



Japanese Karate Terminology

A

age-uke jodan	rising block with forearm above head
ashi-barai	sweeping ankle throw, foot sweep

C

choku-zuki	straight punch
ch'uan fa	'fist way'
chudan	target area above waist but not head or face
chudan uke	middle area block, usually with forearm

D

dojo	training hall
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F

fumikomi	stamping kick
fumi-waza	stamping techniques

G

Gedan	target area below waist
gedan barai	downward block
geta	clogs
gyaku-zuki	reverse or counter punch

H

hachiji-dachi	open-leg stance
hangetsu-dachi	wide hour-glass stance, toes turned in
haishu	back hand
haishu-uchi	back hand strike
haishu-uke	back hand block
haisoku	instep
haito	ridge hand, index finger edge of hand
haito-uchi	ridge hand strike
hajime	begin
heisoku-dachi	informal stance, feet parallel
hen-o	responding
hijiate	elbow strike
hiraken	four-knuckle fist using second joint of fingers
hiraken-zuki	four-knuckle fist straight punch
hittsui or hisa	knee
hittsui-geri or hisa-geri	knee kick

I

ippon-ken	one-knuckle fist
ippon-ken-zuki	one-knuckle fist, second knuckle protruding
ippon-nukite	one-finger spear hand

J

jiyu-ippon-kumite	semi-free one-blow sparring
jiyu-kumite	free-style sparring
jodan	target area above chest, to the head and face
juji-uke	cross block

K

kage-zuki	hook punch
kakato	heel
kake-dachi	one-legged stance, rear knee pressed into calf of front leg
kake-dameshi/shi-wari	tests of strength, breaking wood, tiles etc.
kake-te	hook hand
kake-uke	hooking block
kake-waza	hooking techniques
kakuto	bent wrist
kakuto-uke	bent wrist block
karate-gi	training suit
kamae-te	'on guard'
kansetsu-geri	stamping or joint kick, as fumikomi
kata	forms, pre-arranged exercises
keito	chicken-head wrist, formed with thumb and forefinger
keito-uke	chicken-head wrist block
kempo	'fist way', Chinese boxing
kendo	'way of the sword', sword fighting
kentsui	hammer fist with base of clenched fist
keri-waza	kicking techniques
kiba-dachi	straggle-leg stance, feet parallel
kihon kimite	basic sparring, pre-arranged
kime	focus or Ki, concentration of power
kin-geri	groin kick
koko	tiger-mouth, palm of hand
kokutsu dachi	back stance
koshi	ball of the foot
kumade	bear hand, fingers clawed
kumite	sparring or combat

M

ma-ai	distancing
mae-geri	front kick
mae-geri-keage	front snap kick
mae-geri-kekomi	front thrust kick
mae-ken (tsuki)	punch with hand nearest opponent
mae-tobi-geri	flying front kick
makiwara	punching board
mawate	turning hand, order to turn around
mawashi-geri	roundhouse kick
mawashi-zuki	roundhouse punch
mawashi-uke	circular block
mikazuki-geri	crescent kick, with sole of foot
mikazuki-geri-uke	crescent kick block
mine-uke	back hand block, wrist bent
mizu-no-kokoro	'a mind like water'

morote-uke	two handed forearm block
morote-zuki	double-fist punch
musubi-dachi	stance with heels together toes apart

N

nagashi-uke	sweeping block
nage-waza	throwing techniques
nakadate-ippon-ken	middle finger one-knuckle fist
nami-ashi	inside snapping block with foot
neko-ashi-dachi	cat stance
nihon nukite	two-finger spear hand
nukite	spearhand straight thrust

O

oi-zuki	lunge punch
Okinawa-te	'Okinawa hands', old form of Okinawan karate
osae-uke	pressing block

S

sasae-uke	two fist block (see also morote-uke)
sanchin-dachi	hour glass stance, front foot turned in at 45 degrees
seiken	fore-fist, part of fist used in normal punching
seiken-choku-zuki	fore-fist straight punch
sensei	instructor of school or dojo
seiryuto	ox-jaw hand, actual part of hand used in Shukokai blocking (shuto)
seiza	sitting back on heels
shihan	chief instructor
shiko-dachi	sumo stance, straggle leg toes slightly out
shizen-dachi	open leg stance before 'yoi'
shizen-dachi-heiko	'yoi dachi', ready stance
shiai	refereed competition
shotei	palm heel
shuto	knife-hand, edge of hand
shuto-uchi	knife-hand strike, classic karate 'chop'
shuto-uke	knife-hand block
sochin-dachi	diagonal straddle leg stance
sokuto	foot edge
sokuto-geri	side kick
sukui-geri	scooping block

T

tasuna-uke	block with little finger side of hand and forearm, palm turned to front
tateken-zuki	vertical fist punch as in Shukokai face punch
teisho	palm-heel
teisho-uchi	palm-heel strike
teisho-uke	palm-heel block
teisho-zuki	palm-heel straight punch
teisoku	sole
tettsui	bottom fist or hammer fist (see kentsui)
tettsui-uke	bottom-fist block

tettsui-uchi	bottom-fist strike
tsukame-uke	grasping block
tsuki-age	rising punch/uppercut, similar as in boxing
tsuki-no-kokoro	'a mind like the moon'
tsuki-uke	punching block
tsuki-wasa	punching techniques

U

uchi-otoshi	dropping block, first move in Pinan Nidan
uchi-wasa	striking techniques
ude	forearm
ude-uke	forearm block, as in chudan-ude-uke
uraken	back fist strike
ura-zuki	close punch, palm uppermost
ushiro-geri	back kick
ushiro-geri-keage	back snap kick
ushiro-geri-kekomi	back thrust kick
ushiro-uchi	hooking back heel kick

Y

yama-zuki	two handed U-punch as in 'Bassai Dai'
yoi	'ready'
yame	stop
yasume	'stand easy', relax
yoko-geri	side kick
yoko-geri-keage	side snap kick
yoko-geri-kekomi	side thrust kick
yoko-tobi-geri	flying side kick
yonhon-nukite	spear hand four straight fingers

Z

zanchin	state of awareness
zenkutsu-dachi	forward stance, extended standard stance
zuki/tsuki	general term for a punch

