

Shoshin Kai Karate-Do Terminology

General Terms:

Karate	Translated literally: “Kara” - empty; “Te” – hand
Karate-Do	The way of Karate
Shoshin Kai	Sho – first / beginner Shin – heart/spirit/mind Kai – family / organization
Dojo	Place of practice, school or training location
Kancho	Founder or head of an organization (not to do with founder of a style}
Sensei	Teacher or instructor (literally “one that has gone before”)
Sempai	Senior student; assistant instructor
Seiza	Formal sitting position
Kiai	Yell; expulsion of breath used to focus power; “Convergence of energy and spirit”
Kata	A predetermined series of techniques
Kumite	Sparring with an opponent
Ippon Kumite	“One-step” sparring
Yakusoku Kumite	“Promise” sparring (same as one-step sparring)
Jiyuu Kumite	“Free” sparring
Osu	A contraction of the word <i>osae</i> (to press) and <i>shinobu</i> (patience or steady spirit). Together these can be translated as “persevere while pushing oneself to the absolute limit”.

Commands:

Shomen ni rei	Bow to the front of the Dojo
Sensei ni rei	Bow to Sensei
Sempai ni rei	Bow to the senior student(s)
Otagai ni rei	Bow to each other
Mokuso	Close your eyes and meditate
Mokusoyame	Open your eyes
Hajime	Begin
Yame	Stop
Kamaete	Assume the “Ready position”
Yoi	“Ready position” (Interchangeable with “Kamaete”)
Mawatte	Turn
Ashikaette	Change legs (during kicking practice)
Sen Shin	Clear your mind
Gambate Kudasai	Please practice hard

General Technique Terms:

Gedan	Groin level
Chudan	Stomach level
Jodan	Head level
Hikite	Returning hand
Kihon-waza	Fundamental (basic) techniques, including:
Tsuki	Punching techniques (literally “thrust”)
Uchi	Striking techniques
Uke	Receiving (defensive) techniques; blocks, parries
Geri	Kicking techniques
Seiken	Standard fist position
Shuto	Handsword position (Chinese pronunciation - generally this term is used in Karate)
Ashigatana	Footsword; foot position used for the side kick
Naka-ashi	Foot position for kicking with the ball of the foot
Se-ashi	Foot position for kicking with the top of the foot
Soko-ashi	Foot position for kicking with the arch of the foot
Kakato	Foot position for kicking with the heel

Specific Techniques:

Stances (Tachi):

Heisoku dachi	Attention stance (feet together, inside edges touching)
Musubi dachi	Attention stance (heels together, toes pointing out)
Hachiji dachi	Ready stance (feet are shoulder width apart, toes angled slightly out)
Heiko dachi	Parallel foot stance (feet are shoulder width apart, toes straight forward)
Zenkutsu dachi	Forward stance
Kiba dachi	Horseback stance
Shiko dachi	Sumo stance
Kokutsu dachi	Back stance
Sanchin dachi	Hourglass stance
Nekoashi dachi	Cat stance
Tsuruashi dachi	Crane stance (Ippon dachi)
Kosa dachi	Crossed stance

Punches (Tsuki-waza):

Gedan tsuki	Groin level punch
Chudan tsuki	Stomach level punch
Jodan tsuki	Head level punch
Gedan oi-tsuki	Groin level lunging punch (same foot forward)
Chudan oi-tsuki	Stomach level lunging punch
Jodan oi-tsuki	Head level lunging punch
Gedan gyaku-tsuki	Groin level reverse punch
Chudan gyaku-tsuki	Stomach level reverse punch
Jodan gyaku-tsuki	Head level reverse punch
Kizame-tsuki	Jab
Ippon-ken-tsuki	One-knuckle fist punch

Oyayubi-ippon-ken	Thumb fist
Hitosashiyubi-ippon-ken	Forefinger fist
Nakayubi-ippon-ken	Middle finger fist
Mawashi-tsuki	Roundhouse punch

Strikes (Uchi-waza):

Uraken	Backfist strike
Empi uchi	Elbow strike (aka "Hiji Ate")
Kentsui	Hammer fist strike (aka "Tettsui uchi")
Shuto uchi	Swordhand strike (aka "Tegatana")
Haito uchi	Ridgehand strike (aka "Segatana")
Shotei uchi	Palm heel strike
Nukite	Spearhand (piercing) strike
Ippon nukite	One-finger piercing strike
Nihon nukite	Two-finger piercing strike
Keiko uchi	Chicken beak strike

Receiving techniques/Blocks (Uke-waza)

Although commonly referred to as blocks, a more correct translation of "uke" is "reception". A reception is a defensive technique and may be performed either a hard block (used to injure an attacking limb) or a softer deflection/redirection. So-called "blocks" can also be used as strikes, releases, joint manipulations, or even throws.

Uchi uke	Inside reception
Soto uke	Outside reception
Harai uke	Sweeping reception
Gedan barai	Low level sweeping reception
Shuto uke	Sword hand reception
Omote ude uke	Punch reception
Koken uke	Arc fist reception
Kake uke	Hook reception
Shotei uke	Palm heel reception
Juji uke	"X" reception
Mawashi uke	Roundhouse reception

Kicks (Keri-waza):

Mae geri keage	Front rising kick
Mae geri kekomi	Front thrust kick
Yoko geri keage	Side rising kick
Yoko geri kekomi	Side thrust kick
Ushiro geri kekomi	Back thrust kick
Mawashi geri	Roundhouse kick
Hiza geri	Knee kick
Fumikomi	Stomping kick
Mikkatsuki geri	Crescent kick
Tobi komi geri	Jumping kick

Counting in Japanese

Ichi	One
Ni	Two
San	Three
Shi	Four
Go	Five
Roku	Six
Shichi	Seven
Hachi	Eight
Ku	Nine
Ju	Ten
Ju-ichi	Eleven
Ju-ni	Twelve
Ju-san	Thirteen
Ju-shi	Fourteen
Ju-go	Fifteen
Ju-roku	Sixteen
Ju-shichi	Seventeen
Ju-hachi	Eighteen
Ju-ku	Nineteen
Ni-ju	Twenty
San-ju	Thirty
Yon-ju	Forty
Go-ju	Fifty
Roku-ju	Sixty
Nana-ju	Seventy
Hachi-ju	Eighty
Ku-ju	Ninety
Hyaku	One hundred

Kata No Rokugensoku (Six Principles of Kata)

1. Ikita Kata.

Kata must be alive and done with feeling and purpose.

2. Inen.

Kata must be performed with spirit.

3. Chikara no Kyojaku.

Kata should be done with changes in application of power. Technique can be strong or yielding, hard then soft.

4. Waza no Kankyu.

Kata should be done with variations in the timing of movement, sometimes fast, sometimes slow.

5. Kisoku no Donto.

Kata must be done with proper rhythm of breathing, when to inhale and exhale.

6. Kinkou.

Proper balance must be maintained in the performance of Kata.

Kumite No Gogensoku Five Principles of Kumite)

1. *Kiwa Hayaku.*

Attack your opponent with a strong spirit, do not think about defense only your attack.

2. *Kokorowa Shizuka.*

Always maintain a calm mind and spirit.

3. *Miwa Karuku.*

Your movement and technique must be polished and smooth.

4. *Mewa Akirakani.*

When you look at you opponent, see all of him. Do not fix your gaze only on one spot.

5. *Wazawa Hageshiku.*

Your technique must be sharp.