

The following terminology is not exhaustive, students should you this as the basis for their own knowledge of karate terms.

Japanese language vowel sounds

"a" as in father ; "i" as in feet ; "u" as in flute ; "e" as in bed ; "o" as in okay

## Stances (DACHI)

FUDO DACHI Rooted stance  
GANKAKU DACHI Crane stance  
HACHINOJI DACHI Open leg stance  
HANGETSU DACHI Half-moon stance  
HEIKO DACHI Parallel stance  
HEISOKU DACHI Informal Attention stance  
JIYU IPPON Freestyle stance  
KIBA DACHI Horse-riding / Straddle-leg stance  
KOKUTSU DACHI Back stance  
KOSA DACHI Cross stance  
MUSUBI DACHI V stance / Attention stance  
NEKO ASHI DACHI Cat stance  
RENOJI DACHI 'L' stance  
SAGI ASHI DACHI Heron stance  
SANCHIN DACHI Hourglass stance  
SHIKO DACHI Square stance  
SHIZEN TAI Natural stance  
SOCHIN DACHI Straddle stance  
TEIJI DACHI 'T' stance  
UCHI HACHINOJI DACHI Inverted open leg stance  
ZENKUTSU DACHI Front stance

Copyright © 2011 Colchester Shotokan Karate Club. All Rights Reserved.

## Blocks (UKE)

AGE UKE Rising block  
ASHIKUBI KAKE UKE Ankle hooking block  
GEDAN BARAI Downward sweeping block  
HAISHU UKE Back hand block  
HAITO UKE Ridge hand block  
HIJI SURI UKE Elbow sliding block  
JUJI UKE 'X' block  
KAGI (KAKE) UKE Hooking block  
KAIISHO UKE Open-hand block  
KAKIWAKI UKE Wedge block  
KAKUTO UKE Bent wrist block  
KEITO UKE Chicken-head wrist block  
MAEUDE HINERI UKE Forearm twist block  
MANJI GAMAE Double arm block  
MOROTE UKE Augmented forearm block  
NAGASHI UKE Sweeping / Parry block  
NAME-ASHI UKE Inside sweeping block  
OTOSHI UKE Dropping block  
OSAE UKE Pressing block  
SEIRYUTO UKE Ox-head block  
SHUTO UKE Knife hand block  
SOKUMEN AWASE UKE Side combined block  
SOKUTEI MAWASHI UKE Circular sole block  
SOTO UKE Outside forearm block  
SUKUI UKE Scooping block  
TATE SHUTO UKE Vertical knife hand block  
TEISHO UKE Palm-heel block  
UCHI UKE Inside forearm block

Copyright © 2011 Colchester Shotokan Karate Club. All Rights Reserved.

## **Punches (ZUKI / TSUKI)**

AGE ZUKI Rising punch  
AWASE ZUKI 'U' punch  
CHOKU ZUKI Straight punch  
DAN ZUKI Consecutive punching  
GYAKU ZUKI Reverse punch  
HASAMI ZUKI Scissor punch  
HEIKO ZUKI Parallel punch  
IPPON KEN ZUKI One Knuckle punch  
KAGE ZUKI Hook punch  
KIZAMI ZUKI Jab  
MAWASHI ZUKI Roundhouse punch  
MOROTE ZUKI Double-fist punch  
OI ZUKI Lunge/ Stepping punch  
REN ZUKI Alternate punching  
SANBON ZUKI 3 punches; one JODAN, two CHUDAN  
TATE ZUKI Vertical punch  
URA ZUKI Close punch  
YAMA ZUKI Wide 'U' punch

Copyright © 2011 Colchester Shotokan Karate Club. All Rights Reserved.

## Strikes (UCHI)

EMPI UCHI (HIJI-ATE) Elbow strike

HAISHU UCHI Back-hand strike

HAITO UCHI Ridge-hand strike

HIRAKEN froe-knuckle fist

NUKITE Sword / Spear fist

SHUTO UCHI Knife-hand strike

TEISHO UCHI Palm-heel strike

TETTSUI UCHI Hammer-fist strike (Iron Hammer)

URAKEN UCHI Back-fist strike

Copyright © 2011 Colchester Shotokan Karate Club. All Rights Reserved.

## **The Hands As Weapons**

HAISHU Back hand

KAISHO Open Hand

KAKUTO Bent wrist

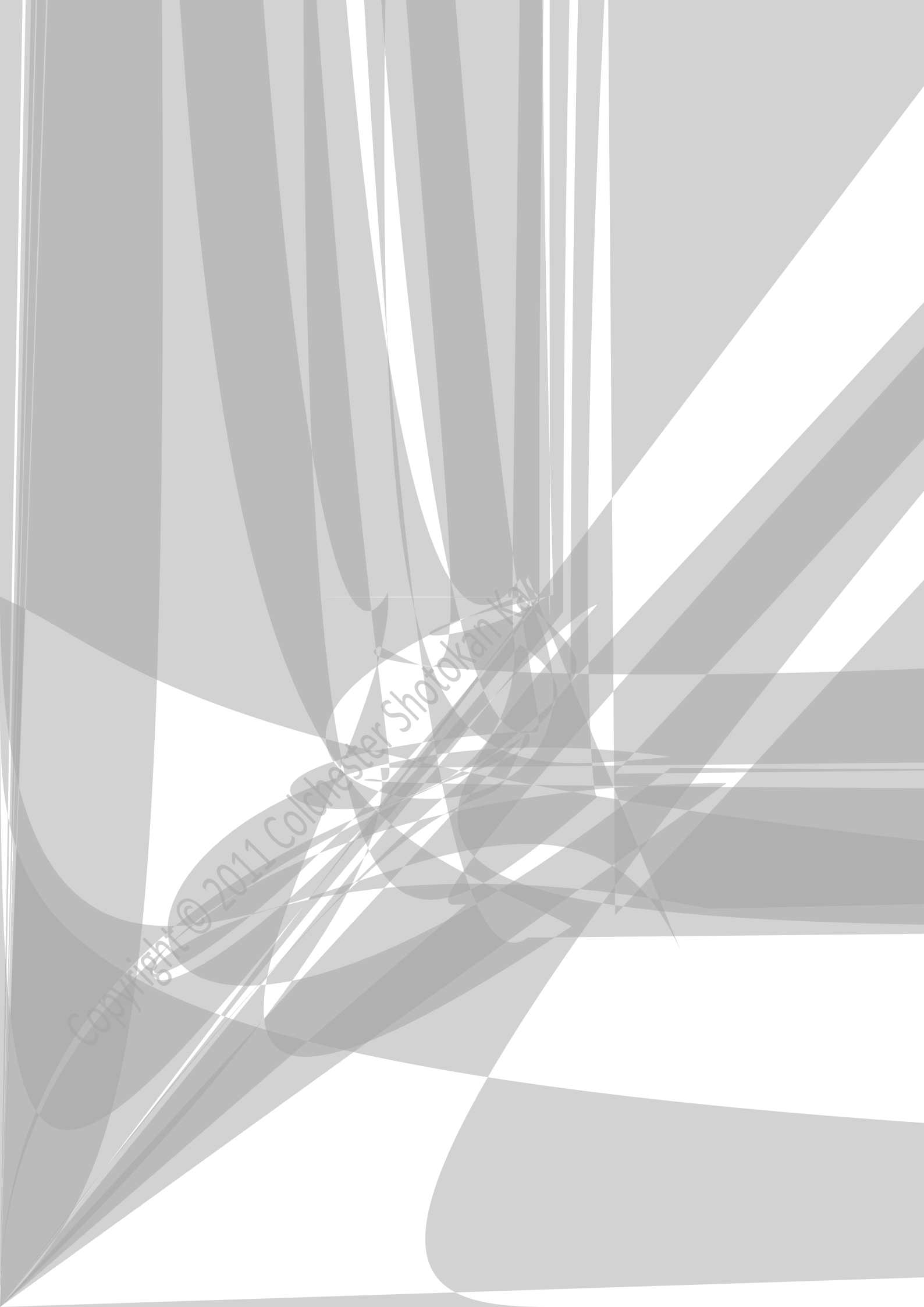
KUMADE Bear hand

SEIKEN Fore-fist

SEIRYOTO Ox-Jaw hand

WASHIDE Eagle hand

Copyright © 2011 Colchester Shotokan Karate Club. All Rights Reserved.



Copyright © 2011 Colchester Shotokan Kai

## Parts of Body

ASHI Leg / Foot

EMPI / HIJI Elbow

GAN Eye

HEISOKU Instep

HIZA Knee

KAKATO Heel

KAMI Hair

KOSHI Ball of foot

SOKUTO Edge of foot (sword foot)

UDE Forearm

WAN Arm

Copyright © 2011 Colchester Shotokan Karate Club. All Rights Reserved.

## **Directional**

AGE Rising  
BARAI Sweeping  
GYAKU Reverse  
HANMI Side facing  
HIDARI Left  
KAKE Hook  
MAE Forward  
MAWASHI Round  
MAWATTE Turn  
MIGI Right  
OTOSHI Downwards  
TAI SABAKI Body shifting  
TATE Vertical  
TOBI Jump  
USHIRO Back / Behind  
YOKO Side

Copyright © 2011 Colchester Shotokan Karate Club. All Rights Reserved.



## **Area**

JODAN Face Height / Upper area

CHUDAN Chest Height / Middle area

GEDAN Lower area

Copyright © 2011 Colchester Shotokan Karate Club. All Rights Reserved.

## **DOJO Instructions**

HAJIME Begin

MOKUSO Meditate

MOKUSO YAME Stop Meditating

REI Bow

SEIZA Kneeling position

SENSEI-NI-REI Bow to teacher

OTAGAI NI REI Bow to each other

YAME Stop / Relax

YOI Ready

Copyright © 2011 Colchester Shotokan Karate Club. All Rights Reserved.

## General Terminology

BUDO Martial way  
BUNKAI KATA Application  
BUSHIDO Way of the warrior  
DO Way  
DOJO Training Hall  
GERI Kick  
GI KARATE uniform /suit  
GOHON KUMITE 5 step sparring  
HONBU Main DOJO  
IPPON One Point (Sparring)  
JUYU KUMITE Semi-free one-step sparring  
KAMAE Posture  
KARATE Empty Hand  
KARATE-KA Student of KARATE  
KATA Form / Formal Pattern  
KI Inner Strength  
KIAI Shout / 'spirit yell'  
KIHON Basics  
KIME Focus  
KIRITSU Stand  
KOHAI Junior student  
KOKYU Breathing  
KUMITE Sparring  
KYU Grade / Rank  
MAAI Distance  
OBI Belt  
OSS General Term, usually meaning indicating understanding  
REI Bow  
SEMPAI Senior student  
SENSEI Teacher  
SHOTO MASTER GICHIN FUNAKOSHI's pen name  
SHOTOKAN KARATE style founded by MASTER GICHIN FUNAKOSHI  
TOKUI Favourite / Free choice  
WAZA Technique  
YUDANASHI Black Belt  
ZANSHIN Awareness  
ZUKI / TSUKI Punch

## COLOURS

AKA Red

AOI Blue

CHA-IRO Brown

KIIROI Yellow

KUROI Black

MIDORI Green

MURASAKI Purple

DAIDAIRO Orange

SHIROI White

MOMOIRO Pink

Copyright © 2011 Colchester Shotokan Karate Club. All Rights Reserved.

## Counting

ICHI one

NI two

SAN three

SHI four

GO five

ROKU six

SHICHI seven

HACHI eight

KU nine

JU ten

Numbers 11 to 99 can be formed from a combination of 1 to 10

JU-ICHI eleven (10 - 1)

NI-JU-SHI twenty four (2 - 10 - 4)

GO-JU-SHI fifty four (5 - 10 - 4)

KU-JU-KU ninety nine (9 - 10 - 9)

HYAKU one hundred

SEN one thousand

Copyright © 2011 Colchester Shotokan Karate Club. All Rights Reserved.

## KATA

TAIKYOKO First Cause

KIHON Basic KATA

HEIAN Peaceful Mind / Way

TEKKI Iron Horse / Horse Riding

BASSAI To penetrate a fortress

CHINTE Incredible hands

ENPI Flying swallow

GANKAKU Crane on a rock

GOJUSHIHO 54 steps

HANGETSU Half Moon

JIIN Temple Grounds

JION Named after the Buddhist Temple

JITTE Ten hands

KANKU Viewing the sky

MEIKYO Polished Mirror

NIJUSHIHO 24 steps

SOCHIN Preserve Peace

UNSU Hands of a cloud

WANKAN Crown of a king

DAI Major

SHO Minor

Copyright © 2011 Colchester Shotokan Karate Club. All Rights Reserved.