

# Terminology

## STANCES (Tachikata)

Back Stance	.....	KOKUTSU DACHI
Cat Stance	.....	NEKO ASHI DACHI
Cross-leg Stance	.....	KOSA DACHI
Diagonal Straddle Stance	.....	FUDO DACHI
Forward Stance	.....	ZENKUTSU DACHI
Informal Attention Stance	.....	HIACHJI- DACHI
Informal Stance	.....	MUSUBI DACHI
Natural Stance	.....	KEISOKU-DACHI
Parallel Leg Stance	.....	HEIKO DACHI
Straddle Stance	.....	KIBA DACHI
Sumo Stance	.....	SHIKO DACHI

## BLOCKING TECHNIQUES (Uke Waza)

Braced Forearm Block	.....	MOROTE UKE
Downward Defend	.....	GEDAN BARAI
Downward Block	.....	OTOSHI UDE UKE
Inward Forearm Block	.....	UCHI UDE UKE
Outward Forearm Block	.....	SOTO UDE UKE
Reverse Wedge Block	.....	KAKIWAKE UKE
Rising Block	.....	AGE UKE
Elbow Block	.....	EMPI UKE
Swordhand Block	.....	SHUTO UKE
X-Block	.....	JUJI UKE

## STRIKING TECHNIQUES (Uchi Waza)

Lunge Punch	.....	OI-TSUKI
Reverse Punch	.....	GYAKU TSUKI
Swordhand Strike	.....	SHUTO UCHI
Vertical Fist Punch	.....	TATE TSUKI
Elbow Strike	.....	EMPI UCHI
Hook Punch	.....	KAGE TSUKI
Ridgehand Strike	.....	HAITO UCHI
Palm Heel Strike	.....	TAISHO UCHI
Backfist Strike	.....	URAKEN UCHI
Wide U-Punch	.....	YAMA TSUKI

“SKI”

# Terminology (continued)

---

## GENERAL TERMS

Belt . . . . .	OBI
Black Belt Grade . . . . .	DAN
Blocking Hand . . . . .	UKE-TE
Effective Technique . . . . .	WAZA-ARI
Empty Hand . . . . .	∧
Explosive Shout . . . . .	KIAI
Good Afternoon . . . . .	KONNICHITWA
Good Morning . . . . .	OHAYO
High Level . . . . .	JODAN
Karate Uniform . . . . .	GI
Kicking Leg . . . . .	GERI-ASHI
Killing Blow . . . . .	IPPON
Left . . . . .	HIDARI
Low-Level . . . . .	GEDAN
Mid-Level . . . . .	CHUDAN
OK . . . . .	HAI
One Point . . . . .	IPPON
Pulling Hand To The Side . . . . .	HIKI-TI
Red . . . . .	AKA
Return . . . . .	MATTE
Right . . . . .	MIGI
Snap . . . . .	KEAGI
Striking Fist Or Hand . . . . .	TSUKI-TE
Style Basics . . . . .	Kihon
Tao The Way . . . . .	DO
Technique . . . . .	WAZA
Thank You Very Much . . . . .	DOMO ARIGATO
Lifting Of The Leg For Kick . . . . .	HIKI-TE
Thrust . . . . .	KEKOMI
To Contact Opponent . . . . .	ASTE-RU
Pull Back Striking Of Kicking . . . . .	TOME RU
Training Facility . . . . .	DOJO
Under Black Belt Grade . . . . .	KYU
Way Of The Warrior . . . . .	BUDO
White . . . . .	SHIRO

---

# Terminology *(continued)*

---

## **DIALOG**

SENSEI, ONAGAI ITASHIMUS — Instructor, show me the way

SENSEI, TAIHEN ARIGATO GOZIMASHITA —.Instructor, thank you very much

## **TITLES**

*Sensei*  
SENSEI — Pointer of the way, teacher

SHIHAN — Teacher of teacher

O-SENSEI — Greatest teacher

SOKE — Founder, Head of style

RENSHI — Honor title - senior master, philosophical leader

KYOSHI — Honor title for senior master, superior to Renshi

HANSHI — Honor title for highest master, usually 10th Dan

KANCHO — Head of the place, dojo, institution

KAICHO — Head of the organization, association

SOSAI — Head of many organizations, big-big- leader

---

## ***COUNTING***

<b>1</b>	<b>ICHI</b>	<b>6</b>	<b>ROKYU</b>
<b>2</b>	<b>NI</b>	<b>7</b>	<b>SHICHI</b>
<b>3</b>	<b>SAN</b>	<b>8</b>	<b>HACHI</b>
<b>4</b>	<b>SHI</b>	<b>9</b>	<b>KU</b>
<b>5</b>	<b>GO</b>	<b>10</b>	<b>JU</b>

# Terminology *(continued)*

---

## KICKING TECHNIQUES (Geri Waza)

Back Kick	.....	USHIRO GERI
Crescent Kick	.....	MIKAZUKI GERI
Cross Over Side	.....	FUMIDASHI YOKO GERI
Front Kick	.....	MAE GERI
Jump Kicking	.....	TOBI GERI
Roundhouse Kick	.....	MAWASHI GERI
Side Kick	.....	YOKO GERI
Stamping Kick	.....	FUMIKOMI GERI
Swing Side	.....	MAWASHI YOKO GERI

## COMMANDS

Bow	.....	REI
Bow To Each Other	.....	OTAGANI NI REI
Bow To Front	.....	SHOMEN NI REI
Bow To Instructor	.....	SENSEI NI RE
Major Bow	.....	O REI
Seated Bow	.....	HIZA MAZUKO REI
Standing Bow	.....	CHOKU RITSU REI
Assume Posture	.....	KAMAIE-TE
At Ease	.....	NA-O-RE
Attention	.....	KIOTSKI
Begin	.....	HAJIME
Stop	.....	YAME
Wait	.....	MATE
Turn	.....	KA ETTE
Line Up	.....	NARANDE
Line Up For Bow	.....	SEIRETSU
Line Up For Opening	.....	MO-DO-T-TE
Sitting In Formal Kneeling	SEIZA	
Quiet Contemplation	.....	MUKUSO
End Meditation	.....	MUKUSO YAME
Bow To Front	.....	SHOMEN NI REI
Bow To Instructor	.....	SENSEI NI REI

---