

**KYOKUSHIN KARATE
TERMINOLOGY**

空手用語

KIHON WAZA	BASIC TECHNIQUES	基本技
Tsuki	Punch (thrust)	突き
Uchi	Strike	打ち
Uke	Block	受け
Keri / Geri	Kick	蹴り
BUKI	WEAPONS	武器
Ashi	Foot or Leg	足
Chusoku	Ball (middle) of the Foot	中足
Haisho	Backhand	背掌
Haisoku	Instep of the Foot	背足
Haito	Inner Knife Hand	背刀
Hiji	Elbow	肘
Hiraken	Flat Fist	平拳
Hiza	Knee	膝
Kakato	Heel	踵
Keiko	Chicken Beak	鶏口
Koken	Wrist Top	弧拳
Kote	Forearm	籠手
Nakayubi Ippon Ken	Middle Finger Knuckle Fist	中指一本拳
Nukite	Spear Hand	貫手
Oyayubi Ippon Ken	Thumb Knuckle Fist	親指一本拳
Ryutoken	Dragon's Head Fist	竜頭拳
Seiken	Forefist (correct fist)	正拳
Shotei	Palm Heel	掌低
Shuto	Knife Hand	手刀
Sokuto	Outside Edge of the Foot	足刀
Sune	Shin	脛
Te	Hand	手
Teisoku	Arch of the Foot	低足
Tettsui	Hammer Fist	鉄槌
Toho	Sword Peak Hand	刀峰
Uraken	Backfist	裏拳
NERAIDOKORO KOGEKIHOKO	TARGETS & DIRECTIONS	狙い所
Age	Rising	上げ
Ago	Chin or Jaw	顎
Atama	Head	頭
Chudan	Middle Level	中段

Ganmen	Face	顔面
Gedan	Lower Level	下段
Hidari	Left	左
Hizo	Spleen	脾臓
Jodan	Upper Level	上段
Kake	Hooked	掛け
Kansetsu	Joint (of limb)	関節
Kintama (Kin)	Groin, Testicles (gold jewels)	金玉
Komekami	Temple	こめかみ
Kubi	Neck	首
Mae	Front, Forward	前
Mawashi	Round, Circular	回し
Me	Eyes	目
Migi	Right	右
Nodo	Throat	喉
Oroshi	Descending	下ろし
Sakotsu	Collarbone	鎖骨
Sayu	Left and Right	左右
Soto	Outside	外
Tobi	Jumping	飛び
Uchi	Inside	打ち
Ura	Reverse, Backwards	裏
Ushiro	Back (direction)	後ろ
Yoko	Side (direction)	横
TACHIKATA	STANCES	立ち方
Yoi Dachi	Ready Stance	用意立ち
Fudo Dachi	Immobile Stance	不動立ち
Zenkutsu Dachi	Forward Leaning Stance	前屈立ち
Uchi Hachiji Dachi	Inside Character "8" Stance	内八字立ち
Sanchin Dachi	Three Point Stance	三戦立ち
Kokutsu Dachi	Back Leaning Stance	後屈立ち
Musubi Dachi	Open Foot (connected) Stance	結び立ち
Kiba Dachi	Horseback Stance	騎馬立ち
Neko Ashi Dachi	Cat Stance	猫足立ち
Tsuru Ashi Dachi	Crane Stance	鶴足立ち
Moro Ashi Dachi	One Foot Forward (two-foot) Stance	諸足立ち
Heisoku Dachi	Closed Foot Stance	閉足立ち
Heiko Dachi	Parallel Stance	平行立ち
Kake Dachi	Hooked Stance	掛け立ち

Soto Hachiji Dachi	Outside Character "8" Stance	外八字立ち
Shiko Dachi	Sumo Stance	四股立ち
Kumite Dachi	Fighting Stance	組手立ち
Han Mi	Half Body Stance	半身
Migi Ashi Mae	Right Foot Forward	右足前
Hidari Ashi Mae	Left Foot Forward	左足前
TSUKI WAZA	PUNCHING TECHNIQUES	突き技
Seiken	Forefist	正拳
Oi Tsuki	Lunge Punch	追い突き
Morote Tsuki	Two-Handed Punch	諸手突き
Gyaku Tsuki	Reverse Punch	逆突き
Tate Tsuki	Vertical Punch	立て突き
Jun Tsuki	Side (corresponding) Punch	準突き
Shita Tsuki	Lower Punch	下突き
UCHI WAZA	STRIKING TECHNIQUES	打ち技
Seiken	Forefist	正拳
Ago Uchi	Chin / Jaw Strike	顎打ち
Furi Ichi	Hook Strike	振り打ち
Tettsui	Hammer Fist	鉄槌
Oroshi Ganmen Uchi	Descending Face Strike	下ろし顔面打ち
Komekami Uchi	Temple Strike	こめかみ打ち
Hizo Uchi	Spleen Strike	脾臓打ち
Mae Yoko Uchi	Forward Side Strike	前横打ち
Yoko Uchi	Side Strike	横打ち
Uraken	Backfist	裏拳
Ganmen Uchi	Face Strike	顔面打ち
Sayu Uchi	Left and Right Strike	左右打ち
Hizo Uchi	Spleen Strike	脾臓打ち
Oroshi Ganmen Uchi	Descending Face Strike	下ろし顔面打ち
Mawashi Uchi	Roundhouse Strike	回し打ち
Nihon Nukite	Two-Fingered Spear Hand	二本貫手
Yonhon Nukite	Four-Fingered Spear Hand	四本貫手
Shotei Uchi	Palm Heel Strike	掌低打ち
Shuto	Knife Hand	手刀
Sakotsu Uchi	Collarbone Strike	鎖骨打ち
Yoko Ganmen Uchi	Side Face Strike	横顔面打ち
Sakotsu Uchikomi	Collarbone Driving Strike	鎖骨打ち込み

Uchi Uchi	Inside Strike	内打ち
Hiji Ate	Elbow Strike	肘当て
Mae Hiji Ate	Forward Elbow Strike	前肘当て
Age Hiji Ate	Rising Elbow Strike	上げ肘当て
Ushiro Hiji Ate	Backwards Elbow Strike	後ろ肘当て
Oroshi Hiji Ate	Descending Elbow Strike	下ろし肘当て

UKE WAZA **BLOCKING TECHNIQUES** 受け技

Jodan Uke	Upper Block	上段受け
Gedan Barai	Lower Parry	下段払い
Chudan Uchi Uke	Middle Area Inside Block	中段内受け
Chudan Soto Uke	Middle Area Outside Block	中段外受け
Morote Chudan Uchi Uke	Two-Handed Middle Area Inside Block	諸手中段内受け
Shuto Uke	Knife Hand Block	手刀受け
Juji Uke	Crossed Block	十字受け
Kake Uke	Hooked Block	掛け受け
Shotei Uke	Palm Heel Block	掌低受け
Mawashi Uke	Circular Block	回し受け

KERI WAZA **KICKING TECHNIQUES** 蹴り技

Hiza Ganmen Geri	Knee Face Kick	膝顔面蹴り
Kin Geri	Groin Kick	金蹴り
Mae Geri	Front Kick	前蹴り
Mae Keage	Front Rising Kick	前蹴上げ
Soto Mawashi Geri	Outside Crescent Kick	外回し蹴り
Uchi Mawashi Geri	Inside Crescent Kick	内回し蹴り
Yoko Keage	Side Rising Kick	横蹴上げ
Mawashi Geri	Roundhouse Kick	回し蹴り
Kansetsu Geri	Joint Kick	関節蹴り
Yoko Geri	Side Kick	横蹴り
Ushiro Geri	Back Kick	後ろ蹴り
Mae Kakato Geri	Front Heel Kick	前踵蹴り
Ago Geri	Chin / Jaw Kick	顎蹴り
Tobi Mae Geri	Jumping Front Kick	飛び前蹴り

KIHON JUTSUGO **BASIC TERMINOLOGY** 基本述語

Anza	Relaxed Sitting	安座
Arigato	Thank You	ありがとう
Gozaimasu	(polite)	ございます

Budo	Martial Way	武道
Bunkai	Application (analysis)	分解
Dan	Grade (Black Belt)	段
Dojo	Training Hall (Way place)	道場
Dojo Kun	Training Hall Oath	道場訓
Dogi (Gi)	Karate Uniform (Way clothes)	道着
Fumiashi	Step (with a change of feet)	踏み足
Hajime	Begin	始め
Ibuki	Forced Tension Breathing	息吹
Jissen Kumite	Full-Contact Fighting	実践組手
Jiyu Kumite	Free Fighting	自由組手
Kamaete	Take Ready Position	構えて
Karate	Empty Hand	空手
Kata	Form	型
Ki	Inner Energy	気
Kiai	Explosive Scream	気合い
Kiai Irete	With Explosive Energy	気合い入れて
Kihon	Basics	基本
Kihon Waza	Basic Techniques	基本技
Kime	Focus	決め
Koohai	Junior Student	後輩
Kokusai	International	国際
Koosa	Switch (i.e. switch stance L to R or R to L)	交差
Kootai	Switch (i.e. partners switch places in a drill)	交代
Kumite	Fight	組手
Kyokushin	Ultimate Truth	極真
Kyu	Rank (below Black Belt)	級
Maai	Interval (between opponents)	間合い
Makiwara	Striking Post (straw wrapped)	巻き藁
Mawatte	Turn	回って
Mokuso	Meditation (silent thought)	黙想
Mugorei	No Counting (no commands)	無号令
Mushin	Without Thought (no	無心

	mind)	
Naore	Return to Starting Position	なおれ
Nogare	Calm Controlled Breathing	のがれ
Obi	Belt (sash)	帯
Okuriashi	Shuffle Step (sending foot)	送り足
Onegaishimasu	Please (polite)	おねがいします
Osu	Patience and Determination	押忍
Otagai	Each Other	お互い
Rei (...ni Rei)	Bow (Bow to...)	礼
Renmei	Federation	連盟
Renma	Polishing, Training	練磨
Renraku	Combinations	連絡
Seishin	Spirit	精神
Seiza	Formal Kneeling (correct sitting)	正座
Sempai	Senior (1st & 2nd Dan)	先輩
Sensei	Teacher (born before) (3rd & 4th Dan)	先生
Shomen	Front (correct face) of the Dojo	正面
Shihan	Expert (5th, 6th & 7th Dan)	師範
Sosai	President	総裁
Tameshiwari	Breaking Test	試し割り
Tanden	Center of Body (below navel)	丹田
Waza	Technique(s)	技
Yame	Stop	止め
Yasume	Rest, at Ease	休め
Yooi	Ready	用意
Yudansha	Black Belt Holder	有段者
Zanshin	Remain Alert (remaining mind)	斬新
TAIKAI JUTSUGO	TOURNAMENT TERMINOLOGY	大会述語
Aka	Red	赤
Awasete Ippon	Adds Up to One Point	合わせて一本
Chui	Warning	注意
Encho	Overtime Round (extension)	延長

Fukushin	Corner Judge (assistant referee)	副審
Fukushin Shugo	Referees' Conference	副審集合
Genten	Penalty	減点
Hantei	Decision	判定
Hikiwake	Draw, Tie	引き分け
Ippon	One Point	一本
Kachi	Win	勝ち
Senshuken Taikai	Championship Tournament	選手権大会
Shikkaku	Disqualification	失格
Shiro	White	白
Shushin	Referee	主審
Waza Ari	Half Point (has a technique)	技あり
Zokko	Resume Fighting	続行
KAZU	NUMBERS	数
Ichi	One	一
Ni	Two	二
San	Three	三
Shi, Yon	Four	四
Go	Five	五
Roku	Six	六
Shichi, Nana	Seven	七
Hachi	Eight	八
Ku / Kyu	Nine	九
Ju	Ten	十
Sanju	Thirty	三十
Hyaku	Hundred	百
Sen	Thousand	千
Man	Ten Thousand	万