



Basic Karate Vocabulary



Commands	
Seiza	Formal kneeling position
Mokuso	meditation
Mokuso Yame	finish meditation
Rei	bow
Yoi	ready
Hajime	start
Kamaete	move into stance
Mawate	turn
Yame	finish
Naore	relax

Stances	
Shizentai	natural stance
Zenkutsu dachi	front stance
Gyaku zenkutsu dachi	reversed front stance
Kiba dachi	horse stance
Kokutsu dachi	back stance
Jiyu kamae	freestyle stance
Nekoashi dachi	cat stance
Shiko dachi	square stance
Fudo (sochin) dachi	rooted stance

Block	
Gedan barai	downward block
Age uke	rising block
Soto uke	outside to inside block
Uchi uke	inside to outside block
Shuto uke	knife hand block
Osae uke	pressing block
Otoshi uke	downward forearm block (as in lion)
Sukui uke	scooping block
Chudan barai	middle level downward block
Nagashi	flowing block

Punches	
Choku zuki	basic punch
Oi zuki	stepping punch
Gyaku zuki	reverse punch
Kizami zuki	snap punch
Sanbon zuki	three times punch
Ura zuki	upper cut punch
Kage zuki	hook punch



Basic Karate Vocabulary



Strikes	
Shuto uchi	knife hand strike
Empi uchi	elbow strike
Mawashi empi uchi	roundhouse elbow strike
Uraken uchi	back fist strike
Nukite	spear hand thrust
Haito uchi	ridge hand strike
Otoshi	striking downward

Counting			
Ichi	one (first)	Roku	six
Ni	two	Shichi	seven
San	three	Hachi	eight
Shi	(yon) four (fourth)	Ku	nine
Go	five	Ju	ten

Kicks	
Mae geri	Front snap kick
Yoko geri keage	side snap kick
Yoko geri kekomi	side thrust kick
Mawashi geri	round house kick
Ushiro geri	back thrust kick
Hiza geri	knee kick
Uru mawashi geri	reverse roundhouse kick
Fumikomi	stamping kick
Ren geri	two kicks in a row

Miscellaneous	
Sensei	instructor
Sempai	senior
Jodan	head target
Chudan	chest target
Gedan	lower target area (below the belt)
Tate	upright
Hikite	pulling hand
Kyo	pause between consecutive techniques
Zanshin	awareness (remaining spirit)
Kihon	basic techniques
Kumite	attacking/defending technique
Kata	set movement pattern
Sen no sen	Seizing the initiative earlier, e.g. Block and Counter.
Bunkai	Direct Kata applications
Oyo	Kata applications analysed for self-defence
Henka	Variation of application
Kiai	yell originating from diaphragm