

HEIGHT

Jodan - Upper/Head

Chudan - Middle Body

Gedan - Lower Body

DIRECTIONS

Mae - Front

Yoko - Side

Ushiro - Back

Mawashi - Round

BLOCKS / UKE (TO RECEIVE)

Chudan Sote Uke - Middle Body Block

Gedan Uke - Lower Block

Haiwan Uke - Square Side Block (Shodan)

Jodan Shuto Uki - High Level Open Handed / Chopping Block

Jodan Uke - Head Block

Kakete - Hook Hand

Sagurite - Searching Hands

Shuto Uke - Knife Hand Block

Uchi Uke - Striking Block (Meotode)

Uchi Ottoshi - Crescent Strike

PUNCHES / ZUKI

Choku Zuki - Straight Punch

Furuzuki - Hook Punch

Gyaku zuki - Reverse Punch

Maeken - Leading Hand Punch (Face)

Oizuki - Step & Punch

Zuki – Punch

STRIKES / UCHI

Ashi Barai - Leg Sweep

Cote - Forearm Strike

Empi - Elbow Strike
Haito - Ridge hand Strike
Ceeken - Knuckle Strike
Ken - Knuckle / Fist
Kokun - Wrist Strike
Nukite - Spear hand / Finger strike
Ippon Nukite - Single Finger Strike (Nihon = 2. Sanbon = 3)
Teishio - Palm heel Strike
Tetsui - Hammer Fist
Uraken - Back Fist

KICKS / GERI

Cakuto - Axe Kick
Hiza Geri - Knee Kick
Kin Geri - Groin Kick
Maegeri - Front Kick
Mawashigeri - Roundhouse Kick
Mikazukigeri - Half Front Kick
Ottoshigeri - Crescent Kick
Sukuto - Side kick
Ura Mawashigeri - Hook Kick
Ushiro Geri - Back Kick
Ushiro Mawashigeri - Spinning Roundhouse
Ushiro Ottoshigeri - Spinning Crescent Kick
Ushiro, Tobi, Ottoshigeri - Tornado Kick
Tobi, Ushiro, Ottoshigeri - Jumping, Spinning, Crescent Kick
Tobi, Ushiro, Mawashigeri - Jumping, Spinning,
Roundhouse Kick (heel)

TERMS

Buncai - Application
Dojo - Training Hall / The Place of the Way
Dojo-ni - Performed at the Same Time
Dojo Kun - Guideline / Rules of Dojo

Fumakomi - Stamping
Gi - Uniform
Haijime - Commence
Hai - Yes / Understood / Affirmative
Ippon Kumite - One Steps
Kaizen - Improvement
Karate - Empty Hand
Karateca - Student of Karate
Keage - Snap
Kekomi - Thrust
Ki - Inner Spirit
Kiai - Battle Cry
Kimi - Focus
Ko-budo - Old Martial Way (Weapons)
Kumite - Fighting / Grappling Hands
Mawatte - To turn / To Look
Meotode - Husband - Wife Hands
Muchimi - Creating Power (Heavy, Sticky Feeling!)
Obi - Belt / Sash
Okinawa - Karate's Place of Origin
Onegai-Shimasu - Please take care of me / I am your care
(simplified as oss)
Oss/Osu/Ossu - Grant me the Pleasure
Rei - Bow
Shukokai - Way For All
Soji - Ritual Cleaning of Dojo
Sensei Chojiro Tani - Formed Shukokai Karate
Sensei - Teacher
Shakugan - Burning Eyes / Intensity of gaze
Yame - Stop
Zanshin - Awareness

STANCES / DACHI

Han / Sho Kokutsu Dachi - Half / Short Back Stance

Han / Sho Zenkutsu Dachi - Half / Short Standard Stance
Hangetsu Dachi - Halfmoon Stance (Long Sanchin)
Heiko Dachi - Parallel Stance (Yoi)
Heisoku Dachi - Feet Together (Attention Stance)
Kiba Dachi - Horse Stance
Kokutsu Dachi - Back Stance
Moto Dachi - Foundational Stance (Shins length, two fists width)
Musubi Dachi - Knot Stance (Heels Together, Toes 45 degrees)
Nekoashi Dachi - Cat Paw Stance
Sagiashi Dachi - Crane Stance
Sanchin Dachi - Three Batle / Hourglass Stance
Shiko Dachi - Square Stance / Sumo Stance
Sokutsu Dachi - Reverse Stance
Teiji Dachi - T Stance
Zenkutsu Dachi - Forward / Standard / Forward Leaning Stance

FORMS / KATA

Heian - Peaceful or Calm
Pinan - Peaceful or Calm
Matsukaze - Pine in the Wind (Jugular)
Jurokanu - 16 Hands / Steps
Ji'in - Inverted Mercy
Jion - Mercy
Rohai - Vision of the Crane
Annanku - Light from the South
Seifa - To Smash / Tear Apart
Bassai Dai - Storming the Temple
Seienchin - Conqueror / To seize and Conquer
Shiokosokan (Kosokan-Shio) - Short Four Directions /
Contemplating the Sky
Seipai - Eighteen

Chinto - Fighter to the East
Niseishi - Twenty Four
Unsu - Cloud Hands