

GLOSSARY  
OF  
KARATE TERMS



OTLEY KARATE CENTRE.

### Karate Terminology

Japanese	English
Age uke	Upward rising block
Ashi barai	Leg sweep
Chudan	Middle body area
Chudan geri	Kick to middle body area
Chudan zuki	Punch to middle body area
Chudan uchi uke	Forearm block (thumb edge) against attack to the body. Blocking from the inside to the outside
Chudan soto uke	Forearm block (small finger edge) against attack to the body. Blocking from the outside to the inside
Chudan shuto uchi uke	Knife hand block against attack to the body. Blocking from the inside of the body to the outside
Dachi	Stance
Dan	Senior grade (black belt)
Empi uchi	Elbow strike
Empi waza	Elbow techniques
Furi zuki	Uppercut punch
Gedan	Lower body area
Gedan barai	Downward sweeping block with small finger edge of forearm. Blocking from the inside to the outside
Gedan shuto uchi uke	Knife hand downward block against attack to the lower body. Blocking from the inside to the outside
Gedan teisho uke	Palm heel downward block
Geri	kick
Gyaku	Reverse position i.e. left leg forward right arm performing technique
Gyaku zuki	Reverse punch
Haito uchi	Ridge hand strike
Hidari	Left
Hokei kumite	Pre-arranged sparring
Ippon kumite	One step sparring

Jiyu kumite	Free style sparring
Jodan	Head area
Jodan age uke	Upward rising forearm block against attack to the head. Blocking with small finger edge of forearm
Jodan shuto soto uke	Knife hand block against attack to the head. Blocking from the outside to the inside.
Kata	Form. A stylised series of practice moves performed against imaginary attackers in order to improve power, speed and co-ordination.
Kamae	Ready position (on guard)
Keri	Kicking
Kekomi	Thrust
Kokutsu dachi	Back stance
Kyu	Junior grade
Kumite	Sparring
Maeken zuki	Front hand punch
Mae shime waza	Front strangulation
Mawashi zuki	Roundhouse punch
Mae geri	Front kick
Mae tobi geri	Jumping front kick
Mawashi geri	Round house kick
Mikazuki geri	Crescent kick
Makiwara waza	Impact pad techniques
Neko ashi dachi	Cat stance
Oi zuki	Lunge punch. Stepping forward towards opponent to punch
Otoshi uchi	Dropping strike (e.g. bottom fist strike to top of head)
Sanchin dachi	Hour glass stance
Shiko dachi	Horse riding stance
Sekkyaku zuki	Punch delivered in the mid step position
Soto uke	Forearm block using small finger edge of forearm. Blocking from the outside to the inside
Shuto uchi	Knife hand straight thrust (usually to the chest or to make a guard)
Shuto uke	Knife hand block
Surikomi	Sliding step
Shiai Kumite	Competition sparring
Shime waza	Strangulation technique
Teisho uchi	Palm heel strike
Teisho uke	Palm heel block
Tettsui uchi	Bottom fist strike
Tsuki	Punching

Tsukami uke	Grasping block
Tobi geri	Jumping kick
Uchi	Strike
Uchi uke	Forearm block using thumb edge of forearm. Blocking from the inside to the outside
Uraken zuki	Back fist punch
Ushiro geri	Back kick
Ushiro mawashi geri	Back roundhouse kick
Yoi	Parallel stance. Informal attention stance
Yama zuki	U-punch. Simultaneous punch to head and body
Yoko geri kekomi	Side thrust kick
Zenkutsu dachi	Forward stance

### Other useful terms

Aka	Red
Ao	Blue
Choku zuki	Straight punch
Dojo	Training venue
Fumikomi	Stamping
Gi	Karate uniform
Karate	Empty hand fighting
Kakato geri	Dropping heel kick
Keage	With snap
Kiai	Traditional Japanese shout when performing an attack
Migi	Right
Morote zuki	Double handed punch
Morote uke	Double handed block
Nakadaka ippon ken	One knuckle fist
Nukite	Spear hand
Obi	Belt
Seiken	Fore fist
Shiro	White
Sukui uke	Scooping block
Ichi	One
Ni	Two
San	Three
Shi	Four
Go	Five
Roku	Six
Shichi	Seven
Hachi	Eight
Ku	Nine
Ju	Ten