



## Terminology

### General Terms

Dojo	Training Hall	Kihon	Basics
Karate	Empty Hand	Jui Kumite	Free Fighting
Kata	Forms	Ippon Kumite	One Step Fighting
Kumite	Fighting	Embusen	Focus Point

### Titles

Sempai	:	Instructor	Sensei	:	Teacher
Dai Sempai	:	Senior Instructor	Shihan	:	Master

### DACHI Stance

Fudo	:	Immovable Stance	Musubi	:	Informal
Hagetsu	:	Half Moon	Neko Ashi	:	Cat Leg
Heisoku	:	Formal	Renogi	:	L- Shaped
Kiba	:	:Horse Riding	Sanchin	:	Hour Glass
Kokutsu	:	Backward Leaning	Yoi	:	Ready
Mae Kosa	:	Cross Leg	Zengutsu	:	Forward Leaning

**UKE**                      **Block**

Gedan Barai	:	Lower Sweeping	Nami	:	Wave
Haishu	:	Back Hand	Osae	:	Pressing
Haito	:	Ridge Hand	Otoshi	:	Dropping
Hiza	:	Knee	Same	:	Shark
Jodan	:	Upper Level	Shuto	:	Knife Hand
Juji	:	Cross Block	Sokuto	:	Outer Step
Kaki (Kage)	:	Hooking	Sokui	:	Scooping
Kakuto	:	Bent Wrist	Suri	:	Sliding
Kakiwake	:	Reverse Wedge	Teisho	:	Palm Heal
Mikatsuiki	:	Crescent	Uchi	:	Inner
Morote	:	Double Hand			

**TSUKI (ZUK)**                      **Punche**

Awase	:	Close U	Kizami	:	Jab
Choku	:	Straight Punch	Mawashi	:	Round House
Gyaku	:	Reverse Punch	Morote	:	Double Hand
Hasami	:	Scissors	Oi	:	Lunge
Hiraken	:	Fore Knuckle	Tate	:	Vertical
Ippon Ken	:	One Knuckle	Ura	:	Close
Kagi	:	Hook	Yama	:	Wide U Punch

**KERI (GERI)**                      **Kick**

Fumokiri	:	Cutting	Mawashi	:	Round House
Fumokomi	:	Stomping	Mikatsuki	:	Crescent
Hiza	:	Knee	Ushiro	:	Back
Kin	:	Groin	Yoko	:	Side
Mae	:	Front	Yoko Tobi	:	Side Jumping
Mae Tobi	:	Front Jumping			

## UCHI

## Strike

Haishi	:	Back Hand	Seriyouto	:	Ox Jaw
Kakuto	:	Bent Wrist	Shuto	:	Knife Hand
Keito	:	Chicken Hand	Teisho	:	Palm Heel
Kumade	:	Bear Hand	Tettsui	:	Hammer Fist
Nukite	:	Spear Hand	Uraken	:	Back Fist
Same	:	Shark	Washide	:	Eagle Hand

## NUMBERS

Ich	:	1	Roku	:	6
Ni	:	2	Shichi	:	7
San	:	3	Hachi	:	8
Shi	:	4	Kyu	:	9
Go (Goh)	:	5	Ju	:	10

## Directions

Ushiro ni	:	to the back	Shomen ni	:	to the front
Hidari ni	:	to the left	Yoko ni	:	to the side
Hanmi ni	:	45 forward	Naname ni	:	diagonally
Migi ni	:	to the right	Yoko Rou to	:	Evasion

## Rei - Bow

Sho -Ji ni rei	Bow to Teachers ( Holders Of Knowledge ) past and present
Otogai ni rei	Bow to each other

## Commands

Hagime	:Begin	Tate	:Stand
Koko E Koi	:Come Here	Yame	:Stop
Mawate	:Change Over	Yasume	:Rest
Seiza	:Kneel	Yoi	:Ready
Seiretsu	:Line Up	Swale	:Sit

**KATA****FORMS**

Taikyuku Shodan : (Taikyoku) First Cause (Shodan) 1<sup>st</sup> Level  
Taikyuku Nidan : (Taikyoku) First Cause (Nidan) 2<sup>nd</sup> Level  
Taikyuku Sandan : (Taikyoku) First Cause (Sandan) 3<sup>rd</sup> Level

Heian Shodan : (Heian) Peaceful Mind (Shodan) 1<sup>st</sup> Level  
Heian Nidan : (Heian) Peaceful Mind (Nidan) 2<sup>nd</sup> Level  
Heian Sandan : (Heian) Peaceful Mind (Sandan) 3<sup>rd</sup> Level  
Heian Yodan : (Heian) Peaceful Mind (Yodan) 4<sup>th</sup> Level  
Heian Godan : (Heian) Peaceful Mind (Godan) 5<sup>th</sup> Level

**KATA (FORM) Related words**

Bunkai ; Particle Interpretation  
Embusen : Line (s) of kata movement  
Zanshi : Continuing fighting Spirit