Torbay Karate Club

SHOTOKAN KARATE TERMINOLOGY: Words in Japanese and English which may be used during our lessons.

General Terms

Japanese	Translation
Dojo	Training Hall
Dojo Kun	Dojo code
Sensei	Instructor
Seiza	Kneel
Rei	Bow
Yoi	Ready
Migi	Right
Hidari	Left
Kamae-te	Move to ready position
Hajime	Start/Begin
Mawatte	Turn
Yame	Finish/Stop
Gi	Karate suit
Obi	Belt
Kime	Focus
Kiai	Martial shout
Kihon	Basic Techniques
Kata	Formal exercises
Kumite	Sparring
Zanshin	Spirit/Martial state of mind/awareness
Jodan	Head
Chudan	Middle body
Gedan	Lower body
Oss	Respectful acknowledgement or understanding of a command

Tsuki - Punches

Choku/Kara tsuki	Straight punch
Oi tsuki	Stepping punch
Kizami tsuki	Front hand punch
Gyakyu tsuki	Reverse punch
Kagi tsuki	Hook punch
Ren tsuki	Two punch combination
Sanbon tsuki	Three punch combination

Geri: Kicks

Mae geri	Front kick
Yoko geri keage	Side snap kick
Yoko geri kekomi	Side thrust kick
Mawashi geri	Roundhouse kick
Ushiro geri	Back kick
Hiza geri	Knee kick
Ren geri	Kicking combinations stepping between kicks
Nidan geri	Two kicks with same leg without step between

Dachi: Stances

Japanese	Translation
Heiko dachi	Natural stance
Heisoku dachi	Feet together stance
Musubi dachi	Informal stance
Zenkutsu dachi	Front stance
Kiba dachi	Straddle stance
Shiko dachi	Open leg/Sumo stance
Kokutsu dachi	Back stance

Uke: Blocks

Japanese	Translation
Gedan Barai	Downward block
Age Uke	Rising block
Soto Uke	Outside block
Uchi Uke	Inside block
Shuto uke	Knife hand block
Tate Shuto uke	Vertical knife hand block
Nagashi uke	Sweeping block
Haishu uke	Back hand block
Empi uke	Elbow block
Juji uke	X block
Morote uke	Augmented block
Kakewake uke	Wedge block

Uchi: Strikes

Age empi uchi	Rising elbow strike
Yoko empi uchi	Side elbow strike
Mawashi empi uchi	Round elbow strike
Ushiro empi uchi	Reverse elbow strike
Tate empi uchi	Downward elbow strike
Shuto uchi	Knife hand strike
Uraken uchi	Back fist strike
Tetsui uchi	Hammer fist strike
Nukite	Spear hand thrust
Teisho uchi	Palm heel strike
Haito uchi	Ridge hand strike

Kumite: Sparring

Sanbon Kumite	Three step sparring
Gohon Kumite	Five step sparring
Kihon Ippon Kumite	Basic one-step sparring
Jiyu Ippon Kumite	Semi-free style sparring
Kaishi Ippon Kumite	Reaction sparring
Jiyu Kumite	Free style sparring