

## Relevant Anatomy

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Head	Anata		Chest	Mune
Eyes	Me		Stomach	Onaka
Ears	Mimi		Hips	Koshi
Nose	Hana		Groin	Mata
Jaw	Ago		Thighs	Momo
Throat	Nodo		Knees	Hiza
Neck	Kubi		Shins	Sune
Shoulders	Kata		Ankles	Ashi kubi
Arms	Ude		Toes	Ashi-no yubi
Elbows	Empi/Hiji		Instep	Sokko/Haisoku
Wrists	Kote/Te kubi		Ball of the foot	Josokutei
Hands	Te		Edge of the foot	Sokuto
Fingers	Yubi		Heel	Komi
Thumbs	Oya yubi			

## Glossary of Terms

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<b>A</b>	Age uke	Rising block
	Ago	Jaw
	Ago uchi	Strike to the jaw
	Ashi	Foot or leg
	Ashi barai	Foot sweep
	Ashi-no yubi	Toes (see " <a href="#">Tsumasaki</a> ")
	Ato ni kai	Two more times
	Ato san kai	Three more times
	Atama	Head
	Azato, Anko	One of Gichin Funakoshi's senseis (see " <a href="#">Itosu</a> ")
<b>B</b>	Barai	Sweep
	Bo	Staff (Okinawan kobudo weapon)

Budo	Martial arts
Budoka	Martial arts practitioner
Bujin	Martial artist
Bunkai	Interpretation/application of movement or technique
<b>C</b> Choku	Straight
Choku tsuki	Straight punch
Chudan	Middle gate of the body (chest to waist)
<b>D</b> Dachii	Stance
Dai Sempai	Highest ranking student
Dai Sensei	Highest ranking teacher
Dan	Black belt grade
Do	Way or path; art
Dojo	Martial arts school or training area (literally translated: "The place where one finds one's way")
Dozo	Please
<b>E</b> Embu sen	Path or map of a kata
Empi	Elbow (also "hiji")
Empi uchi	Elbow strike
Empi uke	Elbow block
<b>F</b> Fudo dachi	Grounded stance
Fumikomi geri	Stomping kick
Funakoshi, Gichin	The founder of Shotokan karate-do (1868-1957)
<b>G</b> Gaeshi	Turning or rolling
Gedan	Lower gate to the body (below the waist)
Gedan barai	Downward sweep
Geri	Kick
Gi	Formal martial arts uniform (karategi, judogi, kobudogi, etc.)
Goju ryu	An Okinawan system of karate; literally "Hard soft style"
Gore	By the count
Gore nashi	No count
Gyaku	Reverse
Gyaku tsuki	Reverse punch

H	Hachimaki	Headband, bandana
	Hai	Yes
	Hai, Sensei	I understand, Teacher
	Haisoku	Instep (see " <a href="#">Sokko</a> ")
	Haito	Ridge hand
	Haito uchi	Ridge hand strike
	Hajime	Begin
	Hangetsu dachi	Half moon stance (a very deep sanchin dachi)
	Hanshi	Samurai title given to those oldest and most senior dans at the ranks of Kudan (9th dan) and Judan (10th dan). This person is usually the head of an individual karate organization, someone who has studied the art for most of his lifetime. This grade signifies his true understanding of the art. Hanshi are commonly at least 65 — 80 years of age. Literally, "Master"
	Happon uke waza	A sequence of 4 basic blocking techniques (age uke, soto uke, uchi uke, gedan barai), performed bilaterally, that is first learned as a beginner. Literally, "eight blocking techniques"
	Hara	The center of one's being or consciousness
	Hasami barai	Scissors sweep
	Hasami uke	Scissoring block
	Heisoku dachi	Feet together stance
	Hidari	Left
	Hiraken	Flat fist
	Hiki te	Pulling hand
	Hiki uke	Pulling block
	Hiza	Knee
	Hiza geri	Knee kick
I	Ibuki	Dynamic tension breathing
	Iie	No
	Ippon	First; single; one point
	Ippon kumite	Single move sparring drill
	Ippon nukite	Single finger spear hand strike
	Itosu, Anko	One of Gishin Funakoshi's other senseis (see " <a href="#">Azato</a> "); creator of the Pinan kata

J	Jime	Choke (plural is “shime,” as in “shime waza” or choking techniques)
J	Jiyu kumite	Free-style sparring
	Jodan	Upper gate to the body (head and neck)
	Joseki	“High seat” or front of dojo (see “ <a href="#">Shomen</a> ”)
	Josokutei	Ball of the foot
	Juji uke	X block (literally, “figure 10” block)
K	Kage geri	Hook kick
	Kage tsuki	Hook punch
	Kage uke	Hooking block
	Kakie	Sticky hands (tuite)
	Kaku-waki uke	Wedge block
	Kamae	Defensive posture
	Kamiza	Shrine or altar
	Karate	“Empty hand” changed formally by Master Funakoshi from the traditional kanji meaning “Chinese hand”
	Karate-do	The art (way) of the empty hand
	Karate-ka	Karate practitioner
	Kasushi	Off-balancing motion
	Kata	Formal exercises performed in a pre-arranged geometrical pattern against imaginary opponents. The foundation of all karate training
	Kata	Shoulders
	Keage	Snapping
	Keage geri	Snapping kick
	Keiko	Practice
	Keito uke	Chicken wrist block
	Kekomi	Thrusting
	Kekomi geri	Thrusting kick
	Kiai	Vocalization of focus or intent; force; spirit
	Kiba dachi	Horse stance
	Kihon	Basic technique
	Kime	Focus of technique; internal energy
	Kindama (vulgar)	Groin
	Kiotsuke	Attention

Kokuto uke	Bent wrist block
Kokuto uchi	Bent wrist strike
Kokutsu dachi	Back stance
Koshi	Hip
Komi	Heel
Kote	Wrist (also “te kubi”)
Kote uchi	Wrist strike
Kudasai	Please
Kumade	Bear hand
Kumi	Coming together
Kumite	Practice sparring (a controlled sparring match); literally “coming together of hands”
Kyoshi	Samurai title given to those holding the ranks of nadan (7th dan) and Hachidan (8th dan) Literally, “Knowledgeable person”
Kyu	Student rank division denoting colored belts
<b>M</b> Mae	Proper distancing
Mae	Forward; front
Mae geri	Front kick
Mae-tobi geri	Flying front kick
Makiwara	Contact board
Mata	Groin
Mate	Wait
Mawashi	Roundhouse
Mawashi geri	Roundhouse kick
Mawashi tsuki	Roundhouse punch
Mawate	Turn around
Menjo	Formal ceremony at which rank promotions are given; literally “diploma”
Metsuki	Gaze, focus of the eyes
Migi	Right
Mikazuki geri	Crescent (moon) kick
Miyagi, Chojun	10th dan master and founder of Goju-ryu karate- do (1888 — 1953)
Morote tsuki	Reinforced or double punch
Morote uke	Reinforced forearm block

Mou ichi do	Repeat; or “one more time”
Mudansha	Students of the kyu ranks, collectively
Musubi dachi	Feet at an angle stance
N Nafudakake	Rank board
Nagashi uke	Pushing block
Naka	Center
Nakadate ippon ken	Single finger one-knuckle punch
Nami gaeshi geri	Rolling wave kick
Nami gaeshi uke	Rolling wave block
Naname	Angled (implies a 45° angle)
Neko ashi dachi	Cat leg stance
Nidan geri	Double kick
Ni mae-tobi geri	Double flying front kick
Nodo	Throat
Nodo tsuki	Throat punch
Nukite	Spear hand strike
Nyujō	Enter
O Obi	Belt
Oi tsuki	Lunge punch
Okinawa	One of the Ryukyu Islands; the founding country of karate-do
Okinawa-te	The precursor to modern karate; the original Okinawan martial art also known as <i>Te</i> , <i>To-te</i> , <i>Naha-te</i> , <i>Shuri-te</i> , etc.
Onaka	Stomach
Ono geri	Axe kick
Osae	Pressing
Osae uke	Pressing block
Otagai	Partner
Oya-yubi	Thumb
Oya-yubi date tsuki	Thumb knuckle punch
R Rei	Bow
Reigi	Etiquette / good manners
Renshi	Samurai title meaning “A person who has mastered oneself,” given to those holding the ranks of Yondan (4th dan) through Rokudan (6th

	dan) Literally, “Polished expert” or “expert instructor”
Renshu	Practice
Ryu	Style or tradition
S Sagiashi dachi	Crane leg stance
Sanbon kumite	Three-step sparring
Sanbon tsuki	Triple punch
Sanchin dachi	Open hourglass stance
Seiken	Fist; chamber
Seiken choku tsuki	Straight punch from chamber
Sei retsu suru	Take position in line
Seito	Student
Seiza	kneel; sit
Sempai	High ranking student (title given to those at the Shodan & Nidan levels)
Sensei	Teacher; title given only to those holding the rank of Sandan (3rd dan) or higher
Shiai	Competition or tournament
Shiaijo	Sparring match area
Shihan	Director (of a school system; one must hold the grade of Kyoshi to acquire this title)
Shiko dachi	Straddle leg stance (like an open kiba dachi)
Shime waza	Choking techniques
Shimoza	Dojo rear wall
Shinkyō	Mirror placed in front of or inside the kamiza
Shinobi dachi	Hidden stance
Shinpan	High ranking dan official, judge
Shobu-ari	Winner (in a kumite)
Shogo	The three classical Samurai ranks of Renshi, Kyoshi and Hanshi
Shomen	Dojo front wall (see “ <a href="#">Joseki</a> ”)
Shorin ryu	One of the two traditional Okinawan martial arts, along with Shorei ryu, from which Master Funakoshi developed his own style, Shotokan. Literally "Pine Forest Style"

Shotokan	Funakoshi-sensei's system of karate — a combination of the traditional Shorin ryu and Shorei ryu styles
Shuto	Knife hand
Shuto uke	Knife hand block
Sieryuto uchi	Ox jaw strike
Sochin dachi	Twisted horse stance
Sokko	Instep (see " <a href="#">Haisoku</a> ")
Sokuto	Blade of the foot
Soto	Outward
Soto uke	Outward block
Suigetsu	Solar plexus
Sukui uke	Scooping block
Suri-ashi	Sliding step; shuffle
<b>T</b> Tai	Body
Tai Sabaki	Body movement
Tate tsuki	Vertical fist punch
Te	Hand
Teisho	Palm heel
Teisho uchi	Palm heel strike
Tetsui	Bottom fist / Hammer fist
Tetsui uchi	Bottom fist strike
Tomoe shotei ate	Thousand-arms block (literally, "overhead palm-heel strike")
Tori	The person who performs a kata during bunkai application, or who performs the techniques during ippon kumite or when demonstrating any ju jitsu movement; this person is defending himself and is the eventual winner in a confrontation
Tsuba	Fist-guard on a sword
Tsuki	Punch
Tsumasaki	Toes (see " <a href="#">Ashi-no yubi</a> ")
<b>U</b> Uchi	Strike
Uchi-hachiji dachi	Closed hourglass stance
Uchi uke	Inside block
Ude	Forearm



Ude uke	Forearm block
Uke	Block
Uke	The person who receives techniques during kata bunkai application; this person provides attacks in ippon kumite (or during kata bunkai or when demonstrating any ju jitsu movement), and is the eventual loser in a confrontation
Uraken	Back fist
Ushiro	Back, reverse
Ushiro geri	Back kick
Uwagi	Top half of the standard karate gi
W Waza	Technique, skill
Waza-ari	Half point (in a kumite)
Y Yama tsuki	Mountain punch, or “U” punch
Yamaguchi, Gogen	Contemporary 10th dan master of Goju ryu karate-do (1909 — 1989)
Yame	Stop; end
Yoko	Side
Yoko geri	Side kick
Yoko-tobi geri	Flying side kick
Yoi	Ready
Yoi dachi	Ready stance
Yubi	Fingers
Yudansha	Committee of black belts
Z Zanshin	Awareness, alertness, focus of intent. Literally, “ready mind”
Zenkutsu dachi	Front stance
Zubon	Bottom half of the traditional karate gi

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*It is not how long you have been training that counts, but how honestly you have been training that matters.*

*“To win one hundred victories in one hundred battles is not the highest skill. To subdue the enemy without fighting is the highest skill.”*

-Sun Tzu

*“The secret principle of martial arts is not vanquishing the attacker but resolving to avoid an encounter before its occurrence.”*

-Gichin Funakoshi