

JAPANESE TERMS

Karate-do – Way of the empty hand.

Do – “Way” or path, meaning lifestyle the practitioner. Usually, a philosophical outlook on life and combat.

Karateka – A practitioner of karate.

Titles:

Renshi – Person of ranks of Yondan through Rokudan

Sensei – A senior instructor of Sandan or higher rank.

Daisempai – “Highest Ranking Student”

O-kyaku – Visitors

Clothing:

Keiko-gi – Clothing to practice in

Karate-gi – A karate “uniform”

Judo-gi – A judo “uniform”

O-tagi – Jacket of a Karate/Judo-gi

Shitagi – Pants of a Karate/Judo-gi

Obi – Belt

“**Eri-o-Tateru**” – Admonishment, denoting an imperfection in the wearing of the gi

The Dojo:

Dojo -- From Jo meaning “place” and Do meaning “The way” it is a place to practice the way

Kamiza – Front wall of the dojo, place where the Kamidana is placed

Kamidana – Area of the Kamiza, representing the ancestral respect inherent to karate-do

Tsuba – Symbol, Representing the school, inside the Kamidana

Shimoza – Back Wall of the dojo

Joseki – Right wall of the dojo (From view of the mudansha, or students)

Shimoseki – Left wall of the dojo

Embu-jo – The center of the Dojo, where the Joseki and Shimoseki meet.

Yokuza – Invisible center line drawn from the place where the Sensei sits

Stances:

Shizentai – Natural stance. (The stance associated with Yoi)

Kiba-dachi – Wide leg stance.

Zenkutsu-dachi – Long stance.

Neko ashi-dachi – Cat stance.

Seiza – A sitting position.

Blocks:

Jodan Age-uke: Upper Rising Block

Soto-uke: Forearm Block against body attacks; Outside moving inward

Uchi-uke: Forearm Block against body attacks; Inside moving outward.

Gedan Barrai: Downward Block

Shuto-uke: Sword Hand Block

Punch (Tsuki):

Choku-tsuki: Straight Punch

Gyaku-tsuki: Reverse Punch

Kage-tsuki – Cross Punch

Kicks (Geri):

Mae-geri: Front Kick

Yoko-geri: Side Kick

Mawashi-geri: Roundhouse Kick

Ushiro-geri: Back Kick

Tobi-geri: Flying Kick

Mikazuki-geri:

Keage: Any of the above kicks, made to snap out and return quickly

Kekomi: Any of the above kicks, made to thrust and push.

Koshi: Ball of Foot

Kakato: Heel of Foot

Sokuto: Sword (Edge) of Foot

Striking Areas:

Gedan – Lower body level.

Chudan – Chest level.

Jodan – Head level.

Commands at beginning of class:

Sei retsu – Assume rank formation, line up evenly by rank.

Yoi – Come to ready position.

Kiotsuke – Come to attention, looking to the instructor.

Chakuza – Kneel into Seiza

Sensei-ni – Face Sensei (to the Sensei)

Shomen-ni – Face the Kamiza wall

Rei – Bow

Kokyu – Take one ibuki breath.

Mokuso – Meditate.

Yudansha – The group of black belts as a collective.

Onegai-shimasu – Please, teach me.

Arigato Gozaimashita – Thank you for teaching me. (Literally, Thank you for what has just happened.)

Types of Training:

Kakari-geiko – Training with a Senior Partner

Gokaku-geiko – Training with an equal partner

Jiyu-Renshu – Free Practice, Training with multiple people

Shido-geiko – Training through Teaching

Me-geiko – Training by observation

Shinsa - Testing

Ippon Kumite – One Punch Sparring

Jiyu-Kumite – “Free” Sparring

Phrases/Words:

Hajime – Begin (command form)

Mawate – Turn around.

Yame – Stop (command form)

Otagi ni – Face your opponent or partner.

Migi – Right

Hidari – Left

Hidari Seko Choku-tsuki Chudan – Left Forward Straight Punch to the Mid-section

Kata:

Empi Kata

Taikyoku Shodan

Taikyoku Nidan

Taikyoku Sandan

Taikyoku Yondan

Taikyoku Godan

Mawashi no Kata

Pinan Shodan

Pinan Nidan

Pinan Sandan

Pinan Yondan

Pinan Godan

Naihanchi Sho

Tensho no Kata

Shinto no Kata

Bassai Dai

Naihanchi Ni

Saifa no Kata

Naihanchi San

Seiyunchin no Kata

Sanchin no Kata

NUMBERS:

Ichi - One

Ni – Two

San – Three

Shi/Yon – Four

Go – Five

Rokyu – Six

Sichi/Nana – Seven

Hachi – Eight

Kyuu/Ku – Nine

Juu – Ten

Juu-ichi – Eleven

Juu-ni – Twelve

Ni-juu -- Twenty

San-juu -- Thirty

Yon-juu – Forty

Go-juu -- Fifty