

Karate Terminology

“Rei” means bow. It is a way for karateka to show mutual respect towards each other.

“Oss” is a phonetic expression formed out of two characters, “osu”, which means “push” or to control and shinobu, which means to endure. Oss expresses respect and confidence to your partner. Oss also tells the instructor that his instructions were understood and that the student will try their best to follow them.

NOTE: “Oss” may also be spelled Ossu. However, regardless of how it may be spelled, the kanji, and the meaning of the kanji remain the same.

Block (Uke – pronounced “oo-kay”)

Age-uke (ah-geh-oo-kay): Upper block (Raising)
Shuto-uke (shoe-toe oo-kay): Knife-hand block
Uchi-uke (oo-chee oo-kay): Inside center block
Gedan-barai (Geh-dahn bah-rye): Down block
Soto-uke (so-toh oo-kay): Outside center block
Chudan-uke (Chew-dahn oo-kay): Middle level block
Jodan-uke (joe-dahn oo-kay): Upper level block
Gedan-uke (geh-dahn oo-kay): Lower level block
Hiza-uke (he-zah oo-kay): Knee block
Juji-uke (jew-gee oo-kay): X-block
Morote-uke (moe-row-the oo-kay): Augmented block
Nagashi-uke (nah-gah-she oo-kay) Sweeping block
Sashite-uke (sah-she-tay oo-kay): Rising hand block
Teishi-uke (tay-sho oo-kay): Palm-heel block

Punch (Zuki – pronounced “zoo-key”)

Age-zuki (ah-geh zoo-key): Rising punch
Awase-zuki (ah-wah-say zoo-key): U-punch
Choku-zuki (cho-koo zoo-key): Straight punch
Chudan-zuki (chew-dahn zoo-key): Middle area punch
Gyaku-zuki (gya-koo zoo-key): Reverse punch
Jodan-zuki (joe-dahn zoo-key): face level punch
Morote-zuki (moe-row-the- zoo-key): Double “U” punch
Oi-zuki (oh-ee zoo-key): Lunge punch
Tate-zuki (tah-the zoo-key): Vertical punch

Teisho-zuki (tay-show zoo-key): Palm-heel punch
Ura-zuki (oo-rah zoo-key): Close punch

Kick (Geri – pronounced “geh-rhee”)

Ashi-Barai (ah-she bah-rye): Foot sweep
Fumikomi (foo-me-koh-me): Stamping kick
Keage (key-ah-geh): Snap kick
Kekomi (kay-koh-me): Thrust kick
Mae-geri (mah-eh geh-rhee): Front kick
Mae-geri-kaege (mah-eh geh-rhee kay-ah-geh): Front snap kick
Mae-geri-kakomi (mah-eh geh-rhee kay-koh-me): Front thrust kick
Mae-tobi-geri (mah-eh toe-be geh-rhee): Jumping front kick
Mawashi-geri (mah-wha-she geh-rhee): Round kick
Ushiro-geri (oo-she row geh-rhee): Back kick
Yoko-geri-kaegi (yoh-koh geh-rhee key-ah-geh): Side snap kick
Yoko-geri-kekomi (yoh-koh geh-rhee key-ah-geh): Side thrust kick

Strike (Uchi – pronounced “oo-chee”)

Empi-uchi (en-pee oo-chee): Elbow strike
Haishu-uchi (hi-shoo oo-chee): Back hand strike
Haito-uchi (hi-toe oo-chee): Ridge-hand strike
Ippon-ken (eep-pone ken): One-knuckle fist
Nukite (noo-key-teh): Spear hand
Kentsui-uchi (ken-tsue-ee oo-chee): Hammer fist strike
Shuto-uchi (shoe-toe oo-chee): Knife hand strike
Teisho-uchi (tay-sho oo-chee): Palm hand strike
Uraken-uchi (oo-rah-ken oo-chee): Back fist strike

Stance (Dachi – pronounced “dah-chee”)

Fudo-dachi (foo-dough dah-chee) Rooted stance
Hachiji-dachi (hah-chee-gee dah-chee): Open leg stance
Hangetsu-dachi (hahn-geh-tsue dah-chee): Half-moon stance
Heiko-dachi (hay-koh dah-chee): Parallel stance
Kamae (kah-may): Sparring posture
Kiba-dachi (key-bah dah-chee): Side stance (horse stance)

Kokutsu-dachi (koe-koo-tsu dah-chee): Back stance

Kosa-dachi (koe-sah dah-chee): Crossed legged stance

Neko-ashi-dachi (neh-koh ah-she-dah-chee): Cat stance

Sanchin-dachi (san-chin dah-chee): Hour-glass stance

Shizentai (she-zen dah-chee): Natural position

Sochin-dachi (so-chin dah-chee): Diagonal straddle-leg stance

Teiji-dachi (the-gee dah-chee): T stance

Zenkutsu-dachi (zen-koo-tsue dah-chee): Front stance

Numbers

Ichi (ih-chee): One

Ni (nee): Two

San (sahn): Three

Shi (she): Four

Go (go): Five

Roku (roo-koo): Six

Shichi (Shih-chee): Seven

Hachi (Hah-chee): Eight

Ku (koo): Nine

Ju (joo): Ten

General Terms

Budo (boo-doh): Martial way

Bunkai (bun-kye): Applications

Chudan (chew-dahn): Chest area

Dan (dahn): Black belt rank

Do (doh): Way/path

Dojo (doh-joh): Training area

Domo Arigato Gozai-mashita (doh-moh ah-ree-gah-toe go-zye-mah-she-tah) Thank you very much (past)

Gasshuku (gas-shoe-koo) Summer camp

Gedan (geh-dahn): Lower body area

Gi (ghee): Uniform

Gohan-kumite (goh-hon koo-mih-tay): Five step sparring

Hai (hi): Yes

Hajime (hah-zhim-ay): Begin

Hidari (he-dah-rhee): Left

Hombu-Dojo (hohm-boo doh-joh): Dojo headquarter

Ippon kumite (eep-pohn koo-me-teh): One step sparring

Jiyu ippon (jye-oo ih-pon): Free one step sparring

Jiyu-kumite (gee-you koo-me-teh): Free sparring

Jodan (joh-dahn): Face area

Kamae (kah-may): Sparring posture

Karate (kah-rah-teh): Empty hand

KarateKa (kah-rah-teh-kah): Karate student

Kata (kah-tah): Form

Ki (key): Mind, Spirit, Energy

Kiai (key-aye): Focusing shout

Kihon (key-hohn): Basic technique

Kihon kumite (key-hone koo-me-teh): Basic sparring

Kime (key-may): Focus of power

Kumite (koo-me-teh): Sparring

Kyu (kyoo): White/Brown belt Rank

Mae (may): Front

Makiwara (mah-key-wha-rha): Punching board

Mawate-te (mah-wha-tay): Turn around

Migi (me-ghee): Right

Ohayo Gozaimasu (oh-ha-yoh go-zye-mah-soo): Good morning

Onegai-shimasu (oh-nih-guy-she-mah-soo): Please teach me

Osu (oh-soo): Greeting

Oyasumi nasai (oh-yah-soo-me nah-sigh): Good night

Rei (rey): Bow

Sanbon kumite (san-bohn koo-me-teh): Three step sparring

Seiza (say-zah): Sitting position

Sempai (sehm-pye): Senior student

Sensei (sehn-seh-ee): Instructor

Shizen-tai (she-zen tah-ee): Natural position

Tai sabaki (tye sah-bah-key): Body movement

Waza (wah-zah): Technique

Yame (yah-may): Stop

Yoi (yoy): Ready

Zanshin (zahn-shin): Following through technique