

GOSHINKAN KARATE TERMINOLOGY



GENERAL

Karate	Empty Hand
Kihon	Basics
Kata	Pre Arrange Form
Kumite	Sparring
Waza	Technique
Budo	Martial Way
Rei	Bow
Sensei	Teacher
Sensei ni rei	Bow to Teacher
Dojo	Training Hall
Gi	Uniform
Jodan	Head
Chudan	Middle area
Gedan	Lower Area
Ki	Energy or Spirit
Kiai	Spirit Meeting

BLOCKS

Jodan Age Uke	Rising head level block
Uchi Uke	Inside Block
Soto Uke	Outside block
Gedan Berai	Downward block
Gedan Uke	Groin block
Chugi Uke	Double block
Mawashi Uke	Open hand round block
Shuto Uke	Knife hand block
Kake Uke	Open hand hooking block

COUNTING

One	Ichi
Two	Ni
Three	San
Four	Shi
Five	Go
Six	Roku
Seven	Shichi
Eight	Hachi
Nine	Ku
Ten	Ju

STANCES

Zenkutso Dachi	Forward leaning stance
Kokutso Dachi	Back leaning stance
Kiba Dachi	Horse riding stance
Neko Ashi Dachi	Cat stance
Heiko Dachi	Parallel stance
Sanchin Dachi	Pigeon toe stance
Shiko Dachi	Sumo stance

STRIKES

Jodan Tsuki	Head level punch
Chudan Tsuki	Stomach level punch
Gyaku Tsuki	Reverse punch
Shita Tsuki	Short punch
Morote Tsuki	Double punch
Empi (Uchi)	Elbow strike
Hiji Ate / Age Empi	Rising elbow strike
Mawashi Empi	Round elbow strike
Ura Uchi	Forward backfist strike
Uraken (uchi)	Sideways backfist strike
Haito (uchi)	Ridge hand strike
Tetsui (uchi)	Hammer fist strike
Shuto Uchi	Knife hand strike
Nukite	Spear hand

KICKS

Mae Geri	Front Kick
Mawashi Geri	Round Kick
Yoko Geri	Side Kick
Ushiro Geri	Back Kick
Ren Geri	Combination Kick
Ashi Barai	Leg sweep

OTHER TERMS

Kime	Focus
Hajime	Begin
Yamae	Stop
Yoshi	Carry on
Zanshin	Awareness
Heian	Peaceful mind