

# Karate Training Terminology

General Terms	Counting
Karate ..... Empty Hand	Ichi..... One
Do ..... The Way	Ni ..... Two
Karate-Do ... Way of the Empty Hand	San..... Three
Dojo ..... the place where one walks the way	Shi (Yon)..... Four
Hombu..... Headquarters	Go ..... Five
Rei ..... respect, courtesy (bow)	Roku ..... Six
Shomen ..... front (also focal point of the dojo)	Shichi..... Seven
Ushiro ..... back	Hachi ..... Eight
Sensei ..... teacher (never used for oneself)	Ku ..... Nine
Sempai ..... senior student (never used for oneself)	Ju ..... Ten
Otagai ..... all students	
Karategi ..... karate uniform	
Karate-Ka ... karate student	
Kai ..... Association	
Ryu ..... Style	
Budo..... Way of War	
Bushido..... Way of the Warrior	

## Bowling Ceremony Terminology

Line Up - From left to right adults first, then youth and kids. Black to white belts.  
 Stand quietly in Heiko Dachi, hands closed as fists, eyes to the front.

Seiza ..... formal kneeling/sitting position

Mokuso ..... silent thoughts, meditation

Mokuso Yame .... stop meditation

Shomen ni rei .... Bow to front

Sensei Ni Rei .... Bow to Sensei

Otagai Ni Rei .... Bow to each other

Onegaishimasu Please (help/teach me/ do me the honor)

Stand back into Heiko Dachi and await instructions from Sensei

<b>Courtesy</b>	<b>Training Terms</b>
<p>Onegaishimasu ..... Please (help/teach me/ do me the honor).            Arigato Gozaimushita . Thank you very much.            Sumimasen ..... Excuse me.            Gomen nasai ..... I'm sorry.</p>	<p>Yoi..... Ready Position, Get Ready            Yame ..... Stop            Haijime ..... Begin, Start            Naotte ..... Relax</p>
<b>Major Components of Training</b>	<p>Migi ..... right (side)            Hidari ..... left (side)</p> <p>Jodan..... head level            Chudan ..... mid level            Gedan..... lower level</p> <p>Kiai..... shout            Kime..... focus</p>
<b>Kumite</b>	<p>Hara ..... centre of mass</p> <p>Maai ..... distancing (between yourself and your opponent)            Mawate ..... turn, about face, switch</p> <p>Morote ..... both hands simultaneously</p> <p>Waza ..... technique            Chikara ..... power</p>
<p>Ippon Kumite ..one step sparring (block and counter)            Jiyu Kumite ... free one step sparring</p> <p>Sanbon Kumite – three step sparring            Jiyu Kumite – controlled continuous free fighting            Shobu Sanbon Kumite (shiai Kumite)..3 point competition karate</p> <p>Go No Sen..... Defense, then Attack            Sen No Sen ... Block and Counter Simultaneously            Sen ..... Strike before Attack Arrives</p>	

### Standing (Dachi) Positions

The stance is more than just standing. One must concentrate primarily on achieving a relaxed body, free from tension, to exert maximum stability, speed and control. Do not force the stance or use unnecessary energy. Hip movement must be coordinated with balance in order to flow smoothly into the next move.

- Heisoku Dachi ..... ready stance (feet together, toes forward)
- Musube Dachi..... ready stance (feet together, toes pointed outward)
- Heiko Dachi..... natural position (toes forward) or *ayumi dachi*
- Hachiji Dachi ..... natural position (toes pointed outward)
- Naifanchi Dachi ..... horse stance (straddle horse, toes forward) (also called Kiba Dachi)
- Shiko Dachi..... square stance (straddle horse, toes pointed outward)
- Neko Ashi Dachi ..... cat stance
- Zenkutsu Dachi ..... forward stance
- Kokutsu Dachi ..... back stance
- Kosa Dachi..... crossed-leg stance
- Sanchin Dachi ..... tension stance
- Sagiashi Dachi..... one-leg, crane stance
- Sochin Dachi ..... free stance

### Strikes (tzuki, uchi, ate)

One must relax in order to punch, hit or kick. Tensing up prior to punching is not only unnecessary, but a waste of your strength as well. The move should be executed with smoothness and speed until the moment of contact when the power of the entire body—called kime, or focus—is applied to enforce the strike.

- Tzuki (zuki)** ..... punching or thrusting strike
- Uchi**..... other strikes
- Ate** ..... joint strikes
- Oi zuki ..... lunge punch
- Gyaku zuki..... reverse (rear) punch
- Age zuki..... rising punch
- Ura ken uchi..... backhand snapping strike
- Shuto uchi ..... knife hand chop
- Gyaku shuto..... reverse chop
- Morote zuki ..... U-punch
- Kizami zuki ..... leading punch, jab
- Tettsui uchi ..... bottom fist strike
- Nuki te zuki..... spearhand strike
- Haito uchi ..... ridgehand strike
- Kagi zuki..... hook punch
- Heiko zuki..... double punch
- Teisho zuki..... palm heel thrust
- Keiko ken zuki ..... one knuckle fist

### **Elbow Joint (Ate) Techniques**

Hijiate..... upward elbow strike  
Yoko Hijiate..... side elbow strike  
Mawashi Hijiate ..... circular elbow strike  
Hijiate..... upward elbow strike  
Otoshi Hijiate ..... downward elbow strike  
Ushiro Hijiate ..... rear elbow strike

### **Kicking (Geri) Techniques**

Kicking requires strength in the hips in order to stand on one leg while executing the kick. Raise your kicking knee high toward your chest and slightly bend your knee of your standing leg for better balance.

Mae Geri ..... front snap kick with ball of foot  
Yoko Geri Kekomi ..... side thrust kick with outside edge of foot (sokuto)  
Yoko Geri Keage ..... side snap kick with outside edge of foot (sokuto)  
Fumikomi geri ..... stomp kick  
Mawashi Geri..... roundhouse kick (outside)  
Ushiro Mawashi Geri .. reverse (inside) roundhouse kick  
Ushiro Geri..... back thrust kick  
Mikazuki Geri ..... crescent kick (outside to inside)  
Soto Mikazuki Geri..... crescent kick (inside to outside)  
Hiza Geri..... knee strike  
Mae tobi Geri..... jumping/flying front kick  
Mae tobi nidan geri .... jumping/flying double front kick  
Tobi ushio mawashi ... flying spinning mawashi  
Tobi sokuto ..... flying side kick  
Ashi barai ..... foot sweep  
Kasokutei..... Heel of the foot

## Blocking (Uke) Techniques

Almost any of the blocks described can be interchanged with any stance. Most blocking techniques must be executed with a snapping of the hip.

Harai Uke..... downward block  
Age Uke..... upper block  
Yoko Uke ..... inside forearm block (or *uchi uke*)  
Yoko Uchi Uke ..... outside forearm block  
Juji Uke ..... X block open hand  
Gedan Jiji Uke ..... downward X block (closed hand)  
Gedan Ude Uke ..... forearm block (gedan level)  
Shuto Uke..... knife-hand block  
Morote Uke ..... double foreman block (augmented)  
Tetsui uke..... hammer fist block  
Kakiwake Uke..... separating block  
Nagashi Uke..... sweeping block  
Hiji Uke..... elbow block  
Kakete Uke ..... hook and sweep block  
Kote Uke..... arch wrist block (back of hand)  
Ko Uke..... wrist block  
Sukui Uke ..... scooping block  
Osae Uke ..... press block  
Tora guchi..... two-handed circular block ending in a push  
Kakete ..... hooking hand block