



公益社団法人

日本空手協会

JAPAN KARATE ASSOCIATION  
NOBLE PARK

## Karate Terminology

### Stances

Natural Stance	Shizen Tai
Formal (attention) Stance (feet together)	Heisoku Dachi
Heels Together (feet at a 45° angle)	Musubi Dachi
Front Stance	Zenkutsu Dachi
Side (horse-riding) Stance	Kiba Dachi
Back Stance	Kokutsu Dachi
Half Moon Stance	Hangetsu Dachi
Rooted Stance	Sochin Dachi
Cat Stance	Neko-Ashi Dachi
Hourglass Stance	Sanchin Dachi

### Punching and Strikes

Fist	Seiken
Punch	Zuki
Step-in (Lunge) Punch	Oi-Zuki
Reverse Punch	Gyaku-Zuki
Jab	Kizami-Zuki
Triple Punch	San Bon Zuki
Spear Hand	Nukite
Back Fist	Ura-ken
Elbow	Empi
Heel of Palm	Teisho
Mountain Punch	Yama zuki

### Kicks

Front Kick	Mae Geri
Round-house Kick	Mawashi Geri
Side Snap Kick	Yoko Geri Keage
Side Thrust Kick	Yoko Geri Kekomi
Back Kick	Ushiro Geri
Foot/Leg Sweep	Ashi Barai
Hook Kick	Ura Mawashi Geri
Front Leg Front Kick	Kizami Mae Geri
Front Leg Round-house Kick	Kizami Mawashi Geri

### Blocks

Downward Block	Gedan Barai
Rising Block	Age Uke
Knife-hand Block	Shuto Uke
Outside Block (middle block)	Soto Uke
Inside-outside Block	Uchi Uke
Reinforced Inside-outside Block	Morote Uke

### Targets and sides

From the neck up	Jodan level
From the neck down to the belt	Chudan level
From the belt down	Gedan level
Left	Hidari
Right	Migi

### Counting

Ichi	One
Ni	Two
San	Three
Shi (Yon)	Four
Go	Five
Rokku	Six
Sichi	Seven
Hachi	Eight
Ku	Nine
Ju	Ten

### Kata

Heian Shodan Heian Nidan Heian Sandan Heian Yondan Heian Godan	Peaceful Mind
Tekki Shodan	Peaceful Mind
Bassai Dai	Storm a Fortress Large
Kanku Dai	Viewing the Sky Large
Empi	Flying Swallow
Jion	Named after a Buddhist Temple in China
Hangetsu	Half Moon
Jitte	10 Hands
Gankaku	Crane on a Rock
Tekki Nidan	Peaceful Mind
Tekki Sandan	Peaceful Mind
Nijushiho	24 Steps
Chinte	Incredible Hands
Sochin	Preserve Peace
Meikyo	Mirror of the Soul
Unsu	Hands of the Cloud
Bassai Sho	Storm a Fortress Small
Kanku Sho	Viewing the Sky Small
Wankan	Crown of a King
Gojushiho Sho	54 Steps Small
Gojushiho Dai	54 Steps Large

### Other Karate Terms

Dan	Black Belt Ranks
Dojo	Training Room/Hall/Gym
Dojo Kun	Principles of the Dojo
Gi	Karate Uniform
Gohon Kumite	Five-step Sparring
Gyakuhanmi	Reverse Half-face (hips twisted to the reverse side)
Haito	Ridge Hand
Hajime	Start, Begin
Hanmi	Half-face (hips to the side)
Ippon Kumite	One-step Sparring
Kamae	Take Position
Kata	Formal Exercise (forms)
Kiai	Focusing Yell
Kihon	Basics, Basic Training
Kime	Focus
Kumite	Sparring
Kyu	Belt ranks below black belt
Mate / Mawatte	Turn Around
Mokuso	Meditation, "close your eyes"
Rei	Bow
Ren zuki	Double Punch
Sanbon Kumite	Three-step Sparring
Sanbon zuki	Triple Punch
Seiza	Kneeling (proper kneeling position)
Sempai	Senior Karate Student
Sensei	Instructor/Teacher
Sensei Ni Rei	Bow to the Instructor
Shomen	Front (of the dojo), hips straight/facing front
Shomen Ni Rei	Bow to the front
Obi	Belt
Oss	Acknowledgement, hello, yes
Otogai Ni Rei	Bow to each other
Uchi	Strike
Yame	Stop, Recover
Yoi	Ready Position (a command to take ready stance)