

## GLOSSARY OF TERMS

### General

Arigato	Thank you
Bunkai	Term used for the application of kata as it explains the different blocks and strikes
Chudan	Middle level (chest / stomach)
Dojo	Training hall / classroom
Domo arigato	Thank you very much
Gedan	Lower level (groin / legs)
Gi	Uniform
Goju	Hard (“go”) and soft (“ju”)
Goshin Kai	Self defense school
Hai	Yes
Hajime	Begin
Jodan	Upper level (face)
Kamaete	Cover (open to form)
Kata	Form
Kiai	Expelling breath at moment of impact
Kihon	Basics
Kime	Focus of power by tensing body at moment of impact (fighting spirit)
Kumite	Sparring
Kyotsuke	Attention (musubi dachi)
Ma’ ai	Distance
Mokuso	Meditate
Onegaishimasu	Acknowledgement
Rei	Bow (pronounced “lei”)
Sanchin	Hour glass / three battle stance
Seiza	Sitting position
Sempai	Senior student
Sensei	Instructor
Yame	Stop
Yoi	Ready (heko dachi yoi)
Zanshin	Focus on opponent

### Open / Close Class

Sho mi ne	Face front
Sensei ni taish te	Respect the sensei
Oto gai ni	Respect for each other

### Numbers

Ichi	1
Ni	2
San	3
Chi	4
Go	5
Roku	6
Shichi	7
Hachi	8
Ku	9
Ju	10

### Geru (Kicks)

Fumikomi geri	Cutting kick
Kangetsu geri	Sidekick at 45 degree angle, knee height.
Kogan geri	Groin kick
Mae geri keage	Front snap kick
Mae geri kekomi	Front thrust kick (ball of foot)
Mawashi geri	Roundhouse kick (ball of foot)
Ushiro geri	Back kick
Yoko geri keage	Side snap kick
Yoko geri kekomi	Side thrust kick

### Tsuki / Uchi (Punches / Strikes)

Empi uchi	Elbow strike
Gyakuzuki	Reverse punch
Haito uchi	Ridge hand strike
Kagizuki	Hook punch
Kizamizuki	Jab punch
Oizuki	Lunge punch
Seiken tsuki	Standard 2 knuckle punch
Shita tsuki	Basic underhand punch
Shuto uchi	Swordhand (chop)
Taisho uchi	Palm heal strike
Tettsui uchi	Hammer fist strike
Uraken uchi	Back fist strike
Yamazuki	U punch

### Dachi (Stances)

Heko dachi	Ready stance (right foot moves right, hands clenched in fists at side, feet shoulder width apart)
Kiba dachi	Low stance or squat, feet 2 shoulder widths apart
Kokutsu dachi	Back stance
Musubi dachi	Attention / position (heels touching, feet at 45 degree angle, hands at outer seam of Karate Gi, palms open)
Neko ashi dachi	Cat stance
Shiko dachi	Squat with feet at 45 degree angle outward
Zentchutsu dachi	High stance (also known as horse or bow)

### UKE / BLOCKS

Age uke	Up block (rising)
Gedan burai	Lower level block
Harai o toshi	Lower level sweep block
Harai uki	Stomach level block
Juji uke	X-block
Kake uke	Circular hooking block
Morote uke	Augmented block
Shuto uke	Knife hand block
Soto uke	Outward block
Uchi uke	Medium inward block
Yoko uke	Same as soto uke