



Karate-do Yushin-juku

空手道優心塾

TERMINOLOGY

Target areas:

Jodan	Upper / Face
Chudan.....	Middle / Chest
Gedan.....	Lower / Stomach

Punching technique:

Tsuki (Zuki).....	Punch
Jun-zuki.....	Forward punch
Gyaku-zuki.....	Reverse punch
Kizami-zuki	Lunge (Chopping) punch
Oi-zuki.....	Step-in punch
Ren-zuki	Double-punches
Sanbon-zuki	Triple-punches
Kagi-zuki	Hook-punch
Ura-zuki	Inverse-punch
Tate-ken	Vertical-fist (punch)
Ippon-ken.....	Knuckle punch

Striking technique:

Uchi	Strike (Attack)
Uraken-uchi (Ura-uchi)	Back-fist strike
Shuto-uchi.....	Knife-hand strike
Haito-uchi	Ridge-hand strike
Enpi-uchi	Elbow-attach
Nukite	Spear-hand (Finger-thrust) attack

Blocking technique:

Uke / Barai.....	Block / Sweep
Age-uke	Upper (Rising) block
Gedan-barai.....	Down-block (sweep)
Soto-uke.....	Outside-block
Uchi-uke	Inside-block
Shuto-uke.....	Knife-hand block
Tate-shuto-uke.....	Vertical knife-hand block
Morote-uke.....	Double-hand block
Sasae-uke.....	Augmented block

Kicking technique:

Keri (Geri).....	Kick
Mae-geri	Front-kick
Yoko-keage / Yoko-kekomi	Side-snap-kick / Side-thrust-kick
Ushiro-geri	Back-kick
Mawashi-geri	Roundhouse-kick
Ushiro-mawashi-geri.....	Back-roundhouse-kick (Hook-kick)
Ura-mawashi-geri.....	Inverse-roundhouse-kick

Hiza-geri-----	Knee-kick
Kakato-geri-----	Heel-kick

Stances:

Ashibarai-----	Foot-sweep
Hanmi-----	Half-facing position
Kiba-dachi-----	Horse-stance (Side-stance)
Kokutsu-dachi-----	Back-stance
Kokutsu-dachi Shuto-uke-----	Back-stance Knife-hand block
Kosa-dachi-----	Cross-leg stance
Neko-ashi dachi-----	Cat-stance
Sanchin-dachi-----	Hour-glass stance
Shiko-dachi-----	Square-stance (Sumo-stance)
Zenkutsu-dachi-----	Front-stance
Zenkutsu-dachi Gedan-barai-----	Front-stance Down-block

Instructor commands:

Seiza-----	Sit down! (in the formal setting position)
Mokuso-----	Meditate!
Yame-----	Stop!
Rei-----	Bow!
Shomen-ni-----	To the Front
Sensei-ni-----	To the Teacher
Otagai-ni-----	To each other
Kiritsu-----	Stand up!
Yoi-----	Ready!
Hajime-----	Start!
Yasume-----	Relax (Break)
Zenshin-----	Moving forward
Koshin-----	Moving back
Mawatte-----	Turn around
Onaji-waza-----	Repeat the same technique
Mae / Ushiro / Migi / Hidari-----	Forward / Back / Right / Left

Referee commands:

Ai-uchi-----	Simultaneous scoring
Aka (Ao) no Kachi-----	Red (Blue) is the winner.
Chukoku-----	Caution
Hansoku-----	Foul (Disqualification from the match)
Hansoku Chui-----	Foul Warning
Hantei-----	Decision
Hikiwake-----	Draw (Tie)
Ippon / Nihon / Sanbon-----	One point / Two points / Three points
Jogai-----	Out-of-bounds
Keikoku-----	Warning
Moto-no-ichi-----	Return to the original position.
Mubobi-----	A lack of defense
Shikkaku-----	Disqualification (from the tournament)
Shitei-gata-----	Mandatory Kata
Shobu Hajime-----	Match Begin!
Tokui-gata-----	Favorite (Free) Kata
Torimasen-----	Unacceptable as a score
Tsuzukete Hajime-----	Continue Begin! (the match)

Concepts:

Bunkai	Break-down (Explanation)
Chakugan	Focus of attention
Dojo	Place to practice the Way
Fukushin	Judge
Go-no-sen	Counter attack
Hanshi	Exemplary person (title)
Ippon Kumite (Sanbon Kumite)	One-step sparring (Three-step sparring)
Jiyu Kumite	Free sparring
Jiyu-ippon Kumite	Free one-step sparring
Kansa	Arbitrator
Karate-do	The Way of Karate
Karate-gi	Karate uniform
Karate-ka	Karate practitioner
Kata	Form
Ki	Vital energy
Kiai	Spirited yell (shout)
Kihaku	Spirited force
Kohai	Junior student
Kumite	Sparring
Kyoshi	Teaching person (title)
Maai	Distance and Timing
Obi	Belt
Ouyo	Application (of technique)
Renshi	Training person (title)
Sen	Before (Ahead)
Sen-no-sen	Before the opponent attacks
Sen-sen-no-sen	Before the opponent considers an attack
Senpai	Senior student
Sensei	Teacher
Shihan	Chief Instructor
Shihan-dai	Assistant Instructor
Shushin	Referee
Suki	Opening (Opportunity)
Tai-no-sen	Simultaneously with the opponent's attack
Zanshin	Remaining mind (awareness)
Zen	Meditation technique

Counting in Japanese:

Ichi (1), Ni (2), San (3), Shi/Yon (4), Go (5), Roku (6), Hichi/ (7), Hachi (8), Ku (9), Jyu (10)

Shodan (1st step), Nidan (2nd step), Sandan (3rd step), Yondan (4th step), Godan (5th step), Rokudan (6th step), Nanadan (7th step), Hachidan (8th step), Kyudan (9th step), Judan (10th step)

Ikkyu (1st grade; Brown-belt), Nikyu (2nd grade; Brown-belt), Sankyu (3rd grade; Brown-belt), Yonkyu (4th grade; Purple-belt), Gokyu (5th grade; Purple-belt), Rokkyu (6th grade; Green-belt), Nanakyu (7th grade; Blue-belt), Hachikyu (8th grade; Orange-belt), Kyukyu (9th grade; Yellow-belt), Jyukyu (10th grade; White-belt)