

JAPANESE TERMINOLOGY

ASHI BARAI	LEG SWEEP
CHOKUZUKI	STRAIGHT PUNCH
CHUDAM	MID SECTION
DACHI	STANCE
DAN	BLACK BELT GRADE
DO	WAY OR PATH
DO JO	TRAINING HALL
EMPI-UCAK	ELBOW STRIKE
GEDAM	LOWER LEVEL
GEDAM BARAI	LOWER SWEEPING BLOCK
GERI	KICK
GI	TRAINING SUIT
GYAKUZUKI	REVERSE PUNCH
GYAKUZUKI NO TSUKKOMI	REVERSE TO LOWER ABDOMEN
HAJIME	START
HAITO-UCHI	RIDGE HAND STRIKE
HANMI	HALF FORWARD POSITION
HIDARI	LEFT
HIDARI GAMAE	JUNZUKI STANCE
HIDARI HAMMI GAMAE	LEFT FIGHTING STANCE
HIZAGERI	KNEE KICK
IPPONKEN	ONE KNUCKLE FIST
IPPON KUMITE	ONE STEP SPARRING
JODAN/UKE	UPPER LEVEL –HEAD BLOCK
JUNZUKI	LUNCH PUNCH
JUNZUKI-NO-TSUKKOMI	LUNGE PUNCH
KARATE	CHINESE HAND/EMPTY HAND
KATA	TRAINING SEQUENCE
KETTE	KICK
KI	SPIRIT, INNER POWER
KIAI	KARATE SHOUT
KRADACHI	STRADDLE/HORSERIDDING STANCE
KIHON	BASIC TECHNIQUES
KIHON KUMITE	BASIC PRE-ARRANGED SPARRING
KINGERI	GROIN KICK
KIRITSU	STAND TO ATTENTION
KOKUTSUDACHI	BACK STANCE
KUMITE	SPARRING
KYU	COLOUR BELT GRADE
MAEGERI	FRONT KICK
MAWASHIGERI/ZUKI	ROUNDHOUSE KICK/PUNCH
MAWATTE	TURN
MIGI	RIGHT
MIKAZUKIGERI	CRESCENT KICK
MOROTE-UKE	ARGUMENT BLOCK
NAGASHIZUKI	AVOIDING SNAP PUNCH
NEKOASHIDACHI	CAT STANCE
NIDANGERI	DOUBLE KICK
NUKITE	SPEAR HAND
OTAGAI NI REI	BOW TO DOJO AND ALL ASSEMBLED
PIAN	PEACEFULL MIND
REI	BOW
RENZUKI	COMBINATION PUNCHING
RYU	SCHOOL
SEIKEN	FOREFIST
SEIZA	KNEELING POSTURE
SENSEI	TEACHER
SENSEI NI REI	BOW TO INSTRUCTOR
SHIKODACHI	STRADDLE (FEET TURNED OUT)
SHIZENTAI	NATURAL STANCE
SHUTO UCHI/UKE	KNIFE HAND STIKE/BLOCK
SOKUTO FUMIKOMI	FOOT EDGE STAMPING KICK
TEISHO UCHI	PALM HEEL STRIKE
TETSUI UCHI	BOTTOM FIST STRIKE
URAKEN	BACK FIST
USHIRO GERI	BACK KICK
YAME	RELAX TO READY STANCE OR STOP
YASUME	DISMISS AFTER BOW
YOHI	READY STANCE