

# JAPANESE KARATE TERMINOLOGY

ENGLISH	JAPANESE
BELT	OBI
HOW ARE YOU	KONICHIWA
THANK YOU	ORAGATO
ATTENTION	KI O TSUKE NO SHITEI
STOP	YAMEI
GO	HASHIME
MEDITATE	MUKSO

## PUNCHES (ZUKI)      STRIKES (UCHI)

PALM STRIKE	TEISHO-UCHI
LUNGE PUNCH	OI-ZUKI
REVERSE PUNCH	GYAKU-ZUKI
JAB PUNCH	KIZAMA-ZUKI
HAMMER FIST	TETTSUI-UCHI
HOOK PUNCH	KAKE-ZUKI
DOUBLE FIST PUNCH	DABURU-ZUKI
U PUNCH	YAMA-ZUKI
UPPERCUT	URA-ZUKI
SPEAR HAND	NUKITE-UCHI
OPEN BACKHAND	HAISHU-UCHI
BACK FIST	RIKEN-UCHI
ELBOW STRIKE	EMPI-UCHI
RIDGE HAND	HAITO-UCHI
KNIFE HAND	SHUTO-UCHI
CHICKEN BEAK STRIKE	KAKUTO-UCHI
CLOSE PUNCH	SHITA-ZUKE

## **BLOCKS (UKE)**

<b>X BLOCK</b>	<b>JUJI- UKE</b>
<b>LOW BLOCK</b>	<b>GEDAN BARAI-UKE</b>
<b>INSIDE MIDDLE BLOCK</b>	<b>CHUDAN- UKE</b>
<b>HIGH BLOCK</b>	<b>JODAN-UKE</b>
<b>ROUND BLOCK</b>	<b>MAWASHI-UKE</b>
<b>HOOK BLOCK</b>	<b>KAKE-UKE</b>
<b>OUTSIDE MIDDLE BLOCK</b>	<b>SOTO-UKE</b>
<b>AUGMENTED FOREARM BLOCK</b>	<b>MOROTE-UKE</b>
<b>BENT WRIST BLOCK</b>	<b>KOKEN- UKE</b>
<b>PALM BLOCK</b>	<b>TEISHO-UKE</b>
<b>DOUBLE PALM HEEL BLOCK</b>	<b>DABURU TEISHO-UKE</b>
<b>3 POINT BLOCK</b>	<b>HARAIA TOSHI-UKE</b>

## **KICKS (GERI) THRUST (KEKOMI) JUMP (TOBI)**

<b>FRONT KICK</b>	<b>MAE-GERI</b>
<b>SIDE KICK</b>	<b>YOKO-GERI</b>
<b>ROUNDHOUSE KICK</b>	<b>MAWASHI-GERI</b>
<b>HOOK KICK</b>	<b>KAKE-GERI</b>
<b>AXE KICK</b>	<b>KEAGE FUMI KOMI-GERI</b>
<b>INSIDE CRESCENT KICK</b>	<b>CHUDAN MIKAZUKI-GERI</b>
<b>OUTSIDE CRESCENT KICK</b>	<b>SOTO MIKAZUKI- GERI</b>
<b>SWEEP KICK</b>	<b>ASHI BARAI-GERI</b>
<b>BLADE STOMP KICK</b>	<b>SOKUTO FUMI KOMI-GERI</b>
<b>HEEL STOMP KICK</b>	<b>KAKATO FUMI KOMI-GERI</b>
<b>KNEE JOINT KICK</b>	<b>KENSETSU-GERI</b>
<b>BACK KICK</b>	<b>USHIRO-GERI</b>
<b>KNEE STRIKE</b>	<b>HIZA-GERI</b>
<b>REVERSE ROUND KICK</b>	<b>GYAKU MAWASHI-GERI</b>
<b>FLYING SIDE KICK</b>	<b>YOKO TOBI-GERI</b>
<b>JUMP FRONT KICK</b>	<b>MAE-TOBI-GERI</b>

## **STANCE (DACHI)**

<b>NATURAL STANCE</b>	<b>HEIKO-DACHI</b>
<b>HORSE STANCE</b>	<b>SHEIKO-DACHI</b>
<b>READY STANCE</b>	<b>YOI-DACHI</b>
<b>FORWARD STANCE</b>	<b>ZENKUTSU-DACHI</b>
<b>HOURGLASS STANCE</b>	<b>SANCHIN-DACHI</b>
<b>BACK STANCE</b>	<b>KUKUTSO-DACHI</b>
<b>STRADDLE STANCE</b>	<b>KIBA-DACHI</b>
<b>CAT STANCE</b>	<b>NEKO ASHI-DACHI</b>
<b>CRANE STANCE</b>	<b>SHIRASAGIASHI-DACHI</b>
<b>FEMALE HORSE STANCE (HOOKED)</b>	<b>KAKE-DACHI</b>
<b>OPEN TOE (Fighting) STANCE</b>	<b>MUSUBU DACHI</b>