

Shotokan Karate General Terminology

Commands/Requests					
Yoi	Ready. Feet apart with hands in loose fists slightly in front			BLUE	
Yame	Stop			BLUE	
Rei	Bow			RED	
Hajime	Start			RED	
Names/Phrases					
Karate	Empty hand			BLUE	
Kiai	Shout (with spirit)			BLUE	
Sensei	Instructor			BLUE	
Oss	To indicate "yes, I understand"			RED	
Dojo	Training place for studying the "way" of karate			RED	
Training Components					
Kihon	Basic techniques			ORANGE	
Kata	Sequence of set moves			ORANGE	
Kumite	Sparring <u>Gohon Kumite (Jodan & Chudan)</u> – 5 attack sparring <u>Kihon Ippon Kumite</u> – One step sparring <u>Jyu Ippon Kumite</u> – Semi freestyle sparring			YELLOW	
Parts of the Body					
Ashi	Leg		Ude	Arm	ORANGE
Ken	Fist		Ashi	Foot	YELLOW
Empi	Elbow		Jodan	Upper level	YELLOW
Gedan	Lower level		Chudan	Middle level	YELLOW
Seiken	Front of fist		Tettsui	Hammer fist	GREEN
Kakato	Heel of foot		Haishu	Back hand	PURPLE
Sokuto	Edge of foot		Haito	Ridge hand	PURPLE
Koshi	Ball of foot		Teisho	Heel of hand	PURPLE
Sokko	Top of foot		Gaiwan	Outside forearm	BROWN
Sokutei	Soul of foot		Naiwan	Inside of arm	BROWN
Heisoku	Instep of foot		Haiwan	Back of arm	BROWN
Ensho	Back of heel		Morote	Both hands	BROWN

Counting		
Ichi	One	BLUE
Ni	Two	BLUE
San	Three	BLUE
Shi	Four	RED
Go	Five	RED
Rokyu	Six	ORANGE
Shichi	Seven	ORANGE
Hachi	Eight	YELLOW
Ku	Nine	YELLOW
Ju	Ten	GREEN
Hyaku	One Hundred	PURPLE
Grouping		
Ippon	Single (as in ippon kumite - one step sparring)	GREEN
Sanbon	Triple (as is sanbon zuki - triple punch)	GREEN
Gohon	Group of 5 (as in gohon kumite - 5 step sparring)	GREEN
Directional Movement		
Migi	Right	ORANGE
Hidari	Left	ORANGE
Mawate	Turn	ORANGE
Mae	Forward	YELLOW
Ushiro	Back	YELLOW
Yoko	Side	GREEN
Age	Rising	GREEN
Soto	Outside to inside	PURPLE
Uchi	Inside to outside	PURPLE
Tate	Upward	BROWN
Otoshi	Downward	BROWN

Blocking Techniques (uke)

Name	Description	
Gedan-barai	Downward block	BLUE
Age-uke	Rising block	BLUE
Shuto-uke	Sword hand block	RED
Soto-uke	Outside to inside block	ORANGE
Uchi-uke	Inside to outside block	ORANGE
Morote-uke	Augmented forearm block	YELLOW
Juji-uke	"X" block	BROWN
Teisho-uke	Palm heel block	BROWN
Haishu-uke	Back of the hand block	BLACK
Otoshi-Uke	Dropping block	BLACK
Engetsu-Uke	Circle foot block	BLACK
Nagashi-Uke	Parry/sweeping block	BLACK
Kakiwake-Uke	Wedge block	BLACK

Punching Techniques (zuki)

Name	Description	
Oi-zuki	Lunge punch	BLUE
Gyaku-zuki	Reverse punch	RED
Choku-zuki	Straight punch (on the spot)	RED
Sanbon-zuki	Triple punch	ORANGE
Kizami-zuki	Jab with leading hand	ORANGE
Ura-zuki	Uppercut punch	GREEN
Tate-zuki	Vertical fist punch (fist is vertical)	GREEN
Kagi-zuki	Hook punch	PURPLE
Yama-zuki	Wide "U" punch (in Bassai Dai)	PURPLE
Heiko-zuki	Parallel punch	BROWN
Morote-zuki	Double fist punch	BROWN
Mawashi-zuki	Roundhouse punch	BLACK
Age-zuki	Rising punch	BLACK

Striking Techniques (uchi)

Name	Description	
Empi-uchi	Elbow strike	YELLOW
Nukite	Spear hand strike	YELLOW
Tettsui-uchi	Hammerfist strike	GREEN
Uraken-uchi	Backfist strike	PURPLE
Haito-uchi	Ridge hand strike ("thumb" side)	BROWN
Shuto-uchi	Sword hand strike ("little finger" side)	BROWN
Hikite	Pulling technique	BLACK
Kaisho	Open hand technique	BLACK

Kicking Techniques (geri)

Name	Description	
Mae-geri	Front kick	BLUE
Yoko-geri keage	Side snap kick	RED
Yoko-geri kekomi	Side thrust kick	RED
Mawashi-geri	Roundhouse kick	ORANGE
Hiza-geri	Knee kick	YELLOW
Ushiro-geri	Back kick	GREEN
Mikazuki-geri	Crescent kick	PURPLE
Fumikomi-geri	Stomping kick	BROWN
Ashi barai	Sweeping leg kick or foot sweep	BROWN
Tobi-geri	Jumping kick	BLACK
Ushiro mawashi-geri	Reverse roundhouse kick	BLACK

Stances (dachi)

Name	Description	
Zenkutsu-dachi	Front stance	RED
Kokutsu-dachi	Back stance	RED
Kiba-dachi	Side (horse riding) stance	RED
Hachiji-dachi	Yoi position - feet apart and toes point out 45°	GREEN
Musubi-dachi	Attention stance - heels together and toes point 45°	GREEN
Heisoku-dachi	Parallel leg stance (feet together and parallel)	PURPLE
Heiko-dachi	Parallel leg stance (feet apart and parallel)	PURPLE
Fudo-dachi	Rooted stance (like side stance, but facing 45°)	BLACK
Sochin-dachi	Another name for fudo-dachi	BLACK
Hangetsu-dachi	Half moon stance	BLACK
Sanchin-dachi	Hour glass stance	BLACK
Neko ashi-dachi	Cat foot stance	BLACK
Hanmi Sachi Ashi	Feet stepping over	BLACK
Gankaku-dachi	Crane stance	BLACK
<i>Holds (gatame)</i>		
Kesa gatame	Scarf hold	BROWN
Juji gatame	Cross arm lock	BROWN

Dojo Kun (All grades to learn)

<i>Karate-Do</i>	The way of karate
<i>Kokoro Tadashiku</i>	Training mind & body and building a strong spirit
<i>Nichi Nichi No Keiko</i>	Through hard daily training
<i>Reitu Setsu</i>	Prepare to bow

Suggested Reading Material (for senior grades)

- Karate-Do My Way of Life by Gichin Funakoshi
- Karate-Do Nyumon & Kyohan (Master Texts) by Gichin Funakoshi
- Bunkai Jutsu & Karate's Grappling Methods by Ian Abernethy
- Shotokan's Secrets (The Hidden Truth) by Bruce Clayton