

Great Yarmouth Shukokai Karate Club

Terminology Sheet

Dachi (Stances)

Heisoku Dachi	Feet together stance.
Musubi Dachi	Toes open, heels together.
Musubi Dachi Heiko	From musubi dachi, open heels until feet are parallel.
Hachiji Dachi/Shizen Dachi	Natural stance. From musubi dachi heiko open toes naturally.
Uchihachiji Dachi	From musubi dachi open heels so toes point inwards.
Yoi Dachi	Like hachiji dachi, but feet pointing forwards & hands in front, elbows tucked into sides.
Heiko Dachi	Parallel stance.
Moto Dachi	Basic stance
Zen Kutsu Dachi	Forward stance (one foot's length longer than moto dachi)
Shiko Dachi	Sumo Stance
Kiba Dachi	Horse riding stance
Neko Ashi Dachi	Cat stance
Kokutsu Dachi	Back stance
Naihanchin Dachi	No translation
Sanchin Dachi	No translation
Hachi Dachi	Figure 8 Stance
Sokkutsu Dachi	Side bent stance
Kosa Dachi	Cross Leg Stance (Pinan Nidan)
Sagi Ashi Dachi	One Legged Stance

Punches/Strikes (Tsuki/Uchi)

Gyaku Tsuki	Reverse punch
Oi Tsuki	Lunge Punch
Maekin Tsuki	Leading hand snap punch
Kazama Tsuki	Snap punch
Chudan Tsuki	Mid level punch
Jodan Tsuki	Upper level punch
Kagi Tsuki	Hook punch
Age Tsuki	Rising punch
Tateken Tsuki	Vertical fist punch
Niren Tsuki	Double punch (2 consecutive punches)
Uraken Uchi	Back fist strike
Empi Uchi/Hiji-ate	Elbow strike
Mawashi Empi Uchi	Roundhouse elbow strike

Kentsui/Tettsui Uchi	Hammer fist strike
Nukite Uchi	Spear hand strike
Taisho/Shotei Uchi	Palm heel strike
Haito Uchi	Ridgehand strike
Shuto Uchi	Knife hand strike
Ushiro Tsuki	Punch towards rear
Morote Tsuki	Double Punch (both at same time)

Blocks (Uke)

Age Uke	Rising block
Jodan Uke	Upper level block
Gedan Barai/Harai Uke	Lower level block/Sweeping block
Soto Uke	Outer mid level block
Uchi Uke	Inner mid level block

Shuto Uke	Knife hand block
Soto Shuto Uke	Outer knife hand block
Uchi Shuto Uke	Inner knife hand block
Haishu Uke	Back of hand block
Kaisho Kosa Uke	Open hand crossed arms block
Kosa Uke	Crossed arms block
Kakiwaki Uke	Wedge block
Juji Uke	Cross block
Morote Uke	Double arm block
Nagashi Uke	Let- go block
Ninoude Uke	Forearm Block
Ryo Uke	Two arm block
Sasae Uke	Supported block
Shotei Harai Uke	Sweeping block using palm heel
Shotei Osae Uke	Press down block using palm heel
Shuto Barai	Sweeping block with shuto
Sukui Uke	Scooping block
Uchi Otoshi	Strike down block
Yoko Barai	Side sweeping block
Yoko Uke	Side block

Kicks (Geri)

Mae Geri	Front Kick
Mawashi Geri	Roundhouse Kick
Mae Ashi Mawashi Geri	Leading Leg Roundhouse Kick
Ushiro Mawashi Geri	Reverse Roundhouse kick
Ura Mawashi Geri	Hook Roundhouse kick

Yoko Geri	Side Kick
Ushiro Geri	Back kick
Fumikomi Geri	Stamp kick
Ashi Barai	Foot sweep
Hiza Geri	Knee kick
Kakagoa Geri	Axe kick
Shuto Mikadzukikei Geri	Outer crescent kick
Uchi Mikadzukikei Geri	Inner crescent kick
Mae Tobi Geri	Jumping front kick
Yoko Tobi Geri	Jumping side kick
Mawashi Tobi Geri	Jumping roundhouse kick

Karate weapons

Seiken	Fist
Tateken	Vertical fist
Shuto	Knife hand
Zenwan	Forearm
Josokutei	Ball of foot
Sokko or Haisoku	Instep
Sokuto	Knife foot
Haito	Ridgehand
Taisho or Harai	Palm heel
Ippon ken	First finger knuckle
Nippon Ken	Second finger knuckle
Tettsui or Kentsui	Hammer fist
Zuzuki	Head butt

General Terminology

Hajimae	Begin
Yame	Stop
Sensei	Teacher
Sempai	Senior student
Kohai	Junior student
Hanshi	Master
Osu	General response /I understand/OK
Hai	Yes
Ie	No
Seiza	Correct sitting position

Mokuso
Za Rei
Ritsu Rei
Fumikae
Dojo
Gi
Obi
Gyaku Waza
Hidari
Migi
Hiki Hazushiu
Hikite
Hokei
Irimi
Kamae
Kiai

Meditation
Sitting bow
Standing bow
Change step
Training Hall
Uniform
Belt
Joint attacks
Left
Right
Pull and disengage
Pull back hand
Partner work
`Enter body` foot and body work
Guarding position
Spirit shout

Kiri Kaeshi
Ma Hanmi
Hanmi
Gyaku Hanmi
Shomen
Riai
Tenshin
Tsurikomi/Tsugiashi
Taesabaki
Urakawaza
Yoriashi/Sukiashi
Zanshin
Aka
Shiro
Aoi
Nani Mo
Nani Ka
Sugureta
Yoku Yatta
Tote Mo Yoi
Yoku Nai

Quickly turning to rear
Side facing body position
Quarter facing body position
Reverse quarter facing body position
Square facing body position
Principles and theories
`Change direction` foot and body work
Half Step/Follow on step
Body movement
Combinations
Slide in / project
Reserved/uncluttered mind
Red
White
Blue
Nothing
Something
Excellent
Well Done
Very Good
Not Good

Katas

Shihoski
Taikyoku Shodan
Pinan Katas
Shodan

Cross kata
First Cause
Pinan in Japanese means Peace/Harmony
First step

Nidan	Second step
Sandan	Third step
Yondan	Forth step
Godan	Fifth step
Jiin	Temple sound
Matsukaze	Wind in the Pines
Annanko	
Jerokonu	
Bassai Dai	To storm the fortress
Tenso	Rolling hands
Sochin	To keep the peace
Seienchin	Calm within the storm
Shihokosokun	Name of Chinese official
Naihanchin	Inside the battle field
Kururunfa	Holding your ground
Saifa	Final breaking point
Sanchin	Three battles
Seipai	Eighteen
Seiryu	
Rohai	Vision of a white heron

Attack Points

Head

Jinchu	Between nose and mouth
Miken	Between eyebrows
Sankon	Just above bridge of nose
Bikou	Just below bridge of nose
Ryomo	Lower temple
Kasumi	Upper temple

Neck

Keichu	Back of neck
Shikon	Both sides of throat
Kochu	Just below Adam`s apple
Koka	Both sides of Adam`s apple
Hichu	Small hole above sternum
Matsukaze	Right front side of neck
Murasame	Left front side of neck

Erishita Just behind centre of each collarbone

Front of trunk

Inazuma	Right rib
Denko	Left rib
Getsui	Floating rib
Suigetsu	Solar plexus
Myoken	Sides of lower abdomen

Back

Sakkatsu	Between shoulder blades
Ushiro Denko	Left side of hind floating rib
Ushiro Inazuma	Right side of hind floating rib
Ushiro Getsui	Kidney
Kame-no-o	Tail bone

Arm

Soto Hijizume	Outer side of elbow
Uchi Hijizume	Inner side of elbow

Leg

Kekkai	Inside upper knee
Shikkoku	Back of knee