punching techniques</i>
nihon nukite	<i>two finger spear hand</i>	uchi	<i>strike</i>
nukite	<i>spear hand thrust</i>	uchi-waza	<i>striking techniques</i>
obi	<i>belt</i>	ude	<i>forearm</i>
oi-zuki	<i>lunge punch</i>	ude-uke	<i>forearm block</i>
Okinawa-te	<i>"Okinawa hands" old form</i>	uke	<i>block</i>
	<i>-of Okinawan karate</i>	ura	<i>reverse side</i>
oos	<i>greeting or request</i>	uraken	<i>back fist strike</i>
osae-uke	<i>pressing block</i>	ura-uke	<i>reverse block</i>
pinan	<i>"peaceful mind"</i>	ura-zuki	<i>close punch</i>
randori	<i>free exercise</i>	ushiro-geri	<i>back kick</i>
rei	<i>command to bow</i>	waza	<i>techniques</i>
roh'ai	<i>"crane on a rock"</i>	wazari	<i>half point</i>
ryu	<i>way, style or school</i>	yama-zuki	<i>two handed U-punch</i>
sanbon kumite	<i>three step sparring</i>	yame	<i>stop</i>
sanchin-dachi	<i>hour glasss stance</i>	yasume	<i>stand easy, relax</i>
seiken	<i>fore-fist</i>	yoi	<i>ready</i>
seiza	<i>sitting back on heels</i>	yoko-geri	<i>side kick</i>
sempei	<i>senior</i>	yoko-geri-keage	<i>side snap kick</i>
sensei	<i>teacher or instructor</i>	yoko-geri-kekomi	<i>side thrust kick</i>
shiai	<i>match or contest</i>	yoko-tobi-geri	<i>flying side kick</i>
shihan	<i>master teacher</i>	yonhon-nukite	<i>four finger spearhand</i>
shiko-dachi	<i>sumo stance</i>	zanchin	<i>perfect posture</i>
shizen-dachi heiko	<i>yoi dachi</i>	zenkutsu-dachi	<i>forward/standard stance</i>
shodan	<i>"first rank"</i>	zuki/tsuki	<i>punch</i>
shotei/teisho	<i>palm heel</i>		
shuto	<i>knife edge of hand</i>		
shuto-uchi	<i>knife hand strike</i>		
shuto-uke	<i>knife hand block</i>		
sokuto/yoko geri	<i>side kick</i>		
sukui-uke	<i>scooping block</i>		
suri-ashi	<i>sliding step</i>		
taikyoku	<i>"first cause"</i>		
tai-sabaki	<i>body movement</i>		
tameshiwari	<i>breaking wood, tiles,etc</i>		
tatami	<i>training mat</i>		
tate-zuki	<i>verticle fist punch</i>		
teisho/shotei	<i>palm-heel</i>		
teisho-uchi	<i>palm-heel strike</i>		
teisho-uke	<i>palm-heel block</i>		