



Japanese terminology can present a problem for beginners and experienced karateka alike. Here is a selection of translations to help improve your understanding of karate terms.

## STANCES & MOVEMENTS

Datchi	Stance
Yoi dachi	Natural stance
Zenkutsu datchi	Front stance
Kokutsu datchi	Back stance
Kiba dachi	Straddle stance
Fudo datchi	Immovable stance

## BODY POSITIONING

Kamei	Ready
Shomani	Full body facing
Hanmi	Half body facing
Hirranmi	Turned through 90o

## HAND TECHNIQUES

Zuki	Punch
Chocku zuki	Straight punch
Oi zuki	Stepping punch
Gyaku zuki	Reverse punch
Tate zuki	Vertical fist
Ura zuki	Close punch
Mawashi zuki	Round house punch
Jyun zuki	Lunge punch
Kagi zuki	Hook punch
Age zuki	Rising punch
Kizami zuki	Front hand punch
Morote zuki	Double hand punch

## LEG TECHNIQUES

Geri	Kick
Mea geri	Front kick
Yoko geri	Side kick
Mawashi geri	Round house kick
Ushiro geri	Back kick
Ura mawashi geri	Hook kick
Ushiro mawashi geri	Spinning back kick
Fumikomi geri	Stamping kick
Tobi geri	Jumping kick
Ren geri	Combination kicking

## BLOCKING

Uke	Block
Age uke	Rising block
Soto uke	Outside block
Uchi ude uke	Inside block
Gedan barai	Downward block
Shuto uke	Knife hand block
Autoshi uke	Descending block
Nagashi uke	Flowing block

## HAND & FEET STRIKING POINTS

Ippon nukite	One fingered strike
Nihon nukite	Two fingered strike
Shuto	Knife hand strike
Tetsui	Hammer fist
Teisho	Outside edge strike
Tatai shuto	Palm heal strike
Sokuto	Knife edge of foot
Kakato	Heal strike
Koshi	Ball of foot
Hittsui	Knee strike

## REGIONS OF THE BODY

Jodan	Face
Chudan	Stomach
Gedan	Groin

## FORM

Kata	Basic form
Kihon	Basic movements
Kumite	Fighting

## FORMS OF KARATE FIGHTING

Ippon kumite	One step basic
Sambon kumite	Three step basic
Gohon kumite	Five step basic
Jiju ippon	One free attack
Jiju kumite	Open/free fighting

## GLOSSARY OF TERMS:

**YORI ASHI** - Pushing or sliding step, forward or back  
**TSUGI ASHI** - Part step and push, forward or back  
**KAI ASHI** - Full step, forward or back  
**MAE ASHI** - Front leg or foot  
**SHI HO ZUKI** - Four direction punching  
**SHI HO GERI** - Four direction kicking  
**SHI HO UKE - KIME** - Four direction blocking with counter  
**BUNKAI** - Applications  
**KATA** - Form  
**DACHI** - Stance or position  
**ZENKUTSU-DACHI** - Front stance (approx 60% weight front leg)  
**KIBA-DACHI** - Straddle stance (weight centre)  
**KOKUTSU-DACHI** - Back stance (approx 70% weight back leg)  
**HACHIJI-DACHI** - Open stance as in yoi  
**MASUBI-DACHI** - Informal attention stance, as for standing bow  
**REI** - Bow  
**SEIZA** - Formal sitting position  
**UKE** - Block  
**UCHI** - Strike  
**OI ZUKI** - Stepping punch, chasing punch or lunge punch  
**JUN ZUKI** - As above  
**GYAKU** - Reverse or opposite  
**GYAKU ZUKI** - Reverse punch (opposite to stance)  
**URAKEN UCHI** - Back fist strike  
**SANBON ZUKI** - Three punches, usually one jodan and two chudan  
**EMPI (HIJI ATE)** - Elbow strike  
**SHUTO UKE** - Knife hand block  
**AGE UKE** - Rising block, usually used to block jodan zuki  
**SOTO UKE** - Outside block, used to block chudan area attack  
**UCHI UKE** - Inside block, used to block chudan area attack  
**GEDAN BARAI** - Lower sweeping block  
**MAE** - Front or forward  
**YOKO** - Side or lateral  
**KEAGE** - Snapped or rising kick  
**KEKOMI** - Thrust kick  
**S/H S/L** - Same hand, same leg  
**GO** - Backward or defensive  
**OMOTE** - Front, or forward  
**URA** - Reverse or reverse side