

# 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 fist '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