



## Karate Terminology

### General Terminology

Dojo	Training hall, room, etc
Shomen	Place of honour in the dojo (front wall)
Kaiso	Title of the founder of Shorinjiryu Karate
Hanshi	Grand master
Kyoshi	Master instructor
Renshi	Senior Instructor
Shihan	Chief Instructor
Sensei	Instructor
Sempai	Assistant Instructor
Kodanha	Senior black belt holder
Yudansha	Black belt holder
Mudansha	Non-black belt holder
Karate	Chinese hand (唐手) or empty hand (空手)
Karatedo	The way of karate
Karateka	Practitioner of karate
Jodan	Upper level (head and neck)
Chudan	Midsection (hips to shoulders)
Gedan	Lower level (groin and legs)
Uchi	Inside
Soto	Outside
Migi	Right
Hidari	Left
Mae	Front
Ushiro	Back
Mokuso	Meditation
Hajime	Start
Yame	Stop
Kata	Single person form
Kumite	Fighting form
Goshin jutsu	Self defence
Bo	6 ft Staff
Jo	4 ft staff
Tanbo	2 ft stick
Sai	Iron truncheon

### Receiving Techniques (Uke Waza)

Harai waza	Sweeping technique
Age uke	Rising block
Soto ude uke	Outward forearm block
Uchi ude uke	Inward forearm block
Soto gedan barai	Outward downward sweep
Uchi gedan barai	Inward downward sweep
Shuto uke	Knife-hand block
Morote uke	Two handed block
Nekozenken uke	Cat back fist block
Nagashi uke	Scooping block
Juji uke	Cross block
Musubi dachi	Stances (Tachi Kata)
	Attention stance



Shizen hontai dachi	Fundamental natural stance
Shizentai dachi	Natural stance
Zenkutsu dachi	Long front stance
Kokutsu dachi	Back stance
Neko ashi dachi	Cat stance
Ushiro neko ashi dachi	Reverse cat stance
Uchimata jigotai dachi	Closed leg defensive stance
Sotobiraki jigotai dachi	Open leg defensive stance
Kosa ashi	Cross legged stance
Kata hiza dachi	One knee stance
Sagi ashi dachi	One legged stance

### **Movement**

Hoko Zenshin	Forward step
Hoko Kotai	Backward step
Neko ashi zenshin	Forward cat step
Neko ashi kotai	Backward cat step
Oi ashi	Lunge step
Okuri ashi	Sliding step
Hiraki ashi	Open leg step
Kosa ashi	Cross step
Mawari kata	Turning form

### **Punching Techniques (Tsuki Waza)**

Hineri zuki	Twist punch
Choku zuki	Straight punch
Oi zuki	Lunge punch
Sokumen zuki	Side punch
Morote zuki	Double punch
Kagi zuki	Hook punch
Age zuki	Uppercut punch
Shomen zuki	Front punch

### **Kicking Techniques (Keri Waza)**

Hineri mae geri	Twist kick
Okuri geri	Front foot kick
Oi geri	Lunge kick
Mawashi geri	Roundhouse kick
Yoko geri	Side kick
Ushiro geri	Back kick
Ushiro kaiten geri	Spin back kick
Hiza geri	Knee kick
Oi mawashi geri	Front foot roundhouse kick
Mikazuki geri	Crescent kick
Tobi geri	Jumping kick

### **Striking Techniques (Uchi Waza)**

Empi uchi	Elbow strike
Shuto uchi	Knife-hand strike
Uraken uchi	Back-fist strike
Shotei uchi	Palm heel strike
Kentsui uchi	Hammer-fist strike
Haito uchi	Ridge-hand strike
Nukite uchi	Spear-hand thrust