



## TERMINOLOGY GLOSSARY

Japanese	English	Category
(1) ichi, (2) ni, (3) san, (4) yon, (5) go, (6) roku, (7) shichi, (8) hachi, (9) kyu, (10) juu	Counting from 1 to 10	general
Ashi barai	Leg sweep or block	kick
Ashi waza	Foot/Kicking techniques	general
Chudan	Middle area from waist to neck	general
Chudan morote uke	Double-arm block	block
Chudan no kamae	Middle level fighting posture	stance
Chudan soto uke	Middle outside block	block
Chudan uchi uke	Middle inside block	block
Chudan zuki	Middle level punch	punch
Chusoku	Ball of the foot	body
Dojo	Martial arts school	general
Fumi-ashi	Step	movement
Fumikomi geri	Heel stomp	kick
Gedan	Lower level, belt down, Groin	general
Gedan barai	Lower block / parry	block
Gedan no kamae	Lower level fighting stance	stance
Gyaku zuki	Reverse punch	punch

Hachiji dachi	Relaxed standing posture wherein feet shoulder width apart and toes pointed outward	stance
Haisoku	Instep of the foot	body
Haito uchi	Ridge hand	strike
Hajime	Begin	instruction
Han kiba dachi	Abbreviated horse back stance	stance
Han zenkutsu dachi	Abbreviated forward leaning stance	stance
Hanmi no kamae	Half forward facing fighting posture	stance
Heiko dachi	Parallel stance	stance
Heisoku dachi	Closed foot stance (toes and heels touch)	stance
Hidari	Left	general
Hiji age uchi	Rising elbow strike	strike
Hiji ate uchi	Lateral elbow strike	strike
Hiza	Knee	body
Hiza geri	Knee kick	kick
Hiza uchi uke	Knee block (Blocking inside to outside)	block
Jiyu kumite	Free-fighting (sparring)	general
Jodan	Upper level, from neck up, Head	general
Jodan kamae	Upper level fighting posture	stance
Jodan no kamae	Upper level fighting posture	stance
Jodan uke	Upper/overhead block	block
Jodan zuki	Upper level punch	punch

Joge uke	High and low block	block
Juji uke	Cross-arm block	block
Kakato	Heel of the foot	body
Kakato geri	Heel kick	kick
Kake ashi dachi	Cross-legged stance	stance
Kamaete	Assume preliminary position	instruction
Kansetsu geri	Kick to knee joint	kick
Karatedo	Way of the empty hand	general
Karatedogi (dogi)	Karate uniform (uniform)	general
Karatedojo (dojo)	Karate school (martial arts school)	general
Kata	Movement pattern performed against imaginary opponents	general
Ken	Shin	body
Ken uchi uke	Shin block (blocking inside to outside)	block
Keri (geri)	Kick	general
Keri no kamae	Kicking stance	stance
Kiba dachi	Horse-back stance (feet are parallel)	stance
Kihon waza	Basic techniques	general
Kin geri	Groin kick	kick
Kiza	Alert kneeling position	stance
Kokutsu dachi	Back leaning stance (front foot points straight at adversary and back foot is 45 degrees relative to front foot)	stance
Kosa	Switch feet	movement

Kumite	Free-fighting or "sparring"	general
Mae	Front	general
Mae geri	Front kick	kick
Mae geri (Kekomi)	Front kick w/o retraction	kick
Mae keage	Front high kick	kick
Mawashi	Round house (around)	kick
Mawashi geri	Roundhouse kick	kick
Mawashi uke	Round house block	block
Mawashi zuki	Round house punch	punch
Mawatte	Turn	instruction
Migi	Right	general
Morote uke	Double-arm block	block
Musubi dachi	Open-toed stance(heels touch and toes are separated)	stance
Naore	Return to original posture	instruction
Neko ashi dachi	Cat stance	stance
Ne-waza	Kneeling technique	general
Nihon zuki	Double punch	punch
Nukite uchi	Spear hand	strike
Oi zuki	Lunge punch	punch
Okuri ashi	Skip	movement
Randori	Half-speed free-fighting	general
Sanbon zuki	Triple punch	punch

<b>Sanchin dachi</b>	Pigeon-toed stance(heel of front foot on same line as toes of back foot; toes are pointed inward)	stance
<b>Sanzen dachi</b>	Fighting stance	stance
<b>Seichou</b>	Growth ("personal growth")	general
<b>Seiken ago uchi</b>	Forefist chin strike	punch
<b>Seiken chudan zuki</b>	Forefist middle punch	punch
<b>Seiken furi uchi</b>	Hook Punch	punch
<b>Seiken gedan zuki</b>	Forefist lower punch	punch
<b>Seiken jodan zuki</b>	Forefist upper punch	punch
<b>Seiken shita zuki</b>	Uppercut punch	punch
<b>Seiken zuki</b>	Forefist strike	punch
<b>Seiza</b>	Resting kneeling position (on insteps of feet)	stance
<b>Senpai</b>	Senior student	general
<b>Sensei</b>	Teacher	general
<b>Shiko dachi</b>	Straddle leg stance(horse stance feet at 45 degrees)	stance
<b>Shizen no kamae/Shizentai</b>	Natural fighting posture	stance
<b>Shotei gedan bari</b>	Palm-heel downward block	block
<b>Shotei uchi</b>	Palm heel strike	hand strike
<b>Shotei uke</b>	Palm heel block	block
<b>Shuto ganmen uchi</b>	Knife-hand temple strike	strike
<b>Shuto hizo uchi</b>	Knife-hand spleen strike	strike
<b>Shuto jodan uke, chudan uchi uke</b>	Knife-hand overhead block with middle inside block	block

Shuto sakotsu uchi	Knife-hand descending collarbone strike	strike
Shuto sokotsu uchikomi	Knife-hand driving collarbone strike	strike
Shuto uchi uchi	Knife hand inside strike	hand strike
Shuto uke	Knife-hand block	block
Sokuto	Knife-edge of foot	body
Tachi, dachi, kamae	Posture/stance	general
Tateken zuki	Vertical fist punch	punch
Te waza	Hand techniques	general
Tetsui sakotsu uchi	Descending hammer-punch	strike
Tetsui sayu uchi	Lateral hammer punch	strike
Tobi ushiro geri	Jumping back kick	kick
Tobi ushiro mawashi geri	Jumping back spinning kick	kick
Tobi mae geri	Jumping front kick	kick
Tobi yoko geri	Jumping side kick	kick
Tsukui uke	Scooping block	block
Tsuru ashi dachi	Crane stance	stance
Ukemi	Body movement (falling to avoid injury)	movement
Uraken ganmen uchi	Back fist face strike	strike
Uraken hizo uchi	Back fist spleen strike	strike
Uraken sayu uchi	Back fist side strike	strike
Ushiro geri	Back kick	kick
Ushiro mawashi geri	Back spinning kick	kick

Yasume/yame	Cease (fighting, performing kata, technique, etc.)	instruction
Yoi	Prepare yourself	instruction
Yoi/Fudo dachi	Ready stance	stance
Yoko geri	Side kick	kick
Yoko keage	Side high kick	kick
Zenkutsu dachi	Forward leaning stance	stance

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