



# ZENSHIN KARATE-DO

JAPANESE TERMINOLOGY

## GENERAL TERMS

<b>Karate</b>	(kara-te)	Empty Hand
<b>Karateka</b>	(kara-te-ka)	One Who Studies Karate
<b>Dojo</b>	(dough-joe)	School or training location
<b>Shidoshi</b>	(Shid-osh-e)	Chief Instructor (literal translation – leader)
<b>Sensei</b>	(sen-say)	Teacher or instructor
<b>Sempai</b>	(sem-pie)	Assistant teacher or instructor
<b>Seiza</b>	(say-za)	Formal sitting position
<b>Rei</b>	(ray)	Bow
<b>Mokuso</b>	(mok-sow)	Close your eyes
<b>Mokuso Yame</b>	(mok-sow ya-may)	Open your eyes
<b>Otagai-Ni</b>	(or-tagai-nee)	Everybody
<b>Kiritsu</b>	(ker-ritz)	To stand up (from Seiza)
<b>Hai</b>	(hay)	YES! Respond immediately when you are called by your Sensei or Sempai or when you understand an instruction.
<b>Yoi</b>	(yoy)	Ready stance, standing in parallel stance
<b>Kiai</b>	(key-eye)	Shout of spirit
<b>Kime</b>	(kim-a)	Focus
<b>Hajime</b>	(ha-jim-ay)	Begin
<b>Yame</b>	(ya-may)	Stop
<b>Kumite</b>	(koo-mit-tay)	Sparring with opponent (usually non-contact)
<b>Kata</b>	(car-ta)	Form, pre-arranged pattern of techniques
<b>Kihon</b>	(key-on)	Basics
<b>Tsuki</b>	(zu-ki)	Punch
<b>Uchi</b>	(oo-chi)	Strike
<b>Uke</b>	(oo-kay)	Block
<b>Geri</b>	(ge-ri)	Kick
<b>Jodan</b>	(joe-dan)	High level
<b>Chudan</b>	(chew-dan)	Middle level
<b>Gedan</b>	(ge-dan)	Low level

## BLOCKS

<b>Jodan Age Uke</b>	(joe-dan-ar-gi-oo-kay)	Rising head level block
<b>Uchi Uke</b>	(oo-chi-oo-kay)	Inside block
<b>Soto Uke</b>	(sot-oh oo-kay)	Outside block
<b>Gedan Barai Uke</b>	(ge-dan bar-eye oo-kay)	Downwards block
<b>Gedan Uke</b>	(ge-dan oo-kay)	Sweeping block
<b>Chuge Uke</b>	(chew-gi oo-kay)	Double block
<b>Kake Uke</b>	(Car-key oo-kay)	Open hand hooking block
<b>Mawashi Uke</b>	(ma-washy oo-kay)	Open hand round block
<b>Shuto Uke</b>	(shoe-toe oo-kay)	Sword hand block

## KICKS

<b>Mae Geri</b>	(may ge-ri)	Front kick
<b>Mawashi Geri</b>	(may-washy ge-ri)	Round kick
<b>Yoko Geri</b>	(yok-oh ge-ri)	Side kick
<b>Ushiro Geri</b>	(you-shiro ge-ri)	Back kick

## PUNCHES & STRIKES

<b>Chudan Tsuki</b>	(chew-dan zu-ki)	Mid level punch
<b>Jodan Tsuki</b>	(joe-dan zu-ki)	High level punch
<b>Uraken Uchi</b>	(oo-ra-ken oo-chi)	Back fist strike
<b>Yoko Uraken Uchi</b>	(yok-oh oo-ra-ken oo-chi)	Sideways back fist strike
<b>Gyaku Tsuki</b>	(gya-ka zu-ki)	Reverse punch
<b>Oi Tsuki</b>	(oi zu-ki)	Lunge punch
<b>Haito Uchi</b>	(hay-toe oo-chi)	Ridge hand strike
<b>Ura Tsuki</b>	(oo-ra zu-ki)	Short punch
<b>Age Empi Uchi</b>	(ar-gee em-pee oo-chi)	Rising elbow strike
<b>Mawashi Empi Uchi</b>	(ma-washy em-pee oo-chi)	Round elbow strike
<b>Shuto Uchi</b>	(shoe-toe oo-chi)	Inside sword hand strike
<b>Soto Shuto Uchi</b>	(sot-oh shoe-toe oo-chi)	Outside sword hand Strike
<b>Tetsui Uchi</b>	(tet-sue-e oo-chi)	Hammer fist Strike

## STANCES

<b>Musubi Dachi</b>	(mus-oo-be dutch)	Heels Together Stance
<b>Heiko Dachi</b>	(hi-ko dutch)	Parallel stance
<b>Zenkutsu Dachi</b>	(zen-koot-sue dutch)	Long forward stance
<b>Han Zenkutsu Dachi</b>	(hun-zen-koot-sue dutch)	Short forward stance
<b>Kiba Dachi</b>	(key-ba dutch)	Horse riding stance
<b>Shiko Dachi</b>	(she-ko dutch)	Sumo stance
<b>Kokutsu Dachi</b>	(ko-koot-sue dutch)	Back leaning stance
<b>Sanchin Dachi</b>	(sun-chin dutch)	Pigeon toed stance
<b>Nekoashi Dachi</b>	(neck-o-ashy dutch)	Cat stance

## KATA (Up to & including 2<sup>nd</sup> Kyu)

<b>Taikyoku Shodan</b>	(tay-ik-yo-co show-dan)	First cause, first level: 8 <sup>th</sup> Kyu grading
<b>Taikyoku Nidan</b>	(tay-ik-yo-co knee-dan)	First cause, second level: 7 <sup>th</sup> Kyu grading
<b>Saifa</b>	(sigh-far)	Smash & tear: 6 <sup>th</sup> & 5 <sup>th</sup> Kyu grading
<b>Taikyoku Sandan</b>	(tay-ik-yo-co san-dan)	First cause, third level: 5 <sup>th</sup> Kyu grading
<b>Bassai-Dai</b>	(bas-eye-die)	To Storm the fortress: 4 <sup>th</sup> & 3 <sup>rd</sup> Kyu grading
<b>Gekisai-Dai Ichi</b>	(gek-a-sigh die itch)	Attack & subdue with closed palms: 3 <sup>rd</sup> Kyu grading
<b>Gekisai- Dai Ni</b>	(gek-a-sigh die knee)	Attack & subdue with open palms: 2 <sup>nd</sup> Kyu grading
<b>Seiunchin</b>	(say-oon-chin)	March far quietly, pull off balance: 2 <sup>nd</sup> Kyu grading

## COUNTING

<b>Ichi</b>	(Itch)	One
<b>Ni</b>	(Nee)	Two
<b>San</b>	(Sun)	Three
<b>Shi</b>	(She)	Four
<b>Go</b>	(Go)	Five
<b>Roku</b>	(Rook)	Six
<b>Shichi</b>	(Shitch)	Seven
<b>Hachi</b>	(Hutch)	Eight
<b>Ku</b>	(Koo)	Nine
<b>Ju</b>	(Joo)	Ten