

Karate A-Z

We are traditional karate club, Japanese language and terminology is an important part of our training.

This A-Z of terms should prove a useful source of reference whatever your grade.

A

Age zuki Punch (rising)

Age uke Block (rising)

Ago Chin/jaw

Ai Together/combined/harmony

Ai gamae Guard up (opposite side of opponent L/R-R/L)

Ai uchi Score (simultaneous technique) but neither scores

Aikidô Way (of harmony)

Aite Partner

Aka Red

Aka no kachi Victory for Red

Ashi Foot/leg

Ashi barai Foot sweep

Ashi kubi Ankle

Ashi no kô Instep

Ashi no yubi Toes

Ashi uke Block (leg)

Ashibo kake uke Block (foot-stick hooking). AKA Sokubo kake uke

Ashikubi kake uke Block (ankle hooking)

Atama Head

Atatta Contact

Ate waza Smashing/striking technique with kime

Atenai yo ni Private warning

Atoshibaraku Thirty seconds to the end of the match

Awase zuki Punch ('U')

Awasete ippon Score (two waza ari are equal to one ippon)

B

Bassai uke Block (first block in Bassai Dai). AKA Sasae uchi uke

Bassai-Dai Kata (to 'penetrate a fortress': big)

Bassai-Sho Kata (to 'penetrate a fortress': small)

Bôgyo Defence/protection

Budo Martial way

Bumbu fuki Literary arts and martial arts cannot be separated

Bunkai Kata techniques (formal application of)

Bushi Warrior

Bushido Way of the warrior

C

Chakugan Fixing of the eyes

Chichi Nipple

Chikara no kyôjaku Strength and weakness of power

Chinte Kata (rare hand)

Choku zuki Punch (straight)

Choyaku hangeki Jumping and countering

Chudan Level (middle)

Chudan kamae Guard up (middle level). AKA Chudan gamae

Chui Warning (written)

D

Dachi Stance

Dan Rank/step (master level)

De ai Block (direct counter movement against an attack: to run into)

De ashi Foot forward moving

Deai osae uke Block (run into pressing/stepping in)

Deshi Student

Do Way

Do kyaku Leg (moving)

Dôhai One's equal

Dojo School or training hall (to seek or continue the way)

Dôkan The way is a circle

E

Empi Kata (flying swallow)

Empi Elbow

Empi uchi Strike (elbow). AKA Hiji ate

Enbusen Kata (performance line/shape of)

Enchôsen Extra fight to be fought

Eri zukami Grasp (collar)

F

Fudo dachi Stance (diagonal feet straddle leg). AKA Sochin dachi/ rooted stance

Fudôchishin Immovable wisdom

Fujubun Judge/ref does not accept there was a score

Fukushin Judge/corner judge
Fumidashi Step forward
Fumikiri Kick (cutting)
Fumikomi Kick (stamping)
Fumikomi age uke Block (stepping in, raising/upward)
Fumikomi shuto uchi Block (stepping in sword/knife hand)
Fumikomi uke Block (stepping in)
Fumikomi uchi ude uke Block (stepping in, inside)
Furi wake barai Block (dividing sweep). AKA Ryowan gedan barai
Fuse haito uchi Strike (turndown ridge of hand)
Fuse shuto uchi Strike (turndown sword/knife hand)

G

Gaiwan Forearm (outside of)
Gaiwan gedan uke Block (outside of forearm)
Gaiwan kakiwake uke Block (use the outside of your forearm to push aside)
Gaiwan nagashi uke Block (flowing outside of arm)
Gaman Patience/endurance
Gankaku Kata (crane on a rock)
Gankaku gamae Guard up (crane on a rock, ready position)
Gassho uke Block (joined palm). AKA Teisho uke/Teisho awase uke
Gassuku Lodging together (training for long hours)
Gawa Side
Gedan Level (lower)
Gedan barai Block (downward)
Gedan kake uke Block (downward hooking)
Gedan kamae Guard up (lower level). AKA Gedan gamae
Gedan kesage Kick (lower level downward) as in Bassai Dai/Sho
Gedan nagashi uke Block (downward sweeping)
Gedan senpu braai Foot (sweep at lower level) Whirlwind
Gi Uniform (Karate suit)
Go Five
Go ju Fifty
Go no sen Seizing the initiative later
Goju Sho Ho Dai Kata (fifty-four steps: big)
Goju Sho Ho Sho Kata (fifty-four steps: small)
Goshin Self-defence
Gyaku gamae Guard up (same side as the opponent L/R-L/R)
Gyaku hanmi Body position (upper body and legs face opposite ways)
Gyaku hanmi kaeshi dori Grasp (reverse half-body return)

Gyaku kaiten Rotation reverse

Gyaku kokutsu dachi Stance (reverse back)

Gyaku mawashi geri Kick (reverse roundhouse)

Gyaku mawashi hiza ate Strike reverse roundhouse (with your knee)

Gyaku mawashi hiza geri Kick (reverse roundhouse knee)

Gyaku mawashi otoshi kakato uke Block (reverse circular dropping heel)

Gyaku mawashi shittsui geri Kick reverse roundhouse (knee hammer)

Gyaku zenkutsu dachi Stance (reverse front)

Gyaku zuki Punch (reverse)

H

Hachi Eight

Hachi ji dachi Stance (ready). Like the character for 8 toes pointing out

Haimen hasami uchi Strike (rear scissors) using the little finger side of the fist. AKA Ushiro hasami uchi

Haishu Hand (back of)

Haishu age uchi Strike (back of hand rising) as in Nijushiho

Haishu haito uchi Strike (back of hand rising)

Haishu juji uke Block (back of hand 'X'). AKA Ryosho jiji uke

Haishu sasae uke Block (supported back of hand). First block in Bassai Sho

Haishu uchi Strike (back of hand)

Haishu uke Block (back of hand)

Haisoku Instep (literally 'back of the foot')

Haisoku ashi barai Foot (Sweep with the instep)

Haito Hand (ridge of)

Haito kakiwake uke Block (sword-ridge push aside)

Haito sukui nage Block (sword-ridge tripping up)

Haito uchi Strike (ridge of hand)

Haito uke Block (ridge of hand)

Haiwan Forearm (back of)

Haiwan gedan uke Block (back of forearm)

Haiwan nagashi uke Block (back of) forearm sweep as in the Tekki katas

Haiwan nagashi uke Block (flowing back of arm)

Haiwan uke Block (back of arm)

Hajime Begin/start

Hana Nose

Hangetsu Kata (half-moon)

Hangetsu dachi Stance (half-moon) wide hourglass

Hanmi Body position (hips are at 45 degree angle)

Hansoku Violation of the rules

Hansoku chui Warning (written)

Hansoku make Disqualification for violation of the rules

Hantei Referee asks the judges for a decision (end of match)

Happo kumite Sparring (eight directions against several opponents)

Hara Energy centre (approximately 3cm below the belly button). AKA Tanden

Hasami uchi Strike (scissors)

Hasami uke Block (scissors)

Hasami zuki Punch scissors (fists converging, facing each other)

Hatsuun jindô Parting clouds pass by – seek your way

Hayaku Quickly/fast

Heian kata (Peaceful Mind), series of five katas

Heiko dachi Stance (feet are parallel) shoulder width apart

Heiko ura zuki Punch (parallel, palm up)

Heiko zuki Punch (parallel)

Heisoku dachi Stance (informal attention) heels together, toes together

Henka waza Changing technique

Hidari Left

Hidari gamae Guard up (left leg forward ready to fight position)

Hiji Elbow

Hiji ate Elbow strike (Also Empi uchi)

Hiji barai Block (elbow) sweeping

Hiji nagashi uke Block/punch. AKA Tsuki uke (as in kata Unsu)

Hiji suri uke Block (elbow) sliding

Hiji uke Block (elbow)

Hiki ashi Foot (withdrawing)

Hiki te Hand (withdrawing)

Hikiwake Draw

Hineru Twist/twirl

Hira haito uchi Strike (flat ridge of hand)

Hira shuto uchi Strike (flat turndown sword/knife)

Hiraken Fist (flat) knuckles are bent only until the third ones

Hirate barai Block (flat hand) sweep

Hirate nagashi uke Block (flowing flat hand)

Hirate sasae uke Block (supported flat of hand). AKA Teisho sasae uke

Hitai Forehead

Hito kata sannen One kata, three years

Hiza Knee

Hiza ate Strike (with your knee)

Hiza geri Strike/kick (knee). AKA Hizagashira

Hiza shita Level (below the knee)

Hiza uke Block (knee)

Hizagashira Kneecap

Hyaku One hundred

Hyôshi Rhythm

I

Iaidô Way (of drawing the sword)

Ichi One

Ichi byô shi In one breath (at the same time)

Ido Movement

Ikken hissatsu Kill with one blow

Ippon Score (full point)

Ippon ken Fist (one knuckle)

Ippon ken furi otoshi uchi Strike (one knuckle swinging drop) as in Chinte kata

Ippon nukite Strike (One finger)

Irimi Lunging

Irimi bo osae uke Block (two handed tiger mouth stick): Ryosho koko bo uke

J

Ji'in Kata (love and shadow)

Jiku ashi Foot pivoting

Jinchu Upper jaw (actual target for jodan attacks)

Jion Kata (love and goodness)

Jisei Self control

Jissen Real fight

Jitte Kata (ten hands)

Jiyu gamae Guard up (freestyle position)

Jiyu ippon kumite Sparring (one attack)

Jiyu kumite Sparring (free)

Jo dori Cane taking

Jô sokutei Ball of the foot (literally 'top part of the sole')

Jo zukami Grasp (cane)

Jodan Level (face)

Jodan kamae Guard up (higher level). AKA Jodan gamae

Jodan shuto juji uchi Strike (upper level crossed wrist)

Jôgai Warning (out of match area)

Jôgai chui Warning (out of match area). Written

Jôhō Direction (up)

Jôtai Upper body

Ju Ten

Ju ichi Eleven

Ju ni Twelve

Judô Way (gentle, soft)

Juji gamae Block (with crossed arms)

Juji uke Block (crossed arms)

Jun kaiten Rotation following

Jushin no antei Stability at the centre of gravity

K

Kachi Victory

Kadô Way (of flowers). Flower arrangement

Kaeshi ippon kumite Sparring (countering one step)

Kagi gamae Guard up (with hook punch)

Kagi zuki Punch (hook)

Kahanshin Lower body

Kahô Direction (down)

Kaimoku Open your eyes

Kaisho waza Hand (open hand techniques)

Kaishu Hand (open)

Kaishu yama gamae Guard up (open hands mountain kamae)

Kaiten Rotation

Kaiun no te Hand (open cloud)

Kakaekomi To carry in one's arm

Kakato Heel

Kakato ashi barai Foot (sweep with the heel)

Kakato geri Kick (downward) heel

Kakato uke Block (heel)

Kake shuto uke Block (hooking sword/knife hand)

Kake uke Block (hooking)

Kakiwake uke Block (reverse wedge from inside out), pushing aside

Kakiwakeru Block (to push aside)

Kakuto Wrist (bent), 'crane head'

Kakuto uchi Strike (wrist bent, 'crane head')

Kakuto uke Block (wrist bent)

Kamaete Position, go into

Kami Hair

Kami zukami Grasp (hair)

Kan Cold/midwinter. AKA Samui

Kangeiko Cold/midwinter training

Kanibasami Leg (crab scissors)

Kanku Dai Kata (to view the heavens: big)

Kanku Sho Kata (to view the heavens: small)
Kansa Arbitrator/inspector
Kansetsu uchi Strike (joint)
Kara Empty
Karada Body evasion
Karada no shinshuku Extension and contraction of body
Karate dô ichiro Karate-Do/One way
Karate ni sente nashi There is no 'first attack' in Karate
Kasumi Temple (literally haze/mist)
Kata Form/shoulder
kata ashi dachi Stance (one leg)
kata hiza dachi Stance (one knee)
Kata no roku yôso Six elements of kata
Kata shiai Kata (competition area)
Kata uke Block (shoulder)
Kawashi geri Kick (while diving on the floor). AKA Kasei geri (Unsu)
Kawasu Avoid/dodge
Keage Snap
Keiko Training/practice
Keikoku Warning (private)
Keito Wrist (chicken head)
Keito uchi Strike (wrist bent chicken head)
Keito uke Block (with the wrist) chicken head
Keito uke nagashi Block (flowing chicken head)
Kekomi Thrust
Ken Fist
Ken zen ichi Karate and zen are a unit
Kendô Way (of the sword)
Keri Kick (also known as geri)
Keri waza Kicking techniques in general
Kesa geri Kick (diagonal). AKA Yoko tobi geri
Ki Energy
Ki o tsuke Attention! Caution!
Kiai Combined energy (spirit yell)
Kiba dachi Stance (straddle-leg)
Kigamae Guard up (from the energy source)
Kihon gohon kumite Sparring (basic), five step
Kihon ippon kumite Sparring (basic), one step
Kihon sanbon kumite Sparring (basic), three step
Kikaku Spirit/soul

Kiken Competitor renounces to fight (gives-up)
Kime Focus
Kime waza Finishing technique
Kin geri Kick (between the legs), testicles
Kintama Testicles
Kirikae Switch over/change
Kirikaeshi Counterattack
Kiritsu Stand-Up/rise
Kisei Rising energy
Kishin no yôï Preparation of the temperament
Kiso Fundamentals
Kiso waza Fundamental techniques
Kitsutsuki no kamae Guard up (woodpecker guard), as in Gojushiho-Dai
Kizami Gyaku zuki Punch (reverse leading hand)
Kizami mae geri Kick forward (leading-leg)
Kizami mawashi geri Kick roundhouse (leading-leg)
Kizami zuki Punch (leading-hand)
Kobudo Weapons art (general term)
Kôgeki Attack
Kohai One's junior
Kôhō Direction (back)
Koko Block (tiger mouth)
Koko hiza kuzushi Block (tiger mouth knee collapse). AKA Morote sukui uke
Kokutsu dachi Stance (back)
Kokyu Breathing/respiration
Komekami Temple
Kosa Dachi Stance (crossed-leg)
Kosa uke Block (crossing), simultaneous Uchi uke and Gedan barai
Koshi Foot (ball of the). Literally 'tiger foot'
Koshi Hips/Waist
Koshi kamae Fists to the hips. AKA Koshi gamae
Koshi no kaiten Rotation hip
Ku Nine
Kubi Neck/Head
Kumade Hand (bear)
Kumite To do with sparring
Kumite shiai Sparring (competition area)
Kyogi kumite Sparring (competitive)
Kyu Rank/grade/class (student level)
Kyudô Way (of the bow)

M

Ma Space/room

Ma ai Distance

Ma ai ga tōi Distance (too long)

Mae ashi geri Kick (forward with front leg)

Mae empi uchi Strike forward (elbow). AKA Mae hiji ate

Mae geri Kick (front)

Mae geri keage Kick front (snap)

Mae geri kekomi Kick front (thrust)

Mae hiza ate Strike in front(with your knee)

Mae hiza geri Kick (front knee)

Mae shittsui geri Kick forward (knee hammer)

Mae te zuki Punch with the front fist stationary

Mae tobi geri Kick (jumping front)

Maki otoshi uke Block (hooking wrist). AKA Tekubi kake uke

Makiwara Punching board/post

Man Ten thousand

Manji gamae Guard up (one arm face level inside block, the other downward block)

Manji uke Block (one elbow face level inside block, the other downward block)

Mawari komi Circling

Mawashi empi uchi Strike roundhouse (elbow). AKA Mawashi hiji ate

Mawashi geri Kick (roundhouse)

Mawashi hiza ate Strike roundhouse (with your knee)

Mawashi hiza geri Kick (roundhouse knee)

Mawashi otoshi kakato uke Block (circular dropping heel)

Mawashi shittsui geri Kick roundhouse (knee hammer)

Mawashi uchi Strike (roundhouse). AKA Uraken

Mawashi uke Block (circular)

Mawashi zuki Punch (roundhouse)

Mawatte Turn

Me Eye

Me no tsukekata Focusing the eye

Meikyo Kata (bright mirror)

Mienai Could not see

Migamae To do with upper body positions/guards

Migi Right

Migi gamae Guard up (right leg forward ready to fight position)

Migiri See and cut

Mikazuki geri Kick (crescent)

Mimi Ear

Mizoochi Solar plexus

Mizu Water

Mizu nagare Flowing water principle (fist slightly lower than elbow)

Mizu nagare no kamae Guard up (water flowing), fist slightly lower than elbow

Mizu no kokoro Soul like water (being calm while facing an opponent)

Mokuso Meditation (silent thought)

Mokuso yame Meditation (end of)

Mondo Question and answer (between master and student/s)

Morote age uke Block (two armed) rising

Morote enshin haito barai Block (two handed centrifugal sword-ridge) AKA Morote haito uke

Morote gedan braai Block (two handed downward)

Morote haito gedan barai Block (Two handed lower level sword-ridge) AKA Morote Haito uke

Morote haito uke Block (two handed sword-ridge)

Morote jo uke Block (two handed cane)

Morote kaishu gedan uke Block (two handed open hand lower level)

Morote keito uke Block (two handed chicken head)

Morote koho tsukiage Punch (augmented swinging) to the rear as in Heian Godan

Morote koko gamae Guard up (double handed tiger mouth) as in Bassai Sho (stick block)

Morote koko uke Block (two handed grasping)

Morote seiryuto uchi Strike (two handed ox-jaw/sabre)

Morote shuto uke Block (two handed sword/knife hand)

Morote sukui uke Block (augmented scooping). AKA Koko hiza kuzushi as in kata Nijushiho and Wankan

Morote tsukami uke Block (augmented grasping)

Morote uchi uke Block (two handed inside outward). AKA Ryowan uchi uke

Morote uke Block (augmented forearm)

Morote zukami uke Block (two handed grasping). AKA Morote zukami uke

Morote zuki Punch (double fisted)

Moto no ichi Back to the original position

Mu Nothing (emptiness)

Mubôbi Warning (competitor fights without due care)

Mukin shôri The way to success has no short cuts

Mune Chest/breast

Mushin Clear mind (calm spirit)

Musubi dachi Stance (informal-attention), heels together toes out

N

Nagashi uke Block (sweeping/flowing)

Nagashi zuki Punch (flowing)

Naiwan Forearm (inside of)

Naiwan gedan uke Block (inside of forearm)

Naiwan hineri uke Block (twisting with the inside of the arm) as in kata Sochin
Naiwan kakiwake uke Block (use the inside of your forearm to push aside)
Naiwan nagashi uke Block (flowing inside of arm)
Nakadaka ippon ken Middle finger knuckle out
Nakae Move to the centre
Nami ashi Returning wave foot to avoid a sweep. AKA Nami gaeshi
Naname Diagonal
Naore Return to yoi
Neko Cat
Neko ashi dachi Stance (cat)
Ni Two
Ni ju Twenty
Nidan tobi geri Kick (double jump)
Nige ashi dachi Stance (escape foot). AKA Gyaku zenkutsu dachi
Nihon nukite Hand (two finger spear)
Nihon ren zuki Punches (two consecutive)
Niju shi ho Kata (twenty-four steps)
Nintai Patience/perseverance
Niren geri Kick (double)
Nu kete Technique that missed
Nukite Hand (spear)
Nusumi ashi Foot (stealing)

O

Oi komi Strike (sabre)
Oi zuki Punch (stepping). AKA Jun zuki
Okuri ashi Foot (glide) front foot first then other foot
Okuri ippon kumite Sparring (two attacks in a row)
Okuru Send
Omote ken Fist (front)
Osae Pressing or holding
Osaeru Block (press down/keep down)
Osae-uke Block (pressing)
Oshi komi Push forcefully
Oshi uke Block (pushing)
Oshiri Bottom/backside
Otagai ni rei Bow to one another (usually in class)
Otoshi Downward
Otoshi empi uchi Strike downward (elbow). AKA Otoshi hiji ate
Otoshi uchi Strike (dropping)

Otoshi uke Block (dropping fist) with horizontal elbow

Otoshi zuki Punch (dropping)

Owarimasu To close/end

Oyo kumite Sparring (application of kata for the street)

R

Re no ji dachi Stance (like the character for Re: 'L')

Rei Bow

Ren geri Kicks alternate (left then right, or right then left). AKA Ren zoku geri

Ren zoku geri Kicks alternate (left then right, or right then left). AKA Ren geri

Ren zuki Punches alternate (left then right, or right then left)

Renzoku Continuation

Renzoku waza Continuous techniques

Ritsuzen Meditating (while standing). AKA Tachizen

Roku Six

Ryo hiji harai age Sweeping upwards (both elbows parallel) as in Gojushiho Dai kata

Ryo ken ryo koshi gamae Fists (both fists at both hips)

Ryo ken yama gamae Guard up (two fists facing each other and elbows at shoulder level)

Ryo sho yama gamae Guard up (two open hands mountain kamae)

Ryo te Fuse hands (both, laid flat)

Ryo yoko gedan barai gamae Block (double sided lower level)

Ryoken juji uke Block (double fisted 'X')

Ryoken ryo soku gedan barai Block (double sided lower level). AKA Ryowan gedan barai

Ryosho juji uke Block (open handed X). AKA Haishu juji uke

Ryosho koko bo uke Block (two handed tiger mouth stick). AKA Irimi bo osae uke

Ryosho ryosoku gedan barai Block (double sided lower level open hands). AKA Shuto furi wake uke

Ryosho Tsukami uke Block (two handed grasping)

Ryode mawashi uke Block (two armed circular)

Ryowan Gedan braai Block (double sided lower level). AKA Ryoken ryo soku gedan barai

Ryowan uchi uke Block (two armed), from inside moving outward. AKA Morote uchi uke

Ryuun no uke Block (flowing clouds) as in kata Gojushiho Sho

S

Sadô Way (of tea), tea ceremony

Saho Etiquette

Sahô Direction (left)

San Three

San ju Thirty

Sanbon ren zuki Punches (three consecutive)

Sanbon zuki Punch (triple)

Sanchin dachi Stance (hourglass)

Sasae uchi uke Block (first block in kata Bassai Dai)

Sasae uraken gamae Guard up (elbow supported by the other hands back of fist)

Sayu Left and right

Seika tanden Focus point. AKA Hara and Tanden

Seikaku ni Exactly/precisely/accurately

Seiken Fist (fore)

Seiretsu Line-up

Seiryuto awase uke Block (combined ox-jaw/sabre hand)

Seiryuto uchi Strike (ox-jaw hand)

Seiryuto uke Block (ox-jaw/sabre hand)

Seiza Formal Japanese upright kneeling position

Sempai One's senior (instructor/assistant or senior student)

Sen One thousand

Sen no sen Seizing the initiative early

Senaka Back to the original position

Sensei Instructor/master/idol (someone who shows the way). Not only an instructor

Sensei ni rei Bow to the instructor

Sentei kata Kata (chosen)

Seppuku Cutting the Hara (ritual suicide by disembowelment). AKA Hara kiri

Shaho sashi ashi Step (diagonally stealthy)

Shi/Yon Four

Shiai Tournament/match area

Shiai kumite Sparring (sense of Budo as in Jiyu ippon/Jiyu kumite)

Shichi/Nana Seven

Shihan Master instructor (sixth Dan or higher)

Shihon nukite Strike (four fingers spear hand)

Shikkaku Disqualification from the competition

Shiko dachi Stance (square), feet pointing at 45 degrees

Shin Mind/heart

Shin gi tai Spirit technique body

Shingi ichinyo Spirit and the technique are one

Shinpan Judges/decision

Shinpan ni rei Bow to the judges

Shinza ni rei Bow to honour the ancestors of the art

Shiro White

Shiro no kachi Victory for White

Shitei kata Kata (compulsory)

Shittsui Knee hammer

Shizentai Natural Position

Sho Palm

Sho sukui uke Block (open handed scooping)

Shobu Contest for victory or defeat

Shobu ippon Victory (or) defeat by one point

Shobu sanbon Victory (or) defeat by three points

Shodô Way (of writing) calligraphy

Shomen The front

Shomen ni rei Bow to the front of the dojo

Shorei Kata style (powerful/strong)

Shorin Kata style (fast/dynamic)

Shoshin o wasurezu Remember the spirit/humility of a beginner

Shubo Forearm (literally 'arm stick')

Shugo Call the judges to a meeting/discussion

Shushin Chief referee/umpire

Shuto age uke Block sword/knife hand rising)

Shuto awase uke Block (combined sword/knife hand)

Shuto furi wake uke Block (double sided lower level sword hands). AKA Ryosho ryosoku gedan barai

Shuto gamae Guard up (arms positioned as in sword hand block)

Shuto kakiwake uke Block (sword hand push aside)

Shuto uchi Strike (sword/knife hand)

Shuto uchi soto mawashi Strike (sword/knife hand), revolving outside

Shuto uchi uchi mawashi Strike (sword/knife hand), revolving inside

Shuto uke Block (sword/knife hand)

Shutsui Hand (hammer)

Shuwan Forearm (underside of)

Sochin Kata (strength and calm)

Sochin dachi Stance (diagonal feet straddle leg). AKA Fudo dachi /rooted stance

Soe Added

Soesho zuki Punch (added palm), as in Tekki Sandan (punch under the palm)

Soete kake dori Block (added hand hook grasp) as in kata Kanku Sho

Soete koshi gamae Hand (added hand at hip kamae)

Soete mae empi uchi Strike added hand forward (elbow). AKA Soete mae hiji ate

Soete mawashi empi uchi Strike added hand roundhouse (elbow). AKA Soete mawashi hiji ate

Soete sokumen uke Block (added hand sideways) as in kata Tekki Sandan

Soete ura zuki Punch (added hand uppercut), opposite fist under elbow

Soete ushiro empi uchi Strike added hand backward (elbow). AKA Soete ushiro hiji ate

Soete yoko empi uchi Strike added hand sideways (elbow). AKA Soete Yoko hiji ate

Sokuhô Direction (side)

Sokumen Side

Sokumen awase uke Block (sideways combined). AKA Teisho aasae uke

Sokumen empi uchi Strike (elbow) to the side. AKA Sokumen hiji ate

Sokumen morote zuki Punch (both arms) sideways

Sokumen soete gedan naiwan uke Block (pushing). AKA Oshi uke

Sokumen soete gedan uchi ude uke Block (pushing). AKA Oshi uke

Sokutei Foot (sole of the)

Sokutei mawashi uke Block (sole of foot), circular

Sokutei osae uke Block (sole of foot), pressing

Sokuto Foot edge (literally 'sword of the foot')

Sokuto ashi barai Foot (sweep with the outer edge)

Sokuto mawashi uchi Kick roundhouse (with the edge of the foot)

Sokuto mawashi uke Block (edge of foot), circular

Sokuto osae uke Block (edge of foot), pressing

Sonoba Kick (practice on the spot)

Sosoku kari Sweeping (both legs)

Soto gawa Outside

Soto ude uke Block (outside of forearm)

Suigetsu Solar plexus (literally 'water moon')

Suihei bo dori Grasp stick (horizontal)

Suihei empi uchi Strike (elbow) horizontal. AKA Suihei hiji ate

Suihei hiji gamae Guard up (with horizontal elbow) as in kata Tekki Nidan

Sukui uke Block (scooping)

Sun Unit of measurement (3.03cm)

Sun dome Stopping a technique 3cm in front of the target

Sune Shin

Sune uke Block (using your shin)

Suri ashi Step (glide)

Suru Strike/rub

Sutemi waza Technique by falling

T

Tachi hiza Stance (one knee). AKA Hiza dachi

Tachikata Stance/position

Tachizen Meditating (while standing). AKA Ritsuzen

Tai sabaki Body evasion

Tai soku ni To the side of the body

Tameshiwari Breaking of wood/tiles etc.

Tanden Focus point. AKA Hara

Tanren kumite Sparring (drill as in Gohon/Sanbon etc.)

Tate empi uchi Strike (vertical elbow). AKA Tate hiji ate

Tate shuto uke Block (vertical sword/knife hand)

Tate uraken uchi Strike (vertical back of fist)

Tate zuki Punch (vertical)

Te Hand

Te nagashi uke Block (flowing hand)

Te osae uke Block (hand pressing)

Te waza To do with hand/s

Te zukami Grasp (hand)

Tebuki Wrist

Tei no ji dachi Stance (like the character for Tei 'T')

Teisho Palm heel

Teisho age uke Block (lower palm heel rising)

Teisho awase uke Block (combined lower palm heel). AKA Gassho uke

Teisho awase zuki Punch (combination) palm

Teisho hasami uchi Strike (palm heel scissors)

Teisho irimi awase zuki Punch (combination) palm while pushing the body forward

Teisho otoshi uke Block (lower palm heel dropping)

Teisho sasae uke Block (sideways combined). AKA Sokumen awase uke

Teisho uchi Strike (palm heel)

Teisho uke Block (lower palm heel). AKA Gassho uke

Teisho zuki Punch (palm heel)

Teisoku ashi braai Foot (sweep with the sole of the foot)

Tekki Sho-Dan, Ni-Dan and San-Dan Kata series (Iron Knight) I, II, III

Tekubi Wrist

Tekubi kake uke Block (wrist hooking). AKA Maki otoshi uke

Tekubi sokumen kake uke Block (wrist hooking to the side) as in kata Jitte

Tenchi haito uchi Strike (heaven and earth sword-ridge)

Tenshin Turn of the body

Tettsui Fist hammer. AKA Kentsui

Tettsui uchi Strike (hammer fist). AKA Kentsui uchi/Shuttsui uchi

Timing ga osoi Timing was too slow

Tobi nidan geri Kick (double jumping), chudan and jodan

Tobi geri Kick (jumping)

Tôkon Fighting spirit

Tokui kata Kata (favourite)

Toremassen Referee (does not recognise that a technique scored)

Tsugu Join together

Tsukami uke Block (grasping)

Tsukami Yose Grasping and pulling (as in Bassai-Dai/Sho). AKA Soete Kaki Dori

Tsuki te Punching hand

Tsuki uke Block/punch. AKA Hiji nagashi uke (kata Unsu)

Tsuki waza Punching techniques

Tsumasaki Tips of the toes

Tsumasaki geri Kick (with the tips of your toes)

Tsuru Crane

Tsuru ashi dachi Stance (crane foot)

Tsuyoku Strongly/powerfully

Tsuzukete Continue/fight-on

Tsuzukete hajime Resume fighting

U

Uchi gawa Inside

Uchi hachi ji dachi Stance (inverted hachi ji dachi, toes inwards). AKA Nai hachi ji dachi

Uchi komi To drive-in (one person is used as a stationary target by the other)

Uchi ude uke Block (inside forearm)

Uchi waza Striking techniques

Ude/Wan Arm

Ugokizen Meditating (while moving)

Uhô Direction (Right)

Uke Block

Uke gae Block (changing)

uke waza Blocking techniques

Unsu Kata (hands in the clouds)

Ura mawashi geri Kick (reverse roundhouse)

Ura zuki Punch (uppercut)

Uraken Fist (back). AKA Riken

Uraken uchi Strike (back fist)

Ushiro empi uchi Strike (backward elbow). . AKA Ushiro hiji ate

Ushiro geri Kick (back)

Ushiro hasami uchi Strike (rear scissors) using the little finger side of the fist. AKA Haimen hasami uchi

Ushiro mawashi empi uchi Strike (backward roundhouse elbow). AKA Ushiro mawashi hiji ate

Ushiro tettsui hasami uchi Strike (rear scissors) using the little finger side of the fist. AKA Haimen hasami uchi

Ushiro tobi geri Kick (back jumping)

W

Waki Side

Wan Arm. AKA Ude

Wankan Kata (king and crown)

Wanto Forearm/sword arm

Washide Hand (eagle)

Waza ari Score (almost a full point)

Waza no kankyu Slowness and quickness of technique

Waza o hodokosu kôki Golden opportunity to carry-out a technique

Y

Yakusoku kumite Sparring (predetermined)

Yama gamae Guard up (arms up, fists facing each other and elbows at shoulder level) as in Jitte kata

Yama uke Block (mountain)

Yama zuki Punch (wide 'U'). AKA Irimi awase zuki

Yame Finish/stop

Yame soremade End of the match

Yasume Relax and bow

Yoi Ready/attention

Yoko empi uchi Strike (sideway elbow). AKA Yoko hiji ate

Yoko gamae Guard up (sideways kamae)

Yoko geri keage Kick (side snap)

Yoko geri kekomi Kick (side thrust)

Yoko sashi ashi Step (sideways stealthy)

Yoko tobi geri Kick (jumping sideways). AKA Kesa geri

Yoko uraken uchi Strike (side back fist)

Yomi Perceptiveness

Yon ju Forty

Yori, Yose or Tsugi ashi Foot (glide) front foot moves before the other foot

Yoru Approach/draw near

Yoseru Bring near/gather together

Yowai Technique too weak

Yubi Finger

Yuki Courage

Yukkuri Slowly

Yumi zuki Punch (bow) as in Jion

Z

Zanshin Awareness

Zazen Meditating (while sitting)

Zen Meditation/life philosophy

Zengo Forward and backward

Zenkutsu dachi Stance (front)

Zenpô Direction (front)

Zenwan Forearm