

## Shotokan Karate Terminology – to 1<sup>st</sup> Dan

### General Terms

Japanese	Literal English	Common Translation
Karate do	“Empty hand way”	Karate!
Yoi		Ready
Yame		Stop
Rei		Bow
Hajime		Start
Mokuso		Meditation
Mawatte		Turn Around
Dojo	“Place of the way”	Training hall
Sensei	“Person who has gone before”	Teacher (form of address, NOT a title)
Kyoshi / Shihan / Hanshi / Renshi		Teacher  (NOTE: there is a great deal of complexity involved with using these terms correctly)
Kancho		Organizational Head – Mr. Kanazawa, in the case of SKKIF.
Ossu		Hello, yes, all-sorts of stuff.
Seiza		Kneel(ing)
Hidari		Left
Migi		Right
Jodan		Upper level
Chudan		Mid level
Gedan		Lower level
Kihon		Basics
Kata		Set forms
Kumite		Sparring
Gohon Kumite		Five-step sparring
Sanbon Kumite		Three-step sparring
Ippon Kumite		One-step sparring
Hanmi		
Shomen		Front (of the dojo, usually)

### Stances (Tachi)

Japanese	Literal English	Common Translation
Musubi Dachī		Attention Stance
Heisoku Dachī		Feet-together Stance
Hachiji Dachī		Ready Stance
Zenkutsu Dachī		Front Stance
Shizentai		Natural Stance
Kokutsu Dachī		Back Stance
Koshi Gamae		Hands-on-hip Posture
Kiba Dachī		Horse-riding Stance
Kosa Dachī		Cross Stance
Renoji Dachī		"L" Stance
Ryoken Koshi Gamae		Hands-on-hips Posture

### Punches / Strikes

Japanese	Literal English	Common Translation
Choku Zuki		Straight Punch
Gyaku Zuki		Reverse Punch
Jun Zuki		In-place Punch
Oi Zuki		Stepping Punch
Tettsui Uchi		Hammerfist Strike
Ura Zuki		Uppercut
Uraken Uchi		Backfist Strike
Shihon Nukite		Four-finger Spear hand
Tate Zuki		Vertical-fist Punch
Hiza Uchi		Knee Strike
Kagi Zuki		Hook Punch
Morote Zuki		Two-handed Punch
Haito Uchi		Ridge-hand Strike
Kizami Zuke		Jab Punch
Sanbon Zuki		Triple Punch

### Blocks ("Receptions")

Japanese	Literal English	Common Translation
Gedan Barai		Down Block
Age Uke		Rising Block
Shuto Uke		Knife-hand Block
Soto Ude Uke		Outside Forearm Block

Uchi Ude Uke		Inside Forearm Block
Haiwan Uke		
Morote Uke		Reinforced Block
Osae Uke		Pressing Block
Enpi Uke		Elbow Block
Tate Shuto Uke		Vertical Knife-hand Block
Kakiwake Uke		Wedge Block
Juji Uke		Cross Block
Haishu Juji Uke		Backhand Cross Block
Haishu Uke		Backhand Block
Nagashi Uke		Flowing Block
Manji Uke		Swastika Block

#### Kicks & Leg Techniques

Japanese	Literal English	Common Translation
Mae Geri		Front Kick
Yoko Keage		Side Snap Kick
Yoko Kekomi		Side Thrust Kick
Mawashi Geri		Roundhouse Kick
Mikazuki Geri		Crescent Kick
Fumikomi		Stamp
Ushiro Geri		Back Kick
Nami Ashi		
Ashi Barai		Foot Sweep

#### Counting

Japanese	English
Ichi	1
Ni	2
San	3
Shi	4
Go	5
Roku	6
Shichi	7
Hachi	8
Ku	9
Ju	10