

# KARATE BOOKLET

## Karate Terminology

### Hand Techniques

|              |                                |
|--------------|--------------------------------|
| Te           | Hand                           |
| Zuki         | Punch                          |
| Seikan       | Front two knuckles (Fore fist) |
| Uraken       | Back fist                      |
| Tetsui       | Hammerfist                     |
| Nukite       | Spear hand                     |
| Shuto        | Knife edge hand                |
| Haito        | Ridge hand                     |
| Teisho       | Palm heel hand                 |
| Ippon ken    | One knuckle fist               |
| Nihon nukite | Two finger strike              |
| Koko         | Tiger mouth hand               |
| Nagashi zuki | Flowing punch                  |
| Tobikomizuki | Snap punch                     |
| Junzuki      | Forward fist punch             |
| Oizuki       | Lunge punch                    |
| Gyakuzuki    | Reverse punch                  |
| Yamazuki     | Double punch                   |
| Hiraken      | Top knuckle fist               |
| Sanzuki      | Three punches                  |
| Heisho       | Back of hand                   |
| Tate shuto   | Vertical knife edge strike     |
| Washide      | Eagle hand (beak)              |
| Keito        | Chicken hand (thumb up)        |
| Choke zuki   | Punch moving forwards          |
| Tate zuki    | Vertical fist punch            |
| Kagi zuki    | Sideways punch                 |
| Dan zuki     | Repeated punches (same fist)   |
| Ushiro zuki  | Backwards punch                |
| Heiko zuki   | Fists together forwards punch  |
| Kumade       | Bear hand (claw)               |
| Nakadaka     | Middle finger                  |
| Empi         | Elbow strike                   |

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Tetsui uke  
Teisho uke  
Juji uke  
Suikui uke  
Age uke  
Kakuto uke  
Ude uke  
Heish uke  
Yama shuto  
Kagi uke  
Kosa uke  
Manji uke  
Haito uke

Hammer fist block  
Palm heel block  
Crossed arms block  
Scoop block (sweeping block)  
Rising block  
Wrist block  
Forearm block  
Back hand block  
Double knife edge hand block  
Hook block  
Crossing block  
Head and lower block  
Ridge hand block

## Stances

Dachi  
Zenkutsu dachi  
Shiko dachi  
Kiba dachi  
Neko ashi dachi  
Haisoko dachi  
Hachiji dachi  
Kokutsu dachi  
Junzuki no tsukkomi dachi  
Gyakuzuki no tsukkomi dachi  
Gyakuzuki dachi  
Gyaku no neko ashi dachi  
Kosa dachi  
Mitsubi dachi  
Sagi ashi dachi  
Renoji dachi  
Mashomen no neko ashi dachi  
Yoko seishan  
Tate seishan  
Naifanchi dachi

Stance  
Forward stance  
Square stance  
Horse stance  
Cat stance  
Formal stance feet together  
Formal stance feet apart  
Back stance  
Leaning front stance  
Sideways reverse stance  
Reverse punch stance  
Reverse cat stance  
Cross leg stance  
Open toed stance  
Heron stance  
'L' shaped stance  
Front viewing cat stance  
Sideways seishan stance  
Vertical seishan stance  
Side ways naifanchi stance

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Yoko yori ashi

Sideways shuffle stance

## Movements

Tobi goshi

Jumping over

Shidori ashi

Plover step

Namagishi

Lifting leg

Suri ashi

Gliding movement

Shin no i

Starting position in ku shanku

Enzan no metsuki

Looking at tree and mountain

Kiri yame

Crossing arms (ready)

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## Foot Techniques

|                          |                            |
|--------------------------|----------------------------|
| Ashi                     | Foot                       |
| Geri                     | Kick                       |
| Koshi                    | Ball of foot               |
| Kato                     | Heel                       |
| Haisoko                  | Top of foot                |
| Sokuto                   | Knife edge of foot         |
| Maegeri                  | Front kick                 |
| Mawashigeri              | Roundhouse kick            |
| Ushiro geri              | Back kick                  |
| Sokuto geri              | Knife edge of foot kick    |
| Yoko geri                | Side kick                  |
| Nidan geri               | Jumping front scissor kick |
| Yoko tobi geri           | Jumping side kick          |
| Mika zuki geri           | Crescent kick              |
| Ushiro mawashi geri      | Spinning back kick         |
| Uchi ushiro mawashi geri | Hook kick                  |
| Uchi mawashi geri        | Inside roundhouse kick     |
| Kin geri                 | Groin kick                 |
| Hiza geri                | Knee kick                  |
| Kakato geri              | Axe kick (with heel)       |
| Ashi bari                | Foot sweep                 |
| Namagishi                | Lifting leg or foot        |
| Fumizuki                 | Treading on opponents foot |

## Blocks

|               |                            |
|---------------|----------------------------|
| Jodan uke     | Head block                 |
| Soto uke      | Outside block              |
| Uchi uke      | Inside block               |
| Gedan bari    | Sweeping block to the knee |
| Empi uke      | Elbow block                |
| Kaki waki uke | Wedge block                |
| Moroto uke    | Double forward arm block   |
| Osa uke       | Press block                |
| Shuto uke     | Knife edge hand block      |

# KARATE BOOKLET

## A - Z of Karate Terms

### 1 - 10

|    |        |
|----|--------|
| 1  | itch   |
| 2  | ni     |
| 3  | san    |
| 4  | shi    |
| 5  | go     |
| 6  | rok    |
| 7  | hitchi |
| 8  | hatchi |
| 9  | cud    |
| 10 | ju     |

### A

|              |                |
|--------------|----------------|
| Age          | Upwards        |
| Aikido       | Way of harmony |
| Aite         | Opponent       |
| Antei        | Balance        |
| Atama        | Top of head    |
| Atemi (waza) | Body strikes   |

### B

|         |                                  |
|---------|----------------------------------|
| Bajutsu | Art of horsemanship              |
| Bari    | Sweeping                         |
| Bo      | Staff (stave or stick)           |
| Bojutsu | Art of the staff                 |
| Bu      | Combat                           |
| Bujin   | Warrior                          |
| Bunkai  | Kata application                 |
| Bushido | Way of the warrior (strict code) |

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## C

Chidori Ashi  
Chudan

Plover step  
Middle area

## D

Dachi  
Dan  
1st  
2nd  
3rd  
4th  
5th  
6th  
7th  
8th  
9th  
10th  
Deband-o-kujuki  
  
Do  
Dojo

Stance  
Degree (black belt, rank)  
Shodan  
Nidan  
Sandan  
Yodan  
Godan  
Rokudan  
Shichidan  
Hachidan  
Kudan  
Judan  
'Unnerve at the outset'  
(psyching out)  
Way  
Training place

## E

Empi  
Enzen no metsuke

Elbow strike  
Looking movement  
(seeing everything)

## F

Fudo dachi  
Fumikomi  
Funakoshi (Gichin)

Immovable stance  
Stamping  
Founder of modern karate  
(Shotokan)

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## G

|          |  |
|----------|--|
| Gi       | Karate <b>Suit</b>                                   |
| Gedan    | Lower area   |
| Gojo ryu | Hard soft way<br>( 1 of the 4 main styles of karate) |
| Gyaku    | Reverse  |

## H

|                     |                        |
|---------------------|------------------------|
| Hachimaki           | Head band              |
| Hadairi             | Leftside               |
| Hadairi gamae       | Left oizuki stance     |
| Hadairi hanmi gamae | Left fighting stance   |
| Haisoku             | Top of foot            |
| Hangetsu dachi      | Half moon stance       |
| Hara                | Abdomen internal power |
| Hara-kiri           | Stomach cutting        |
| Hiza                | Knee                   |
| Horan gamae         | Egg carrying posture   |

## J

|         |  |
|---------|--|
| Jodan   | Upper level  |
| Judo    | Gentle way<br>(Sport of grabs and throws)                                      |
| Jujitsu | Art of gentleness<br>(Japanese composite system of<br>all fighting techniques) |

## K

|        |                         |
|--------|-------------------------|
| Kai    | Spirit (Shout)          |
| Kakato | Heel                    |
| Kama   | Stickle weapon          |
| Kamae  | Attitude - posture      |
| Karate | Empty hand (China hand) |

# KARATE BOOKLET

|           |  |
|-----------|--|
| Kata      | Form   |
| Katana    | Long sword   |
| Keage     | Rising up  |
| Kekomi    | Thrusting  |
| Kendo     | Way of the sword<br>(Japanese wooden stick fighting) |
| Kihon     | Basic training                                       |
| Kime      | Focus  |
| Kin       | Groin  |
| Kiri yame | Crossing arms  |
| Kiritsu   | Stand  |
| Kobushi   | Complete fist  |
| Koshi     | Ball of foot   |
| Kumite    | Sparring (Fighting)                                  |
| Kung Fu   | Chinese martial art                                  |
| Kwatzu    | First aid  |
| Kyu       | Grade  |
| Kyusho    | Attacking points                                     |
| Kyukei    | Finish   |

## M

|          |  |
|----------|--|
| Mae      | Forward  |
| Ma-ai    | Distance                                       |
| Makiwara | Straw padded striking post<br>(Punching board) |
| Mawashi  | Roundhouse                                     |
| Mawaette | Turn   |
| Migi     | Right side                                     |
| Mokusoh  | Quiet thought                                  |

## N

|           |                          |
|-----------|--------------------------|
| Namagishi | Lifting leg              |
| Ninja     | Assassin                 |
| Nunchaku  | Wooden sticks with chain |
| Nage      | Throw                    |

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## O

|                   |                     |
|-------------------|---------------------|
| Obi               | Belt                |
| Orei              | Etiquette           |
| Os                | Request/Greeting    |
| Otaginee rei      | Bow to each other   |
| Otoshi            | Downwards           |
| Otsuka (Hironori) | Founder of Wado Ryu |

## P

|       |               |
|-------|---------------|
| Pinan | Peaceful mind |
|-------|---------------|

## R

|              |                       |
|--------------|-----------------------|
| Rei          | Bow                   |
| Renraku waza | Combination technique |
| Ryu          | Way                   |

## S

|                      |                              |
|----------------------|------------------------------|
| Samurai              | Warrior                      |
| Sanchin dachi        | Hour glass stance            |
| Seiza                | Kneeling position            |
| Sensei               | Instructor (teacher)         |
| Sensei nee rei       | Bow to instructor            |
| Seppuku              | Japanese suicide             |
| Shihan               | Doctor/Master                |
| Shin no i            | Starting hand position       |
| Shito Ryu            | 1 of 4 main styles of karate |
| Shizentai            | Natural position             |
| Shotokan             | 1 of 4 main styles of karate |
| Shuriken             | Throwing star                |
| Sochin dachi         | Diagonal straddle leg stance |
| Sokuto               | Knife edge of foot (kick)    |
| Sono abde ippon turu | Change to reverse punch      |
| Soto                 | Outside                      |

# KARATE BOOKLET

Suigetsu  
Sumo  
Suri ashi  
Surikomi

Solar plexus  
Art of grappling  
Gliding movement  
Gliding step

## I

Tobi goshi  
Tai sabaki  
Tae kwon do  
Tai chi  
Taikyoku  
Tanto  
Tate  
Te  
Tsukkomi  
Tamashiwari

Jumping over  
Body movement  
Korean karate  
Chinese slow movement art  
First cause  
Short sword  
Vertical  
Hand (China hand)  
Leaning  
Breaking techniques

## U

Uchi  
Ude  
Uke  
Ura  
Ushiro

Strike/inside  
Forearm  
Block  
Upper (close)  
Back

## W

Wado Ryu  
Wakizashi  
Waza

Way of Peace  
(1 of 4 main styles of karate)  
Medium sized sword  
Technique

## Y

Yang  
Ying

Positive  
Negative

# KARATE BOOKLET

Ying Yang symbol

Two opposing forces flowing  
into one another in a state of  
continuous change

Yoi

Prepare

Yoko

Side

## Z

Zen

Meditation

Zenskinitch

Moving forwards

# KARATE BOOKLET

## History of Karate.

In the 6th Century A.D. an Indian monk called Boddhidharma who came from Madras, is said to have travelled to China. He settled in a Shaolin Temple and introduced eighteen exercises to priests called the Ekkinyo. (Movements of animals) This was later refined into self defence, called the Shaolin first method.

In 1372 thirty to forty Chinese families immigrated to Okinawa from China on a cultural exchange. Okinawa is situated between China and Japan. These families were experts in martial arts (Kempo), and the areas in which they set up home were Shuri, Naha, and Tomari.

In 1470 the Sho-Dynasty banned all weapons on Okinawa so martial arts became more popular.

In 1609 Japan invaded Okinawa and with the ban on weapons the people had to compromise with their farming utensils such as sai and toffas, but still lost to the Samurais of Japan.

In 1629 Kemp and other martial arts came together to form a new fighting system called Te (China hand). Due to the laws banning martial arts, the three leading schools went underground and practised in secret, so only a handful of people learned the art.

In 1762 a Chinese military attaché called Kushanku practised the art and with a student called 'Tode' Sakugawa (born 1733) formed the dojo training methods of today. One of their students called Sokon 'Bushi' Matsumara (born 1796) served as Chief of Military for the King, devised the kata Chinto and created the Shurite method. Because each town developed its own method, you had Nahate from Naha, Shurite from Shuri and Tomirate from Tomari.

One of Matsumura's students was called Yasutsune 'Ankah' Itosu (born 1830) who was the first opened a school in 1901. He devised the Pinan katas and many more.

Gichin Funakoshi (born 1868) was a student of Itosu and is known as the founder of modern karate. In 1902 he gave a demonstration for the commissioner of schools in Okinawa and in 1903 karate was put into the curriculum. In 1936 Funakoshi changed the name China hand to empty hand; Karate. He also changed the kata and terms into Japanese and opened the dojo called the Shotokan.

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## Kata

A kata is a series of prearranged manoeuvres executed against one or more imaginary opponents. In ancient times, kata served as a method of teaching and practising karate when instructors were far away from their students. Kata equally served for practising karate when it was otherwise banned or outlawed. Some say that kata is mimicking the movements of animals or are ancient dance forms, but because of the secrecy around surrounding karate, no facts support any of these theories.

Many styles employ the same, or very similar katas, but they often have different names. Many katas, being old, bear names whose meanings are obscure. Because of this some names have been modernised.

Basically katas are categorised into three types because of the different areas of Okinawa. Nahate (Naha), Shurite (Shuri) and Tomarite (Tomari). Nahate katas are heavy and forceful where as Shurite and Tomarite are light and quick.

With karate starting in Chinese then changing to Okinawan and then lastly into Japanese by Funakoshi, (because of his development of Shotokan) there is a lot of confusion. Otsuka who developed Wado Ryu kept commands and basic names in Japanese but still changed kata names back into Okinawan.

Wado Ryu katas are very basic compared to other styles, and are of the Tomarite and Shurite types.

## Kata - Form

### Taikyoko (first cause)

A set of three basic katas formulated by Gichin Funakoshi in conjunction with his belief that in karate, there is no advantage in the first attack.

# KARATE BOOKLET

## Pinan (Peaceful mind)

A series of kata developed by Yasutsune Itosu in 1903 and first taught to Okinawan children when karate was incorporated into the public schools system. They were first called Heian and changed to Pinan by Otsuka. They are taken from the kata Kushanku and we practice them in the order 2,1,3,4,5

- Nidan            2
- Shodan         1
- Sandan         3
- Yodan          4
- Godan          5

## Kushanku

This kata was named after a Chinese military attaché to Okinawa in 1762. His Chinese name was Kong Shang King. Kushanku was the Okinawan translation.

## Naifanchi

This is the Okinawan name for a series of kata moves using lateral footwork only. It is designed as defence for attacks from the front. The first movement is a looking movement, which is called Enzan No Metsuke. This means to look at the all of the mountain and not just the tree directly in front of you. (Observe everything)

## Chinto

Chinto means fighting towards the East. It is based on the Shaolin version of White Crane Kung Fu, with its one legged stances.

## Passai Dai

This means to penetrate a fortress or to storm a castle. The repeated yamazuki strikes are supposed to be hitting the walls or gates of the castle or fortress until it gives way.

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## Seishan

Seishan is the name of the founder of this kata and it was first taught to students because of the strength and breathing techniques in it. It is also known as Hangetsu (half moon) because many of its forms are carried out in an arc.

## Wanshu

Wanshu is also named after its founder. It contains moves such as 'flying swallow,' empis and feigning movements called neko dari ashi. These moves are meant to scare the opponent into moving backwards.

## Rohai

This means crane on the rock and is a kata characterised by one legged stances.

## Ni Sei Shi

This translates to 24 step kata.

## Jitte

This kata means ten hands as it is supposed to give the karateka the strength of five men.

## Jion

Jion is named after the famous Buddhist temple Jion Ja.