

## Karate Terminology

Counts	
Ichi	1
Ni	2
San	3
Shi	4
Go	5
Roku	6
Shichi	7
Hachi	8
Ku	9
Juu	10
Stances	
Musubi dachi	Attention stance
Heisoku dachi	Closed feet stance
Heiko	Parallel stance
Hachinoji dachi	Ready stance
Zenkutsu dachi	Forward stance
Kokutsu dachi	Back stance
Kiba dachi	Straddle stance
Nekoashi dachi	Cat foot stance
Sochin dachi / fudo dachi	Immovable stance
Kosa dachi	Crossed leg stance
Sanchin dachi	Hourglass stance
Hangetsu dachi	Half moon stance


**Arm attacks**

Tsuki	Punch
Uchi	Strike
Oi zuki	Stepping punch
Gyaku zuki	Reverse punch
Kizami zuki	Jab punch
Kagi tsuki	Hook punch
Nukite	Spear-hand
Uraken	Back fist
Enpi	elbow
Shuto	Knife hand

**Leg attacks**

Keri	Kick
Mae geri	Front kick
Mawashi geri	Round house kick
Uchi mawashi geri	Inside roundhouse kick
Ura mawashi geri	Reverse roundhouse kick
Yoko geri kekomi	Side thrust kick
Yoko geri keage	Side snap kick
Ushiro geri	Back kick
Ushiro mawashi geri	Back roundhouse kick

**Attacking levels**

Jodan	Upper level / face
Chudan	Middle level / stomach / solar plexus
Gedan	Lower level/ groin


<b>Blocks</b>	
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Age uke	Rising block
Soto uke	Outside block
Uchi uke	Inside block
Gedan barai	Downward block
Shuto uke	Knife-hand block
Nagashi uke	Deflecting block
Teisho uke	Palm heel block
Haishu uke	Back hand block
Kakiwake uke	Wedge block
Juji uke	Cross block
Sune uke	Shin bone block


<b>Kumite</b>	
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Kumite	Sparring
Gohon kumite	Five-step sparring

Sanbon kumite	Three-step sparring
Ippon kumite	One-step sparring
Kaeshi ippon kumite	Respond sparring
Okuri jiyu ippon kumite	Continue sparring
Jiyu ippon kumite	Semi-free sparring
Jiyu kumite	Free sparring
Shiai kumite	Tournament style sparring
<b>Other words</b>	
Kihon	Basic(s) / fundamentals
Kiai	Fighting yell
Kime	Focus power
Rei	Bow
Yoi	Ready
Yame	Stop /finish
Naotte	Recover / relax
yasume	Rest
Mawasute	Turn
Hajime	Begin

Mokusoh	Meditate
Dojo	The place where you train
Seiza	Sit down
Tatsu/tate	Stand up
Seiretsu / Narande	Line up
Sensei	Instructor
Senpai	Senior student/assistant instructor
Kohai	Junior student
Ashi kite	Change of dachi
Hiki ashi	Retract leg
Ryu-ha	Style