



TIGER SPIRIT
KARATE ACADEMY

Comprehensive Terminology



KIHON (Basics)

DACHI : Stance

Fudo	:	Immovable stance	Musubi	:	Informal
Hangetsu	:	Half Moon	Neko Ashi	:	Cat Leg
Heisoku	:	Formal	Renoji	:	L-shaped
Kiba	:	Horse Riding	Sanchin	:	Hour Glass
Kokutsu	:	Backward	Shiko	:	Square
		Leaning	Yoi	:	Ready
Mae Kosa	:	Cross Leg	Zunkutsu	:	Forward Leaning
Migi-Hidari	:	Right-left			

UKE : Block

Gaiwan	:	Outer Arm	Nagashi	:	Sweeping
Gedan Bari	:	Lower Sweeping	Naiwan	:	Inner Arm
Haishu	:	Back Hand	Nami	:	Wave
Haito	:	Ridge Hand	Osae	:	Pressing
Haiwan	:	Upper Arm	Otoshi	:	Dropping
Hiza	:	Knee	Same	:	Shark
Jodan	:	Upper Level	Shuto	:	Knife Hand
Juji	:	Cross Block	Sokuto	:	Outer Step
Kaki (Kage)	:	Hooking	Soto	:	Outer
Kakuto	:	Bent Wrist	Sukui	:	Scooping
Kakiwake	:	Reverse Wedge	Suri	:	Sliding
Mikatsuki	:	Crescent	Teisho	:	Palm Heal
Morote	:	Double Hand	Uchi	:	Inner

TSUKI (Zuki) : Punch

Awase	:	Close U	Kizami	:	Jab
Choku	:	Straight Punch	Mawashi	:	Round House
Gyaku	:	Reverse Punch	Morote	:	Double Hand
Hasami	:	Scissors	Oi	:	Lunge
Hiraken	:	Fore knuckle	Tate	:	Vertical
Ippon ken	:	One knuckle	Ura	:	Close
Ippon	:		Ura age	:	Upper Cutting
Nakadaka Ken	:	Middle knuckle	Yama	:	Wide U Punch
Kagi	:	Hook			

KERI (Geri) : Kick

Fumikeri	:	Cutting	Mawashi	:	Round House
Fumikomi	:	Stomping	Mawashi Ushiro:		Backwards Round House
Gyaku Mawashi:		Reverse Round House	Mikatsuki	:	Crescent
Hiza	:	Knee	Nidan	:	Two Level
Kin	:	Groin	Ushiro	:	Back
Mae	:	Front	Yoko	:	Side
Mae Tobi	:	Front Jumping	Yoko Tobi	:	Side Jumping

UCHI : Strike

Haishu	:	Back Hand	Same	:	Shark
Ippon Nukite	:	1 Finger Spear Hand	Seiryouto	:	Ox Jaw
Kakuto	:	Bent Wrist	Shuto	:	Knife Hand
Keito	:	Chicken Hand	Teisho	:	Palm Heel
Kumade	:	Bear Hand	Tettsui	:	Hammer Fist
Mawashi Empi:		Round House Elbow	Ura Age Empi :		Upper Cutting Elbow
Nihon Nukite :		2 Finger Spear Hand	Uraken	:	Back Fist
Nukite	:	Spear Hand	Ushiro Empi :		Back Elbow
Otoshi Empi :		Dropping Elbow	Washide	:	Eagle Hand
			Yoko Empi :		Side Elbow

MOVEMENT METHODS

Ashi- Sabaki	:	Foot Shifting	Tai-Sabaki	:	Body Shifting
Kiage	:	Snap	Tenshin	:	Body Rotation
Kokome	:	Thrust			

KATA : FORMS

Taikyoku Shodan	:	(<i>Taikyoku</i>) First Cause (<i>Shodan</i>) 1 st Level
Taikyoku Nidan	:	(<i>Taikyoku</i>) First Cause (<i>Nidan</i>) 2 nd Level
Taikyoku Sandan	:	(<i>Taikyoku</i>) First Cause (<i>Sandan</i>) 3 rd Level
Heian Shodan	:	(<i>Heian</i>) Peaceful Mind (<i>Shodan</i>) 1 st Level
Heian Nidan	:	(<i>Heian</i>) Peaceful Mind (<i>Nidan</i>) 2 nd Level
Heian Sandan	:	(<i>Heian</i>) Peaceful Mind (<i>Sandan</i>) 3 rd Level
Heian Yondan	:	(<i>Heian</i>) Peaceful Mind (<i>Yondan</i>) 4 th Level
Heian Godan	:	(<i>Heian</i>) Peaceful Mind (<i>Godan</i>) 5 th Level

Tekki : 鉄 (Teksu): Iron / Steel 騎 (Ki): Rider on a horse, Equestrian.

鉄騎 (Tekki) Iron Horse Rider
or Iron Horse Riding
or Knight (as in man in armour on horseback)
It is unclear by the translation if the horse or the rider are in iron. Iron may also refer to the strength of the horse or the rider! The original meaning was not documented.

KATA (FORMS) cont.

Tekki Shodan	:	(Tekki) Iron Horse Rider (Shodan) 1 st Level
Tekki Nidan	:	(Tekki) Iron Horse Rider (Nidan) 2 nd Level
Tekki Sandan	:	(Tekki) Iron Horse Rider (Sandan) 3 rd Level

In other styles of karate Tekki is called as Naihanchi

Bassai Dai	:	To Penetrate a Fortress (Dai – greater, bigger)
Bassai Sho	:	To Penetrate a Fortress (Sho – smaller, lesser)
Chinte	:	Many Hands
Empi	:	Flying Swallow
Gankaku	:	Crane On A Rock (Crane as in bird)
Gojushiho Dai	:	54 Steps (also Gojushi-Ho) (Dai - Greater)
Hangetsu	:	Half Moon (named after its primary stance movement)
Jion	:	Name of a Buddhist Saint (also Buddhist Temple)
Jitte / Jutte	:	10 Hands
Jo-No	:	Introductory
Kwanku Dai	:	Looking At The Sky (Dai – greater, bigger)
Kwanku Sho	:	Looking At The Sky (Sho – smaller, lesser)
Meikyo	:	A Brightly Polished Mirror (formally Rohia Kata)
NiJuShiho	:	24 Steps (also Nijushi-Ho)
Sochi	:	Energetic Calm
Unsu	:	Cloud Hands
Wankan	:	Kings Crown

KATA (FORMS) Related words

Bunkai	:	Particle interpretation
Embusen	:	Line(s) of kata movement
Zanshin	:	Continuing fighting spirit

KUMITE : FIGHTING

Tori	:	Attacker
Uke	:	Blocker (Defender)
Gohon Kumite	:	Five Step Fighting
Happo Ippon Kumite	:	8 Direction One Step Fighting
Ippon Kumite	:	One Step Fighting
Jiyu Ippon Kumite	:	Free One Step Fighting
Jiyu Kumite	:	Free Fighting
Kamae Happo Ippon Kumite	:	8 Direction One Step Fighting from Fighting Position
Kashi Ippopn Kumite	:	Attack and Counter Attacked One Step Fighting
Kihon Ippon Kumite	:	Basic One Step Fighting
Kiso Kumite	:	Fundamental Fighting
Okuri Ippon Kumite	:	Follow-Through Free One Step Fighting
Sanbon Kumite	:	Three Step Fighting

REI - BOWS

Sho-Ji ni, rei	:	Bow to Teachers (Holders of knowledge) past and present
Otogai ni, rei	:	Bow to each other
OR		
Minassa ni, rei	:	Bow to Everybody

GREETINGS

Ohayo gozaimas.	:	Good morning
Konnichi wa.	:	Good afternoon
Komban wa.	:	Good evening

INSTRUCTORS' TITLES

Hanshi	:	Senior Master	Dai Sempai	:	Senior Instructor
Shihan	:	Master	Sempai	:	Instructor
Renshi	:	Junior Master	Joshu	:	Assistant
Sensei	:	Teacher			

DIRECTIONS

Mae ni	:	to the front	Migi ni	:	to the right
Ushiro ni	:	to the back	Shomen ni	:	to the front
Hidari ni	:	to the left	Yoko ni	:	to the side
Hanmi ni	:	45° forward	Naname ni	:	diagonally

NUMBERS

Ich	:	1 (also Sho 1 st)	Roku	:	6
Ni	:	2	Shichi	:	7
San	:	3	Hachi	:	8
Shi	:	4 (also Yon 4 th)	Kyu	:	9
Go (Goh)	:	5	Ju	:	10

COMMANDS USED IN CLASS

Ashi O Kaete	:	Change Legs	Suwatte	:	Sit
Bassho O Kaete:	:	Change places	Tatte	:	Stand
Hajime	:	Begin	Te O Kaete	:	Change hands
Koko ekoi	:	Come here	Yame	:	Stop
Mawete	:	Cross over	Yame Ro	:	Stop NOW
Seiretsu	:	Line up	Yasume	:	Rest
Seiza	:	Kneel	Yoi	:	Ready

TERMS USED IN CLASS

Wakarimaska?	:	Do you understand?
Wakarimas	:	Understood
Wakarimasen	:	Not understood
Shiramasen	:	I don't Know
Hai (Hi)	:	Yes
lie (e a)	:	No
Kiai	:	(Karate Shout) Ki Spirit, Centre Ai Shout
Oss!	:	Martial arts word only, various meanings all positive. Can mean <i>I understand, yes, well done, and thank you.</i> When done with a bow it is a sign of respect!

Started in the early 1900's by Karate practitioners breathing deeply out when bowing.

TERMS USED IN CLASS (cont.)

Arigato	:	thank you
Arigato goziamas	:	thank you very much
Domo Arigato goziamas	:	as above but formal

GENERAL WORDS USED IN CLASS

Dojo	:	training hall	Nage	:	throw
Hombu	:	head dojo	Ryu	:	school
Kan	:	hall	Seitotachi	:	students
Karateka	:	student of Karate	Tameshiwara	:	art of breaking
Kyu	:	grade	Ukemi	:	break fall

LEVELS

Dan	:	Level	Nidan	:	2nd level
Jodan	:	Upper level	Sandan	:	3rd level
Chudan	:	Middle level	Yondan	:	4th level
Gedan	:	Lower level	Godan	:	5th level
Shodan	:	1st level			

CLOTHING

Gi	:	Suit / Uniform	Kimono	:	Ceremonial robe
Hachimaki	:	Headband	Kuro obi	:	Black belt
Hakama	:	Ceremonial trousers	Obi	:	Belt

PARTS OF THE BODY

Ago	:	chin	Kuchi	:	moth
Ashi	:	leg / foot	Kuchi biru	:	lips
Ashi Kubi	:	ankle (foot keck)	Me	:	eyes
Atama	:	head	Mimi	:	ears
Ha	:	teeth	Mune	:	chest
Haishu	:	back hand	Nodo	:	throat
Haisoku	:	instep	Oiya yubi	:	thumb
Hana	:	nose	Shita (Shta)	:	tong
Hitai	:	forehead	Sokuto	:	outer edge of foot
Hiza	:	knee	Te	:	hand
Hoho	:	cheeks	Te no hira	:	palm
Josokutei	:	ball of foot	Teisho	:	palm heel
Kakato	:	heel	Teisoku	:	sole of foot
Kami	:	hair	Tekubi	:	wrist (arm kneck)
Kao	:	face	Tsumasaki	:	Toes
Kata	:	shoulders	Ura Ken	:	back fist
Ken	:	fist	Wan	:	arm
Kin	:	groin	Yubi	:	finger
Kokro	:	heart			
Koshi	:	hips			
Kubi	:	keck			

TOURNAMENT TERMINOLOGY

Ai uchi	:	Clash	Ippon	:	Full Point
Chui	:	Warning	Kachi	:	Winner
Fujiban	:	Not Good Enough	Shiai ippon	:	Full Tournament point
Hansoku	:	Foul	Shimpan	:	Referee
Hansoku chui	:	Foul warning	Waza-ari	:	Half Point
Hikiwake	:	Draw			

BUDO TERMS

Budo	:	the warrior's path / the way of fighting
Bushido	:	warriors code of ethics
Do	:	path / the way
Free Lesson	:	for the first person to read this!
Ronin	:	renegade warrior / warrior without a master
Samurai	:	warrior
Ki	:	inner or spiritual strength, centre of body
Kiai	:	Karate shout (refer to Ki for deeper meaning)
Koan (kohan)	:	Zen question
Zazen	:	seated meditation
Zen	:	philosophy and practice of life

Karate : **Empty Hand**

Shotokan : **The style of karate we do.....**

Shotokan Karate was devised by Gichin Funakoshi. Apart from being a Karate instructor he was also a poet. Shotokan was the name of the first official hall used by Funakoshi in 1936.

“**Shoto**” (松濤, Shōtō) meaning “**pine-waves**” (*the sound from the movement of pine needles when the wind blows through them*) was Funakoshi's pen-name, which he used in his philosophical writings and messages to his students. “**Kan**” means hall.

Initially Shotokan Karate didn't have a defining name. When Funakoshi's students were asked what style of karate they practiced, they replied by saying they learn at the “**Shoto Kan**”. Through common usage this became one word and the name for the style.

The name stayed with the style from that time onwards in honour of Funakoshi.