



TAI-SHIN DO KARATE ACADEMY

KARATE GLOSSARY

Age	Rising	Ryu	School or tradition
Budo	Martial way/Path (Tao in Chinese)	Sensei	Instructor/Teacher
Bushi	Martial man, warrior	Samurai	Japanese warrior class of feudal era
Bushido	Way of the warrior (Code of conduct)	Sempai	Lower dan grade, senior student
Bunkai	Applications of kata	Seiken	Fist with focus on first two knuckles
Chudan	Middle area	Shihan	Master instructor
Dojo	Martial arts training place	Shime	Sanchin kata testing
Gasshuku	Training camp	Soto	Outside (inside to outside)
Gedan	Lower area	Te	Hand
Gi or Dogi	Karate uniform	Yame	Stop or finish
Go	Hard, rigid	Yoi	Ready position
Goju-ryu	Hard and soft style		
Gyaku	Reverse		
Hajime	Begin		
Honbu dojo	Main dojo		
Ju	Soft, flexible		
Kamaete	On guard		
Kame	Fighting stance		
Karate	Empty hand		
Karate-do	The way of karate		
Karateka	One who practices karate		
Kata	A set of pre-arranged techniques		
Ki	Spirit, life energy (Chi in Chinese)		
Ki ai	Shout to focus energy		
Kihon	Basic techniques		
Kime	Focus		
Obi	Belt		



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COUNTING

Ichi	One	Ni ju	Twenty
Ni	Two	San ju	Thirty
San	Three	Yon ju	Fourty
Shi	Four	Go ju	Fifty
Go	Five	Roku ju	Sixty
Roku	Six	Nana ju	Seventy
Shichi	Seven	Hachi ju	Eighty
Hachi	Eight	Ku ju	Ninety
Ku	Nine	Hiyaku ju	One hundred
Ju	Ten		

HAND TECHNIQUES – TE WASA

Age zuki	Rising punch	Nihon zuki	Double punch
Awase zuki	U punch	Nukite zuki	Finger thrust
Chudan zuki	Middle level punch	Oi zuki	Lunge punch
Empi uchi	Elbow strike	Shotei uchi	Palm heel strike
Gyaku zuki	Reverse punch	Shotei zuki	Palm heel thrust
Haishu	Back hand	Shuto uchi	Knife hand strike (Karate Chop)
Hasami zuki	Scissors punch	Tsuki (zuki)	Punch or thrust
Heiko zuki	Parallel punch	Tettsui uchi	Hammer fist strike
Jodan zuki	Upper level punch	Uchi	Strike
Kagi zuki	Hook punch	Ura ken uchi	Back fist strike
Kizami zuki	Jab or leading punch	Ura zuki	Short punch (palm up)
Kote uchi	Forearm strike	Yama zuki	Mountain punch
Mawashi zuki	Round hook punch		



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KARATE BLOCKS

Ashi barai	Blocking sweep
Age uke (Jodan uke)	Rising block (Upper block)
Chudan suki uke	Middle scooping block
Chudan uke	Inside circular block
Gedan barai	Downward block (Lower block)
Gedan uchi barai	Downward block (From outside inward)
Hiki uke	Open hand pulling grasping block
Ko uke	Wrist block
Mawashi uke	Round house block with two hands
Shotei gedan bari	Open hand downward block
Shotei uke	Palm heel block
Shuto uke	Knife hand block
Ura uke	Back hand block

KARATE STANCES

"Dachi" or "Tachi" means stance in Japanese, and describes primarily the position of the feet in various Karate stances

Hachiji dachi	Natural stance (feet shoulder width apart toes slightly pointed out)
Han zenkutsu dachi	Half front stance (Short Zenkutsu dachi)
Hachiji dachi	Natural stance (feet shoulder width apart toes slightly pointed out)
Heiko dachi	Parallel stance (feet shoulder width apart)
Heisoku dachi	Closed foot stance (feet together)
Kiba dachi	Horse riding stance (feet parallel)
Neko ashi dachi	Cat stance
Sanchin dachi	Hourglass stance
Shiko dachi	Straddle leg stance (horse stance feet at 45 degrees)
Zenkutsu dachi	Front stance



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FIGHTING POSTURES - KAMAE

The fighting postures (Kamae, sometimes also "Kame") include the position of the arms and legs as well as the body angle and center of gravity. For example, Gedan No Kame is a lower level fighting posture, with the legs in Shiko Dachi (thus the centre of gravity quite low), body angled at 45 (or even 90 degrees) and the arms ready to respond to lower and middle level attacks.

Gedan no kamae	Lower level fighting posture
Chudan no kamae	Middle level fighting posture
Hanmi no kamae	Half forward facing fighting posture
Jodan no kamae	Upper level fighting posture
Kame	Fighting posture
Morote no kamae	Augmented hand fighting posture
Shizen dachi no kamae	Natural fighting posture

FOOT TECHNIQUES / KICKING – ASHI WAZA

"Ashi" means foot in Japanese, and Geri (sometimes also spelled "Keri") means kick

Ashi barai	Foot sweep	Mawashi geri	Round house kick
Hiza geri	Knee kick	Ren geri	Double front snap kick (Front leg first)
Kansetsu geri	Knee joint kick	Ura yoko geri	Spinning side kick
Keri (Geri)	Kick	Ushiro geri	Back thrust kick
Mae geri (Keage)	Front kick (snap)	Yoko geri (Keage)	Side snap kick
Mae geri (Kekomi)	Front kick (thrust)	Yoko geri (Kekomi)	Side thrust kick

PARTS OF THE FOOT

Haisoku	Instep
Hiza	Knee
Josokutei	Ball of the foot
Kakato	Heel of the foot
Sokuto	Foot edge
Tsumasaki	Tip of the toes