



Japanese Karate Terminology

Japanese	English
Age te	Hands up
Age uke	Rising block
Age zuki	Rising punch
Aka	Red
Ao	Blue
Ai uch	Clash
Ai Ki	Harmonious spirit
Ashi	Foot
Ashi barai	Foot sweep
Ashi ura	Sole of foot
Ashikubi	Ankle
Atama	Head
Ate	Strike
Atemi	Striking
Awase	Combined
Azato	Master Yasutsune Azato. One of the two senseis of G. Funakoshi. (Shares his forename with Master Itosu)

Japanese	English
Bassai-dai	To storm a fortress
Bitei	Coccyx
Bo	Long staff
Bojutsu	Long staff techniques
Bokken	Wooden sword
Budo	Martial Way

Bugei	Martial Arts
Bunkai	Application (of techniques)
Bushi	Warrior class
Bushido	Way of the warrior

Japanese	English
Cha-iroi	Brown
Chinte (Kata)	Chinese hands
Choku zuki	Straight punch
Chudan	Middle level
Chui	Foul or warning (as in competition)

Japanese	English
Dachi	Stance
Dai	Major or greater
Dan	Level
Do	Way
Doji	Simultaneous
Dojo	Place of the way

Japanese	English
Embusen	Line of movement
Empi	Elbow
Engetsu uke	Circle foot block

Enoy	Spirit of getting ready
Eri	Collar

Japanese	English
Fudo dachi	Rooted or fighting stance
Fumikomi geri	Stomping kick

Japanese	English
Gamae	Withdrawing
Gankaku	Crane on a rock
Gankaku dachi	One-leg stance
Gedan	Lower level
Gedan barai	Lower sweeping block
Geri	Kick
Gi	Training uniform
Gojushijo	Fifty-four steps
Gohon kumite	Five attack sparring
Go no sen	Technique that tricks opponent into attacking first
Gyaku	Reverse

Japanese	English
Hachiji dachi	Natural stance (feet apart)
Hai	Yes
Haishu	Backhand

Haisoku	Instep of foot
Haito	Ridge hand
Haiwan	Back of arm
Hajime	Begin
Hangetsu	Half moon
Hangetsu dachi	Half moon stance
Hanmi	Half front (45° to opponent)
Hanshi	Master – honorary term for highest black belt
Hansoku-make	Lose – by breaking rules in competition
Hante	Judge’s decision
Hara	Belly
Harai te	Sweeping arm technique
Hasami zuki	Scissor punch (Chinte)
Hayai	Fast
Heian	Peaceful mind
Heisoku dachi	Informal attention stance (feet together)
Hichu	Adam’s apple
Hidari	Left side
Hikite	Both hands retracting
Hikiwake	Draw
Hiku	Pull
Hiraken uchi	Four knuckle strike

Hitsui or Hiza	Knee
Hizagashira	Kneecap
Hombu	Main dojo
Hon	Basic, fundamental
Horan no kamae	Egg in a nest (as in Basai dai)
Hyosh	Timing

Japanese	English
lee lie	No
Ikken hissatsu	To kill with one blow
Ippon	One
Ippon ken	One-knuckle
Ippon nukite	One finger spear hand
Itosu	Master Yasutsune Itosu. One of the two senseis of G. Funakoshi. (Shares his forename with Master Azato)

Japanese	English
Ji'in	Temple grounds or garden
Jikan	Time (as in competition)
Jion	Chinese Buddhist temple
Jitte	Ten hands
Jiyu dachi	Free stance

Jiyu kumite	Freestyle sparring
Jo	Short staff
Jodan	Upper level
Jogai	Out of bounds
Joko	Slow
Juji uke	X block

Japanese	English
Ka	Student
Kachikake	Point of the jaw
Kaeshi	Counter attack
Kage uke	Hook block
Kage zuki	Hook punch
Kai	Style
Kaisho	Palm (open hand)
Kaiten	Rotating
Kake te	Trapping block
Kakato	Heel
Kakiwake uke	Wedge or spreading block
Kakushi waza	Hidden techniques
Kakuto	Wrist
Kamaete	Get ready
Kami	Hair
Kan	Hall or home
Kanazawa	Hirokazu Kanazawa was successor to Funakoshi
Kanku (dai or sho)	Look to the sky
Kansetsu waza	Joint lock technique

Kappo	Techniques to resuscitate someone from nervous system shock
Kara	Empty
Karate	Empty hand
Kasumi	Temple
Kata	Form
Katana	Long curved sword
Kawashi	Evasion
Keagi	Snap
Keichu	Back of neck
Keiko	Joined fingertips
Keito uke	Chicken head wrist block
Kekomi	Thrust
Kempo	Fist law
Ken	Fist
Kensei	Technique done with silent kiai
Kesa geri	Diagonal kick
Ki	Inner strength
Kiai	Shout
Kiba dachi	Horse riding or straddle stance
Kihon	Basic techniques
Kihon ippon kumite	Basic one attack sparring
Kime	Focus
Kin geri	Groin kick
Kinteki	Testicles
Kiroi	Yellow

Kizami zuki	Jabbing punch
Ko	Small or lesser
K obo ittchi	Attack and defense as a unified event
Kobore	Tibia
Kohai	Junior (to oneself)
Koken	Wrist joint
Kokoro	Spirit in the heart
Kokusu dachi	Back stance
Kosa	Crossing
Kosa uke	Crossing block
Koshi	Ball of the foot
Koshin	Rearward
Kuatsu	Resuscitation technique from strangulation or shock
Kubi	Neck
Kumade	Bear claw hand
Kumite	Sparring
Kun	Oath
Kuroi	Black
Kyoku	Breathing
Kyosen	Solar plexus
Kyoshi	Master instructor
Kyototsu	Sternum
Kyu	Grade (or boy)
Kyusho waza	Pressure point technique

Japanese	English
Ma-ai	Distance or timing

	(relative to partner)
Mae	Front
Mae geri	Front kick
Mae ukemi	Forward roll
Makiwara	Striking post
Manabu	Learning by copying what you see
Manji uke	Simultaneous down block and inside block
Mata	Top of thigh
Matte	Wait
Mawashi geri	Round kick
Mawatte	Turn
Meikyo	Bright mirror
Midori	Green
Migi	Right side
Mikazuki geri	Crescent kick
Mimi	Ears
Mokuso	Meditation (Pause to clear the mind)
Moroashi dachi	Semi-forward stance
Morote	Augmented
Morote zuki	Two hand punch
Moto dachi	Short forward stance (as in Heian Shodan)
Mudansha	Non-black belt students
Mune	Chest
Murasaki	Purple
Musubi dachi	Attention stance (as

	before rei, feet in V position)
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Japanese	English
Nagashi uke	Sweeping Block
Nage waza	Take-down techniques
Naginata	Pole-arm weapon with blade at one end
Naiwan uke	Inside of arm block
Nakadate zuki	Middle finger punch (Chinte)
Nami ashi	Inside leg block
Nami gaeshi	Returning wave kick
Naore	Return to ready position
Narande	Line up
Neko ashi dachi	Cat stance
Nidan geri	Double kick
Nihon nukite	Two finger spear hand
Nijushiho	Twenty-four steps
Nukite	Spear hand
Nunchaku	Okinawan weapon of two sticks connected with chain or rope

Japanese	English
O	Big
Obi	Belt or sash

Oi zuki	Lunge punch
Onaji	The same
Onegai shimasu	"I ask of you"
Orenji	Orange
Ono geri	Ax kick
Osae	Pressing
Osae uke	Pressing block
Oss	Yes, I understand; Thank you; hello
Osu	Push
Otegai ni rei	Bow to each other
Otoshi	Dropping, downward
Oyayubi ippon ken	Thumb knuckle

Japanese	English
Rei	Respect, demonstrated with a bow
Reigi	Etiquette
Renoji dachi	L stance
Rensei	Practice tournament
Renshi	Master of oneself (an expert instructor)
Ren zuki	Combination or double punch
Ryo	Both
Ryoken	Both fists
Ryowan	Both arms
Ryu	School

Japanese	English
Sae rei tu	Line up
Sagi ashi dachi	One-legged stance
Sai	Okinawan weapon
Sakotsu	Collar bone
Sanbon kumite	Three attack sparring
Sanbon shobu	Three point match
Sanbon zuki	Triple punch
Sanchin dachi	Hour glass stance
Sashi ashi	Stepping over
Sashite	Raising the hand to strike, block , or grab
Seiken	Fore fist
Seiryuto	Ox-jaw (block or strike)
Seiza	Kneeling position
Sempai	Senior student
Sen no sen	Attack at same time as the opponent
Sen sen no sen	Attack before the opponent
Sensei	Teacher (one who as gone before)
Sensei ni rei	Bow to teacher
Seppuku	Japanese ritual suicide
Shiai	Contest
Shidojin	Assistant instructor
Shihan	Teacher of teachers

Shihon nukite	Spear hand strike
Shiko dachi	Square stance
Shime waza	Choking or strangling techniques
Shiroi	White
Shizentai	Natural stance
Sho	Minor
Shobu	Official contest
Shomen	Front of dojo; or top of head
Shomen ni rei	Blow to the front
Shorei	Strong or powerful movements in kata
Shorin	Quick or light movements in kata
Shoto	Pine waves
Shotokan	Hall of shoto
Shushin	Referee
Shuto	Knife hand
Shuto uchi	Knife hand strike
Sochin	Immovable
Sochin dachi	Immovable stance
Sode	Sleeve
Soete	Open hand
Sokumen	Side
Sokuto	Side or edge of foot
Soto ude uke	Outside forearm block
Sukui	Scooping
Sutemi	Sacrifice

Suwari waza	Sitting position techniques
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Japanese	English
Tachi	Long single-edge curved sword
Tai	Body
Tai sabaki	Body shifting
Taikyoku shodan	First cause
Tameshi wara	Breaking techniques
Tanto	Short dagger
Tate	Vertical
Te	Hand
Ten no kata	Kata of the universe
Teiji dachi	T stance
Teisho	Palm heel
Tekki	Iron horse; iron warrior
Tekubi	Wrist
Tento	Top of head
Tettsui	Hammer fist
Te waza	Hand techniques
Tobi	Jumping
Tokui	Favorite
Tomoe	Stomach
Tonfa	Farm implement used as weapon in Okinawa
Tora	Tiger
Tsukami	Grasping; catching

Tsumasaki	Tips of fingers or toes
Tsuru ashi dachi	Crane leg stance
Tuite	Grappling

Japanese	English
Uchi	Strike
Ude	Forearm
Uke	Block
Ukemi waza	Breaking fall techniques
Unsu	Hands like a cloud
Ura zuki	Close-quarter punch
Uraken	Back fist
Ushiro	Back
Ushiro geri	Back kick

Japanese	English
Wa	Harmony
Wakizashi	Short sword
Wan	Arm
Wankan	Kings crown
Washide	Eagles beak hand
Waza	Technique
Waza-ari	Half point (competition)

Japanese	English
Yama zuki	Wide U-punch
Yame	Stop
Yari	Pole weapon with

	straight blade
Yasume	Relax
Yoi	Ready
Yoko	Side
Yoko empi uchi	Side elbow strike
Yoko geri	Side kick
Yubi	Finger
Yudanshi	Blackbelt
Yusei gachi	Winner of competition

Japanese	English
Zanchin	Awareness
Za rei	Bow from kneeling position
Zenkusu dachi	Front stance
Zenshin	Forward
Zori	Japanese slippers
Zuki (or tsuki)	Punch

Numbers	Japanese
1	Ichi
2	Ni
3	San
4	Shi
5	Go
6	Roku
7	Shichi
8	Hachi
9	Ku
10	Jyu
11	Jyu ichi
12	Jyu ni
13	Jyu san
14	Jyu shu
15	Jyu go
16	Jyu roku
17	Jyu shichi
18	Jyu hachi
19	Jyu ku
20	Ni jyu

Colors	Japanese
Black	Kuro
Blue	Ao
Brown	Chairo
Green	Midori
Orange	Oranji
Purple	Murasaki
Red	Aka
White	Shiro
Yellow	Kiiri