

Karate Terminology Glossary by Paul Walker

Punches

<i>Age-zuki</i>	Rising punch
<i>Awase-zuki</i>	Combination punch
<i>Choku-zuki</i>	Straight punch
<i>Gyaku-zuki</i>	Reverse punch
<i>Jun-zuki</i>	Front punch
<i>Kagi-zuki</i>	Hook punch
<i>Kizami-zuki</i>	Front snap punch, jab
<i>Mawashi-zuki</i>	Roundhouse punch
<i>Morote-zuki</i>	Double-fisted punch
<i>Morote-hasami-zuki</i>	Scissors punch
<i>Nagashi-zuki</i>	Flowing punch
<i>Oi-zuki</i>	Lunge punch, front punch
<i>Ren-zuki</i>	Consecutive punch
<i>Sokumen-zuki</i>	Double arm sideways punch
<i>Sonoba-zuki</i>	On-the-spot punch
<i>Tate-zuki</i>	Vertical fist punch
<i>Tobikomi-zuki</i>	Jumping snap punch
<i>Tsuki</i>	Punch
<i>Ura-zuki</i>	Close punch
<i>Yama-zuki</i>	Mountain punch

Kicks

<i>Ashi-barai</i>	Leg sweep
<i>Hiza-geri</i>	Knee strike
<i>Kakato-geri</i>	Heel kick, Axe kick
<i>Kani-basami</i>	Crab scissors
<i>Keri</i>	Kick
<i>Kin-geri</i>	Groin kick
<i>Kizami-geri</i>	Front leg snap kick
<i>Kizami-mawashigeri</i>	Front leg roundhouse kick
<i>Kizami-yokogeri</i>	Front leg side thrust kick
<i>Mae-geri</i>	Front kick
<i>Mae-tobigeri</i>	Jumping front kick
<i>Mawashi-geri</i>	Roundhouse kick
<i>Mikazuki-geri</i>	Crescent kick
<i>Nami-ashi</i>	Inward foot snap, literally “wave leg”
<i>Nidan-geri</i>	Jumping double kick (two levels)
<i>Suri-ashi</i>	Gliding step
<i>Tobi-geri</i>	Jumping kick

Ura-mawashigeri
Ushiro-geri
Ushiro-mawashigeri
Yokogeri-keage
Yokogeri-kekomi
Yoko-tobigeri

Reverse roundhouse kick
Back kick
Spinning roundhouse kick
Side snap kick
Side thrust kick
Flying side kick

Blocks

Age-uke
Gedan-barai
Haishu-uke
Haiwan-uke
Harai-uke
Heiko-uke
Hiji-uke
Hirate-uke
Juji-uke
Kake-uke
Kakiwake-uke
Kosa-uke
Mawashi-uke
Manji-uke
Morote-uke
Nagashi-uke
Osae-uke
Otoshi-uke
Seiryuto-uke
Shuto-uke
Soto-(ude)-uke
Sukui-uke
Tate-shuto-uke
Teisho-uke
Uchi-(ude)-uke
Uke
Yama-uke

Rising block
Downward block
Back hand block
Forearm block
Sweeping block
Parallel arm block
Elbow block
Open hand block
Cross block, X block
Hook block
Wedge block
Cross hand block
Circular block
Vortex block
Augmented forearm block
Flowing block
Pressing block
Dropping block
Saber block
Knife hand block
Outer block
Scooping block
Vertical knife hand block
Palm heel block
Inside block
Block
Mountain block

Strikes

Empi-uchi
Ippon-nukite
Juji-uchi
Haishu-uchi
Haito-uchi

Elbow strike
One finger spear hand
Cross strike, X strike
Back hand strike
Ridge hand strike

<i>Nihon-nukite</i>	Two finger spear hand
<i>Nukite</i>	Spear hand
<i>Shihon-nukite</i>	Four finger spear hand
<i>Shuto-uchi</i>	Knife hand strike
<i>Teisho-uchi</i>	Palm heel strike
<i>Tettsui-uchi</i>	Hammer fist strike
<i>Uchi</i>	Strike
<i>Uraken-uchi</i>	Back fist strike

Stances

<i>Fudo-dachi</i>	Immovable stance, rooted stance
<i>Gyaku-hanmi</i>	Reverse facing hip position
<i>Hachiji-dachi</i>	Open foot stance
<i>Hangetsu-dachi</i>	Half-moon stance
<i>Hanmi</i>	Open hip position (half-facing)
<i>Heiko-dachi</i>	Parallel stance
<i>Heisoku-dachi</i>	Closed foot stance (heels and toes)
<i>Hiza-kakushi-dachi</i>	Hidden knee stance
<i>Ippon-dachi</i>	One leg stance
<i>Kiba-dachi</i>	Horse riding stance
<i>Kokutsu-dachi</i>	Back stance
<i>Kosa-dachi</i>	Cross stance
<i>Moto-dachi</i>	Basic stance, original stance
<i>Musubi-dachi</i>	V stance (heels together, toes apart)
<i>Neko-ashi-dachi</i>	Cat stance
<i>Re-no-ji-dachi</i>	L stance
<i>Sagi-ashi-dachi</i>	Heron leg stance
<i>Sanchin-dachi</i>	Hourglass stance
<i>Shiko-dachi</i>	Square stance
<i>Shizentai</i>	Natural position
<i>Sochin-dachi</i>	Same as <i>fudo-dachi</i>
<i>Tachi</i>	Stance
<i>Tsuru-ashi-dachi</i>	Crane leg stance
<i>Zenkutsu-dachi</i>	Front stance
<i>Zenmi</i>	Closed hip position (front facing)

Hand position

<i>Haito</i>	Ridge hand
<i>Hira-ken</i>	Foreknuckle fist
<i>Ippon-ken</i>	One knuckle fist
<i>Ippon-nukite</i>	One finger spear hand
<i>Kakuto</i>	Crane head position (bent wrist)

Keito
Kumade
Nakadaka-ippon-ken
Nihon-nukite
Seiken
Seiryuto
Shihon-nukite
Shuto
Teisho
Tettsui
Uraken
Washide
Yoko-ken

Chicken head position
Bear hand
Middle knuckle fist
Two finger spear hand
Fore fist
Saber hand
Four finger spear hand
Knife hand
Palm heel
Hammer fist
Back fist
Eagle hand
Side knuckle position (using thumb)

Foot position

Haisoku
Kakato
Koshi
Sokuso
Sokutei
Sokuto

Instep
Heel
Ball of the foot
Bent toes
Sole of the foot
Edge of the foot

Directions

Hidari
Mae
Mannaka
Migi
Naname
Shita
Tate
Ue
Ushiro
Yoko

Left
Front, forwards
Middle
Right
Diagonal
Underneath, below
Vertical
Up, above
Behind, back
Side

Body parts

Ago
Ashi
Ashi-kubi
Ashi-no-yubi
Ashi-no-ura

Chin
Leg, foot
Ankle
Toe
Sole of the foot

<i>Atama</i>	Head
<i>Fukurahagi</i>	Calf
<i>Futomomo</i>	Thigh
<i>Ha</i>	Tooth
<i>Haguki</i>	Gum
<i>Hana</i>	Nose
<i>Hara</i>	Stomach, belly
<i>Heso</i>	Navel, belly button
<i>Hiji</i>	Elbow
<i>Hitai</i>	Forehead
<i>Hiza</i>	Knee
<i>Ho</i>	Cheek
<i>I</i>	Stomach
<i>Kakato</i>	Heel
<i>Kami</i>	Hair
<i>Kata</i>	Shoulder
<i>Komekami</i>	Temple
<i>Koshi</i>	Waist, lower back
<i>Kubi</i>	Neck
<i>Kuchi</i>	Mouth
<i>Kuchibiru</i>	Lip
<i>Mabuta</i>	Eyelid
<i>Matsuge</i>	Eyelash
<i>Mayuge</i>	Eyebrow
<i>Me</i>	Eye
<i>Mimi</i>	Ear
<i>Mimitabu</i>	Earlobe
<i>Mizoochi</i>	Solar plexus
<i>Mune</i>	Chest
<i>Nodo</i>	Throat
<i>Noten</i>	Crown of the head
<i>Onaka</i>	Stomach
<i>Oya-yubi</i>	Thumb
<i>Rokkotsu</i>	Rib
<i>Senaka</i>	Back
<i>Shiri</i>	Hips, rear
<i>Shita</i>	Tongue
<i>Te</i>	Hand
<i>Tekubi</i>	Wrist
<i>Te-no-hira</i>	Palm
<i>Tsume</i>	Nail
<i>Ude</i>	Forearm
<i>Wan</i>	Arm
<i>Yubi</i>	Finger
<i>Yubi-no-kansetsu</i>	Knuckle

General

<i>Aikido</i>	The Art of Harmony
<i>Bo</i>	Long staff
<i>Budo</i>	Martial Arts
<i>Bunkai</i>	Analysis
<i>Chi</i>	Inner power, health, vitality
<i>Chikara</i>	Power
<i>Chowa</i>	Harmony
<i>Chudan</i>	Middle level
<i>Chushin</i>	Center of the body (center of gravity)
<i>Chuto-hanpa</i>	Half-hearted
<i>Do</i>	The way or path
<i>Dogi</i>	Uniform
<i>Dojo</i>	Training hall
<i>Dojo-kun</i>	Moral code of the “dojo”
<i>Embusen</i>	Performance line, kata pattern
<i>Gasshuku</i>	Summer camp
<i>Gedan</i>	Lower level (below the belt)
<i>Godan</i>	5 th degree black belt
<i>Gohon-kumite</i>	Five-step sparring
<i>Goju-ryu</i>	One of the main styles of karate
<i>Gorei</i>	Command
<i>Han</i>	Half
<i>Happo-kumite</i>	Eight direction fighting, circle fighting
<i>Hara</i>	Stomach, belly
<i>Hikiashi</i>	Pull back (of the leg after kicking)
<i>Hikite</i>	Pull back (of the hand after punching)
<i>Honbu-dojo</i>	Headquarters <i>dojo</i> , main <i>dojo</i>
<i>Hyogen</i>	Expression
<i>Hyoteki</i>	Target training
<i>Hyoshi</i>	Timing
<i>Iaido</i>	The art of drawing the sword
<i>Ippon</i>	One point, ‘one chance’
<i>Issho-kenmei</i>	Full effort, to give 110%
<i>Jinkaku</i>	Character
<i>Jiyu-ippou-kumite</i>	Free one-step sparring
<i>Jiyu-kumite</i>	Free sparring
<i>Jo</i>	Short staff
<i>Jodan</i>	Upper level (upper chest to top of the head)
<i>Jodo</i>	The way of the short staff
<i>Judo</i>	The way of softness/gentleness
<i>Ju-jitsu</i>	The art of gentleness, precursor to judo
<i>Kaeshi-ippou-kumite</i>	Attack and counter one-step sparring
<i>Kama</i>	Sickle
<i>Kamae</i>	Guard, type of ‘ready’ position

<i>Kamiza</i>	Miniature shrine located in a <i>dojo</i>
<i>Kancho</i>	President
<i>Karate-do</i>	The way of the empty hand
<i>Karate-ka</i>	Karate practitioner
<i>Kata</i>	Form, pre-arranged sequence
<i>Kendo</i>	The way of the sword
<i>Ki</i>	Inner energy, vitality
<i>Kiai</i>	Shout, literally ‘meeting of energy’
<i>Kihon</i>	Basics
<i>Kihon-ippon-kumite</i>	Basic one-step sparring
<i>Kiko (Chi Kung)</i>	The art of energy/vitality
<i>Kime</i>	Focus
<i>Kimochi</i>	Feeling
<i>Kimono</i>	Japanese traditional dress
<i>Kiritsu</i>	Stand up
<i>Ki-ryoku</i>	Inner power
<i>Kin-ryoku</i>	Physical (muscle) power
<i>Kobudo</i>	Weapons arts, literally ‘old martial arts’
<i>Kohai</i>	Junior
<i>Kokoro</i>	Heart (relating to spirit and character)
<i>Kokyu</i>	Breathing exercises
<i>Kumite</i>	Sparring, Fighting, Partner work
<i>Kyogi</i>	Competition (Tournament)
<i>Kyokushin-kai</i>	A style of karate founded by Oyama-sensei
<i>Kyudo</i>	The way of the bow (Japanese archery)
<i>Ma'ai</i>	Distance, space, interval
<i>Makiwara</i>	Striking post
<i>Mawatte</i>	Turn
<i>Michi</i>	The way or path, also known as <i>do</i>
<i>Mokuso</i>	Meditation through breathing
<i>Mushin</i>	No mind, empty mind
<i>Naizo-ryoku</i>	Power of the internal organs
<i>Nidan</i>	2 nd degree black belt
<i>Nunchaku</i>	Rice flails (traditional weapon)
<i>Obi</i>	Belt
<i>Okuri-jiyu-ippon-kumite</i>	Follow through one-step sparring
<i>Oss/Osu</i>	Verbal greeting between <i>Karate-ka</i>
<i>Otagai</i>	Each other, one another
<i>Oyo</i>	Application
<i>Rei</i>	Bow
<i>Reigi</i>	Etiquette, manners
<i>Renzoku-waza</i>	Combination techniques
<i>Ryoku</i>	Power
<i>Saho</i>	Etiquette
<i>Sai</i>	Hand-held trident (weapon)
<i>Sanbon-kumite</i>	Three-step sparring

<i>Sandan</i>	3 rd degree black belt
<i>Seikaku (ni)</i>	Correct, accurate, precise
<i>Seiretsu</i>	Line up
<i>Seishin</i>	Spirit
<i>Seishin-toitsu</i>	Spiritual unification
<i>Seiza</i>	Kneeling position
<i>Sempai</i>	Senior student
<i>Sensei</i>	Instructor/Teacher
<i>Setsu</i>	Principles
<i>Shiai</i>	Tournament match
<i>Shihan</i>	Master instructor
<i>Shikake</i>	Attacking
<i>Shikkari ni</i>	Hard, steadily
<i>Shingitai</i>	Mind, technique, body
<i>Shinkiryoku</i>	Mind, inner power, physical power
<i>Shin-ryoku</i>	Mind power
<i>Shinzen</i>	Literally 'Gods at the front'
<i>Shodan</i>	1 st degree black belt
<i>Shodan-shinsa</i>	Black belt test
<i>Shomen</i>	Front wall, place of honor
<i>Shotokan</i>	One of the main styles of karate
<i>Sonkyo</i>	Squatting position for <i>mokuso</i>
<i>Soto</i>	Outside, opposite of <i>uchi</i>
<i>Sun-dome</i>	Control of an attack (1 <i>sun</i> = 3cm)
<i>Tai Chi</i>	A Chinese martial art
<i>Taiju-ido</i>	Weight transferral
<i>Taikai</i>	Tournament
<i>Taikyoku-ken</i>	Tai Chi (in Japanese)
<i>Tai-sabaki</i>	Body shifting
<i>Tameshiwari</i>	Board breaking
<i>Tanden</i>	Center point
<i>Tanren-kumite</i>	Training sparring
<i>Tenchijin</i>	Heaven, Earth, Man
<i>Tenshin</i>	Rotation
<i>Tsukuri</i>	Preparation
<i>Uchi</i>	Inside, inner circle of friends
<i>Unsoku</i>	Stepping
<i>Wado-ryu</i>	One of the main styles of karate
<i>Waza</i>	Technique
<i>Waza-ari</i>	Half point
<i>Yakusoku-kumite</i>	Promise sparring
<i>Yame</i>	Stop
<i>Yoi</i>	Ready
<i>Yondan</i>	4 th degree black belt
<i>Zanshin</i>	Awareness, remaining spirit