

KARATE TERMINOLOGY

TERMINOLOGY TO BEGIN / END CLASS	
Seiza	Kneeling position
Mokuso	Meditate
Shomen ni rei	Bow to the front
Sensei ni rei	Bow to teacher
Sempai ni rei	Bow to higher belt
Otagai ni rei	Bow to each other
Kyotsuke	Attention

TITLES / STATUS	
Shihan	Master instructor
Sensei	Instructor
Sempai	Higher Rank
Kohai	Lower rank
Dan	Black belt ranks
Kyu	Ranks below black belt

PLACES / CLOTHING	
Dojo	Training hall
Hombu Dojo	Headquarters
Gi	Uniform
Obi	Belt

DIRECTIONS / TARGETS	
Shomen	Front of Dojo
Mae	Front
Ushiro	Back
Hidari	Left
Migi	Right
Jodan	Upper level
Chudan	Middle level
Gedan	Lower level

COMMANDS / TRAINING TERMS	
Rei	Bow
Hai	Yes
Kiai	Yell or shout
Yoi	Ready
Hajime	Begin
Kamae / Kamae te	Get ready/Guard up
Yamae	End
Kata	Forms
Kumite	Sparring
Kobudo	Weapons Art
Mawat-Te	Turn around
Onaji Waza	Same technique
Suwatte kudasai	Please sit down
Bunkai	Kata applications
Kihon	Fundamentals / Basic techniques
Kime	Focus
Ma-ai	Proper distancing or timing
Waza	Techniques
Zanshin	Remain alert

EXPRESSIONS AND MEANINGS	
Arrigato	Thank you
Arrigato gosai mashita	Thank you very much
Domo	Thanks
Gomen nasai	I'm sorry
Onegai shimasu	Please teach me or help me
Kara te	Empty hand
Do	Attaining enlightenment/improving character through training
Karate-do	"The Way" - The physical, mental, and
Karateka	Practitioner of Karate
Budo	"Martial Way" - Preventing or avoiding violence as far as possible

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STANCES (DACHI)	
Heisoku Dachi	Attention stance
Shiko Dachi	Side stance (Toes Out)
Zenkutsu Dachi	Forward stance
Neko Ashi Dachi	Cat stance
Musubi Dachi	Heels Together (Feet 45 °)
Sanchin Dachi	Hourglass/Diagonal Inside Stance
Hanzen Dachi	Half forward stance
Kiba Dachi	Side Stance
Nai Fan Chin Dachi	Side Stance (horse stance)
Ayumi Dachi	Walking Stance
Kosa Dachi	Crossed leg stance

BLOCKS (UKE)	
Age Uke	Up block
Harai Uke	Down block
Gedan Barai	Down block
Yoko Uchi Uke	Outside block
Yoko Uke	Inside block
Shuto Uke	Knifehand block
Kake Te	Hooking hand block
Hiji Uke	Elbow block
Sukui Uke	Scooping block
Juji Uke	X Block
Morote Uke	Support Block

HAND TECHNIQUES	
Zuki	Punch
Oi Zuki	Lunge Punch
Gyaku Zuki	Reverse Punch
Jodan Zuki	Face Punch
Chudan Zuki	Stomach Punch
Yon Hon Nukite	Four Finger Spear Hand
Nukite	Spear Hand
Hiji Ate	Elbow Strike
Shuto Uchi	Knifehand Strike Chop
Gyaku Shuto Uchi	Reverse Chop
Haito	Ridge hand
Uraken	Backhand Strike
Ken Tsui	Hammer Strike
Morote Zuke	U-Punch
Koken	Wrist Strike
Teisho	Palm Strike
Sanbon Zuki	Three punches (1 face, 2 stomach)
Mawahi Hiji Ate	Circular Elbow strike
Kizami Zuki	Jab Punch

LEG TECHNIQUES / KICKS (GERI)	
Mae Geri	Front snap kick
Fumikomi	Stomp kick
Sokuto Geri	Side thrust kick
Yoko Geri	Side kick
Yoko Geri kekomi	Side thrust kick
Mawashi Geri	Roundhouse kick
Ushiro Geri	Back kick
Uchi Mawashi Geri	Inside roundhouse
Mae tobi geri	Flying front snap
Mikazuki Geri	Crescent kick
Hiza Geri	Knee kick
Yoko Tobi Geri	Flying side thrust kick
Mae Ashi Geri	Kick with front leg

SPARRING (KUMITE)	
Sanbon Kumite	Three point sparring
Ippon Kumite	One point sparring
Jiyu Ippon Kumite	One point moving sparring
Jiyu Kumite	Free sparring
Sen no sen	Attack at exact moment opponent does
Go no sen	Allow opponent to attack first, opening their targets for a counterattack

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NUMBERS	
Ichi	1
Ni	2
San	3
Shi	4
Go	5
Roku	6
Shichi	7
Hachi	8
Ku	9
Ju	10
Ju Ichi	11
Ju Ni	12
Ju San	13
Ju Shi	14
Ju Go	15
Ni Ju	20
San Ju	30
Shi Ju	40
Go Ju	50
Hyaku	100

COLORS	
Aka	Red
Ao	Blue
Shiro	White

WEAPONS	
Bo	Staff
Ekku Bo	Oar
Nunchaku	Two sticks connected by chain or rope
Batto	Sword
Sai	Three pronged metal baton
Tonfa	Stick with perpendicular handle (Police baton)
Kama	Stick with curved blade (Sickle)

KUMITE AND TOURNAMENT TERMINOLOGY	
Waza ari	Half point
Ippon	One point
Nihon	Two points
Sanbon	Three points
Jogai	Out of bounds
Chukoku	1st warning
Keikoku	2nd warning
Hansoku	3rd warning
Hansoku Chui	4th warning and disqualification
Shikkaku	Disqualification from tournament
Shushin	Referee
Fukushin	Judges
Fukushin shugo	Judges called
Nakae	Enter ring
Kiken	Withdraw
Shobu Hajime	Start match - Begin Fighting
Tsukukete Hajime	Resume fighting - begin
Tsukukete	Keep fighting
Atoshi baraku	Little time left/fight ends soon
Hikiwake	Draw/Tie
Hantei	Decision
Encho-sen	Tie breaker round
No Kachi	Winner
Aiuchi	Simultaneous techniques
Mienai	Can not see
Mubobi	Self-endangerment
Torimasen	No score