

Karate Terminology

English

Japanese

Stance

Tachikata

Natural stance

Shizen-tai

Forward stance

Zenkutsu-dachi

Back stance

Kokutsu-dachi

Straddle stance

Kiba-dachi

Punching

Tsuki-Waza

Straight punch

Choku-zuki

Reverse punch

Gyaku-zuki

Stepping punch

Oi-zuki

Striking

Uchi-Waza

Knife hand strike

Shuto-uchi

Ridge hand strike

Haito-uchi

Elbow strike

Empi-uchi

Kicking

Keri-Waza

Front kick

Mae-geri

Side kick

Yoko-geri

Back kick

Ushiro-geri

Roundhouse kick

Mawashi-geri

Crescent kick

Mikazuki-geri

Stomping kick

Fumikomi

Inside snapping kick

Namigaeshi

Snap kick (any direction)

Keage

Thrust kick (any direction)

Kekomi

Blocking

Downward block

Forearm block

Rising block

Dropping block

Knife hand block

Uke-Waza

Gedan-barai

Ude-uke

Age-uke

Otoshi-uke

Shuto-uke

Others

High level, head area

Jodan

Middle level, torso

Chudan

Lower level, below

Gedan

Ready

Yoi

Begin

Hajime

Finish

Yame

Kneel

Seiza

Meditate

Mokuso

Bow

Rei

Instructor

Sensei

Senior

Senpai

Junior

Kohai

Numbers

One

Ichi

Six

Roku

Two

Ni

Seven

Shichi

Three

San

Eight

Hachi

Four

Shi

Nine

Ku

Five

Go

Ten

Ju

Dojo Etiquette

Without courtesy, you can not practice Karate-Do. Karate ka (person) 's ultimate goal is following Dojo Kun, that is five important guidance left by Master Funakoshi, a founder of modern karate.

Dojo Kun

Character

Sincerity

Effort

Self Control

Courtesy

Other dojo rules

- 1) Bow, when you enter and exit the dojo floor
- 2) You must line up by rank quickly, shoulder to shoulder aligning yourself with the person to your right.
- 3) Repeat Dojo Kun
- 4) If you need to take more than three steps, RUN!
- 5) When the instructor is talking, face to him/her directly, do not talk or practice while instructor is talking. **Wait until you are asked to do the move to practice or correct your form.**
- 6) When you need to adjust Gi (uniform) or wipe sweat, you always bow, turn around, and adjust yourself.
- 7) All jewelry should be removed
- 8) Fingernails and toenails must be kept short