

# TRANSLATIONS

## GERI \_\_\_\_\_ KICKS

Mae Geri \_\_\_\_\_ Front kick  
 Yoko Geri \_\_\_\_\_ Side kick  
 Ushiro Geri \_\_\_\_\_ Back kick  
 Mawashi Geri \_\_\_\_\_ Roundhouse kick  
 Mikazuki Geri \_\_\_\_\_ Crescent kick  
 Fumakomi \_\_\_\_\_ Stomping kick  
 Kinsetsu Geri \_\_\_\_\_ Joint kick  
 Mae Tobi Geri \_\_\_\_\_ Flying front kick  
 Yoko Tobi Geri \_\_\_\_\_ Flying side kick  
 Ashi Barai \_\_\_\_\_ Foot sweep  
 Hiza Geri \_\_\_\_\_ Knee kick

## MISCELLANEOUS \_\_\_\_\_

Sempai \_\_\_\_\_ Senior  
 Karate Do \_\_\_\_\_ Empty Hand Way  
 Sensei \_\_\_\_\_ Teacher  
 Rei \_\_\_\_\_ Bow  
 Seiza \_\_\_\_\_ Kneel  
 Mukso \_\_\_\_\_ Meditate

Yame \_\_\_\_\_ Stop  
 Kiyo Tsuke \_\_\_\_\_ Attention  
 Yoi \_\_\_\_\_ Ready  
 Hajime \_\_\_\_\_ Begin  
 Kime \_\_\_\_\_ Focus  
 Dojo \_\_\_\_\_ Training Hall  
 Makiwara \_\_\_\_\_ Punching Board  
 Kiai \_\_\_\_\_ Meeting of the spirits  
 Obi \_\_\_\_\_ Belt  
 Gi \_\_\_\_\_ Karate Uniform  
 Ippon \_\_\_\_\_ One point  
 Karate Ka \_\_\_\_\_ Karate student  
 Kihon Kumite \_\_\_\_\_ Basic sparring  
 Kata \_\_\_\_\_ Forms  
 Jiyu Kumite \_\_\_\_\_ Free sparring  
 Ryu \_\_\_\_\_ School or style  
 Ippon Kumite \_\_\_\_\_ One point sparring  
 Goju \_\_\_\_\_ Hard/Soft  
 Jiu Jitsu \_\_\_\_\_ Gentle Art

## DACHI \_\_\_\_\_ STANCES

Heisoku Dachi \_\_\_\_\_ Attention stance  
 Heiki Dachi \_\_\_\_\_ Natural stance  
 Kiba Dachi \_\_\_\_\_ Straddle stance  
 Zenkutsu Dachi \_\_\_\_\_ Forward leaning stance  
 Kokutsu Dachi \_\_\_\_\_ Back stance  
 Neko Aishi Dachi \_\_\_\_\_ Cat stance  
 Sanchin Dachi \_\_\_\_\_ Hour glass stance  
 Shiko Dachi \_\_\_\_\_ Sumo stance  
 Musubi Dachi \_\_\_\_\_ Formal Attention stance

## TE WAZA \_\_\_\_\_ PUNCHES

Oi Zuki \_\_\_\_\_ Lunge punch  
 Gy Aku Zuki \_\_\_\_\_ Reverse punch  
 Morte Zuki \_\_\_\_\_ Double fist punch  
 Seiken Zuki \_\_\_\_\_ Fore fist punch  
 Ura Ken \_\_\_\_\_ Back fist  
 Tetsui \_\_\_\_\_ Hammer fist  
 Kazama Zuki \_\_\_\_\_ Jab  
 Mawashi Zuki \_\_\_\_\_ Roundhouse punch

## UCHI \_\_\_\_\_ STRIKES

Nukite \_\_\_\_\_ Spear hand  
 Teisho \_\_\_\_\_ Palm heel  
 Haito \_\_\_\_\_ Ridge hand  
 Shuto \_\_\_\_\_ Knife hand  
 Empi \_\_\_\_\_ Elbow

## UKE \_\_\_\_\_ BLOCKS

Jodan Uke \_\_\_\_\_ High block  
 Uchi Uke \_\_\_\_\_ Inside forearm block  
 Gedan Barai \_\_\_\_\_ Downward sweeping block  
 Soto Uke \_\_\_\_\_ Outside forearm block  
 Shuto Uke \_\_\_\_\_ Knife Hand block  
 Morte Uke \_\_\_\_\_ Augmented forearm block  
 Teisho Uke \_\_\_\_\_ Palm heel block  
 Mawashi Uke \_\_\_\_\_ Roundhouse block  
 Kake Uke \_\_\_\_\_ Hook block  
 Hariatoshi \_\_\_\_\_ Three Point Low block

## KIHON \_\_\_\_\_ COUNTING

Ichi \_\_\_\_\_ One  
 Ni \_\_\_\_\_ Two  
 San \_\_\_\_\_ Three  
 Shi \_\_\_\_\_ Four  
 Go \_\_\_\_\_ Five

Roku \_\_\_\_\_ Six  
 Shichi \_\_\_\_\_ Seven  
 Hachi \_\_\_\_\_ Eight  
 Ku \_\_\_\_\_ Nine  
 Ju \_\_\_\_\_ Ten

## Commonly Used Japanese Terminology in a Karate Club

- *Dojo*: school, training place
- *Karate*: "empty hand"
- *Karate-do*: the way of empty hand
- *Sensei*: Teacher
- *Sempai*: senior (higher rank or position)
- *Kohai*: junior (lower rank or position)
- *Dohai*: peer, equal (same rank or position)
- *Obi*: belt
- *Gi*: karate uniform
- *Seiretsu*: Line up
- *Kiotsuke* : Attention
- *Rei*: bow
- *Mokuso*: Meditation, reflection
- *Mokuso Yame*: Stop the meditation, reflection
- *Kokki Ni Mukkatte, Rei* : Respect to the flag
- *Sensei, onegaishimasu, rei*: Teacher, please train us, bow
- *Yame*: Stop
- *Naotte*: at ease
- *Mawatte*: Turn around
- *Yoi*: preparation, ready
- *Kime*: focus
- *Kihon*: fundamentals, basics
- *Yasume*: rest, at ease
- *Seiza*: kneel down
- *Kiai*: yell, expression of breath control
- *Karate-ka*: Karate student, practitioner
- *Keiko*: practice
- *Otagai- ni-Rei*: To each other, bow
- *Ossu*: an expression of respect, "push patience"