

Karate glossary

General terms

<i>bunkai</i>	分解	interpretation of <i>kata</i> moves (lit. 'analysis' or 'disassembly')
<i>dogi</i>	道着	uniform worn in training (often shortened to <i>gi</i> in the West)
<i>dojo</i>	道場	training hall
<i>hai</i>	はい	yes / I understand
<i>karatedo</i>	空手道	(way/path of) karate
<i>karateka</i>	空手家	karate practitioner
<i>kata</i>	型	prearranged sequence of movements
<i>kihon</i>	基本	fundamental/basic techniques
<i>kime</i>	決め	focused power (from verb <i>kimeru</i> , 'to decide')
<i>kohai</i>	後輩	a <i>karateka</i> who is junior to you
<i>kokusai</i>	国際	international
<i>kumite</i>	組手	sparring
<i>kuroobi</i>	黒帯	black belt
<i>obi</i>	帯	belt (lit. traditional Japanese sash worn with kimonos)
<i>onegaishimasu</i>	お願いします	said at the start of a pair activity (lit. 'please do me this favour')
<i>renmei</i>	聯盟	federation
<i>sempai</i>	先輩	a <i>karateka</i> who is senior to you
<i>sensei</i>	先生	teacher/instructor
<i>Shotokan</i>	松濤館	style of karate (lit. 'house/hall of Shoto')*
<i>waza</i>	技	technique

**Shoto* ('pine waves') was the pen-name of Gichin Funakoshi (1868-1957), founder of the style.

Commands

<i>arigatogozaimasu</i>	ありがとう ございます	thank you very much (often said to a partner after pair work)
<i>chudan</i>	中段	middle level
<i>gedan</i>	下段	lower level
<i>hajime</i>	始め	begin/start
<i>hidari</i>	左	left
<i>jodan</i>	上段	upper level
<i>kamaete</i>	構えて	get in (<i>kumite</i>) stance
<i>kiai</i>	気合	shout uttered when performing a move (lit. 'with spirit')
<i>mawatte</i>	回って	turn
<i>migi</i>	右	right
<i>mokuso</i>	黙想	silent meditation
<i>naore</i>	直れ	return to <i>shizentai</i> (lit. 'revert to normal')
<i>otagai ni rei</i>	お互いに礼	bow to each other
<i>sensei ni rei</i>	先生に礼	bow to the teacher/instructor
<i>shomen ni rei</i>	正面に礼	bow to the front
<i>shugo</i>	集合	line up (lit. 'gather together')
<i>rei</i>	礼	bow
<i>yame</i>	止め	stop/finish
<i>yasume</i>	休め	rest/relax
<i>yoi</i>	用意	get into ready position

Basic stances

<i>heiko-dachi</i>	平行立	parallel stance
<i>heisoku-dachi</i>	閉足立	feet together stance
<i>kiba-dachi</i>	騎馬立	horse riding stance
<i>kokutsu-dachi</i>	後屈立	back stance
<i>musubi-dachi</i>	結び立	heels joined together stance
<i>seiza</i>	正座	sitting position (sit. 'correct/proper sitting')
<i>shiko-dachi</i>	四股立	square stance
<i>shizentai</i>	自然体	natural stance
<i>zenkutsu-dachi</i>	前屈立	front stance

Basic blocks

<i>age-uke</i>	上げ受け	rising block
<i>gedan-barai</i>	下段払い	lower-level block
<i>shuto-uke</i>	手刀受け	knife hand block
<i>soto-uke</i>	外受け	outside block
<i>uchi-uke</i>	内受け	inside block

Basic attacks

<i>ashi-barai</i>	足払い	leg sweep
<i>empi-uchi</i>	猿臂打	elbow strike
<i>gyaku-zuki</i>	逆突	reverse punch
<i>hiza-geri</i>	膝蹴	knee strike
<i>keage</i>	蹴上	side snap kick
<i>kekomi</i>	蹴込	side thrust kick
<i>kizami-zuki</i>	刻み突	jab punch
<i>oi-zuki</i>	追突	lunge punch
<i>tsuki/zuki</i>	突	punch/thrust
<i>mae-geri</i>	前蹴	front kick
<i>mawashi-geri</i>	回し蹴	roundhouse kick (lit. 'turning kick')
<i>mikazuki-geri</i>	三日月蹴	(lit. 'three-day moon kick')
<i>nukite</i>	貫手	spear hand
<i>ushiro-geri</i>	後蹴	back kick
<i>yoko-geri</i>	横蹴	side kick

Numbers

<i>ichi</i>	一	one
<i>ni</i>	二	two
<i>san</i>	三	three
<i>shi/yon</i>	四	four
<i>go</i>	五	five
<i>roku</i>	六	six
<i>shichi/nana</i>	七	seven
<i>hachi</i>	八	eight
<i>kyu</i>	九	nine
<i>jyu</i>	十	ten