

Basic Terminology

It is important that you listen to your Sensei using the Japanese terminology. As you progress through the grades you will become more familiar with the wording. When you reach Shodan (black belt) you should know at least 90% of the terminology below.

Japanese	English
Counting	
ichi	One
ni	Two
san	Three
shi (yon)	Four
go	Five
roku	Six
shichi (nana)	Seven
hachi	Eight
kyu	Nine
ju	Ten
hyaku	One hundred
General	
go	Hard
ju	Soft
ryu	Style
kara	Empty
te	Hand
sensei	Teacher/He who walks before you
ki	Spirit, inner power
kiai	Shout used to unite inner power and ki
dan	Level
jodan	Upper level
chudan	Middle level
gedan	Lower level
hidari	Left
migi	Right
mawate	Turn
kaete	Change
hito	Person
rei	Bow
yoi	Ready
kamae	Combative posture
hajime	Begin
yame	Stop

hinari	Twist
kime	Focus
mokuso	Meditation
Stances	
dachi/tachi stance	Stance
fudo dachi free stance	Free stance
heisoku dachi	Closed foot stance (feet together)
musubi dachi	Formal attention stance (heels together, feet at an angle)
heiko dachi	Parallel stance (feet shoulder width apart)
hachiji dachi	Natural stance (feet shoulder width apart, toes slightly pointed out)
kiba dachi	Horse riding stance
shiko dachi	Straddle leg stance
sanchin dachi	Hourglass stance (back toes in line with front heel)
han zenkutsu dachi	Half front stance (back knee drop down to front toes)
zenkutsu dachi	Front stance (back knee drops down to front heel)
kokutsu dachi	Back stance
neko ashi dachi	Cat foot stance
renoji dachi	The letter "re" stance
sesan dachi	Side facing straddle stance
Hand Techniques	
tsuki	Punch or thrust
uchi	Strike
nakadaka ken	Middle finger knuckle fist
ippon ken	First finger knuckle fist
kuma de	Bear hand
washi de	Eagle hand
empi/hiji	Elbow
choku tsuki	Straight punch
nihon tsuki	Double punch
sanbon tsuki	Triple punch
kizame tsuki	Leading punch, jab
oi tsuki	Lunge punch
gyaku tsuki	Reverse punch
ura tsuki	Short punch (palm side up)
age tsuki	Rising punch
tate tsuki	Vertical punch
kagi tsuki	Short punch
furi tsuki	Circular punch
mawashi tsuki	Round hook punch
heiko tsuki	Parallel punch

hasami tsuki	Scissors punch
yama tsuki	Mountain punch
awase/so tsuki	U-punch
nagashi tsuki	Flowing punch
shotei/teisho tsuki	Palm heel thrust
seiken tsuki	Fore fist strike
nukite tsuki	Finger thrust
ko uchi	Bent wrist strike
ura ken uchi	Back fist strike
shuto uchi	Knife hand strike
hiji uchi/ate	Elbow strike/smash
tettsui uchi	Bottom fist strike
shotei/teisho uchi	Palm heel strike
tsukame	Grab
Foot Techniques	
geri	Kick
ashi	Foot/leg
josokutei	Ball of the foot
sokuto	Foot edge
kakato	Heel
haisoku	Instep
tsumasaki	Tip of the toe
hiza	Knee
mae geri (kaegi)	Front snap kick
mae geri (kekomi)	Front thrust kick
mawashi geri	Round house kick
ushiro geri	Back thrust kick
yoko geri (keagi)	Side snap kick
yoko geri (kekomi)	Side thrust kick
kansetsu geri	Stamping kick, joint kick
hiza geri	Knee kick
nidan geri	Double front snap kick (back leg first)
ren geri	Double front snap kick (front leg first)
ashi barai	Foot sweep
mae tobi geri	Jumping front kick
yoko tobi geri	Jumping side thrust kick
Blocking Techniques	
uke	Block
age uke (jodan)	Rising block
chudan uke	Inside circular block

chudan uchi uke	Outside forearm block
gedan barai	Downward block
gedan uchi barai	Outside downward block (open block)
hiki uke	Pulling/grasping block
kake uke	Open handed block
shuto uke	Knife hand block
shotei uke	Palm heel block
ko uke	Wrist block
ura uke	Back hand block
uchi uke	Inside forearm block
morote uke	Augmented block (double handed)
mawashi uke	Round house block
tora guchi	Double handed open-hand circular block
hari uke	Archer block
hiji uke	Elbow block
kuri uke	Downward elbow block
hiza uke	Knee block
Practice Fighting	
kumite	Sparring
sandan gi	Basic sparring adapted from Gekisai kata
sanbon kumite	Three step sparring (three jodan, three chudan, three gedan)
ippon kumite	One point sparring where the attacker defends, then counters after the attack
sandan kumite	Three step, three level sparring (one jodan, one chudan, one gedan)
sanbon tsuki	Three step sparring, blocking with one hand against a 3 punch combination
kihon ippon	Basic one step sparring
jiyu ippon	One step sparring from ippon
randori	Slow and soft free style with emphasis on technique
jiyu kumite	Hard and fast controlled free style fighting
Opening Ceremony	
Head Student: shugo	Head Student: Line up
Head Student: ki o tsuke	Head Student: Attention
Head Student: seiza	Head Student: Kneel
Head Student: mokuso	Head Student: Meditation
Head Student: mokuso yame	Head Student: Finish meditation
Head Student: shomen ni	Head Student: Face front
Head Student: rei	Head Student: Bow
Head Student: sensei ni	Head Student: Face instructor
Head Student: rei	Head Student: Bow

Everybody: onagai shimasu	Everybody: "will you please?" - In karate "Please teach me"
Head Student: kiritsu	Head Student: Stand up
Closing Ceremony	
Head Student: shugo	Head Student: Line up
Head Student: ki o tsuke	Head Student: Attention
Head Student: seiza	Head Student: Kneel
Head Student: mokuso	Head Student: Meditation
Head Student: mokuso yame	Head Student: Finish meditation
Head Student: dojo kun	Head Student: Shouted by head student, then by everyone
Head Student: shinzen ni	Head Student: Face shrine/founder
Head Student: rei	Head Student: Bow
Head Student: sensei ni	Head Student: Face instructor
Head Student: rei	Head Student: Bow
Everybody: arigato gozaimashita	Everybody: "Thank you very much"
Head Student: otagai ni	Head Student: Face each other
Head Student: rei	Head Student: Bow
Everybody: arigato gozaimashita	Everybody: "Thank you very much"
Head Student: kiritsu	Head Student: Stand up