

## SHOTOKAN KARATE TERMINOLOGY

As with any other art form Shotokan karate has its own unique terminology, and even though Shotokan is taught all over the world, and in many different languages, it is still common in most dojos to give some commands in Japanese.

The following list of Japanese words and their English counterpart is by no means definitive and so students are encouraged to view this list as merely a starting point in their own effort to further their knowledge of all that Shotokan Karate has to offer.

### GENERAL TERMS:

**karate do** - empty handed way

**shihan** - master

**sensei** - teacher

**sempai** - senior student

**kohai** - junior student

**dojo** - training hall

**obi** - belt

**seiza** - kneel

**mokuso** - meditate

**rei** - bow

**yoi** - ready

**hajime** - begin

**yame** - stop

**naote** - relax

**hidari** - left

**migi** - right

### KATA TERMS :

**gedan-barai** - down block

**chudan oi zuki** - middle lunge punch

**chudan uchi uke** - inside outward block

**tetsui zuki** - hammer fist strike

**shuto uke** - sword hand block

**shuto zuki** - sword hand strike

**tai-sabaki** - body shifting

**jodan oi zuki** - upper lunge punch

**jodan age uke** - upper rising block

**yoko geri keage** - side snapping kick

**mae geri keage** - front snapping kick

**chudan uraken** - middle back fist

jodan - upper

chudan - middle

gedan - lower

dachi - stance

zuki - punch

uchi - strike

uke - block

geri - kick

tai sabaki - body shifting

yorishiro - foot shifting

### STRIKES :

kazama zuki - jab

choku zuki - straight punch

oi zuki - lunge punch

gyaku zuki - reverse punch

yama zuki - mountain punch

yoko zuki - side punch

shita zuki - inverted punch

ippon ken - one knuckle strike

uraken - back fist

tetsui - hammer fist

chudan nukite zuki - middle spear hand strike

chudan gyaku zuki - middle reverse punch

morote chudan uchi uke - augmented middle inside outward block

jodan soto uke - upper forearm strike

morote gedan uchi uke - augmented lower inside outward block

morote shita zuki - augmented upper inverted punch

chudan teisho yoko uke - middle side palm heel block

chudan yoko zuki - middle side punch

ni jodan shita zuki - double inverted upper punch

chudan tsukami uke - middle grasping block

chudan osae uke - middle pressing block

chudan mae empi uchi - middle forward elbow strike

chudan keito uke - middle chicken head block

empi uchi - elbow strike

nukite-zuki - spear hand strike

shuto - knife hand

shuto-zuki - sword hand strike

#### BLOCKS :

jodan age uke - upper rising block

jodan tetsui zuki - upper hammer fist

gedan uke - lower block

kake wake uke - reverse wedge block

haishu-uke - back hand block

soto uke - inward middle block

uchi uke - outward middle block

morote uke - augmented block

teisho oshi uke - pressing palm heel block

shuto-uke - sword hand block

juji-uke - X block

#### STANCES :

zenkutsu dachi - front stance

kokutsu dachi - back stance

hitosashiyubi gedan nukite - lower index finger spear hand

shuto gedan barai - lower sword hand strike

washide jodan uchi - upper eagle strike

jodan mae geri keage - upper front snapping kick

chudan uraken - middle back fist

chudan hiza geri - middle knee strike

chudan mika zuki geri - middle crescent kick

chudan mawashi zuki - middle round house punch

jodan shuto juji uke - upper open hand X block

ni yoko chudan zuki - double middle side punch

chudan-tate-shuto-uchi-uke - middle level vertical inside outward sword hand block

chudan choku zuki - middle straight punch

ni jodan uke - double rising block

hidari ashi dachi - left legged stance

kiba dachi - horse  
stance

fudo dachi - rooted  
stance

neko ashi dachi -  
cat stance

hangetsu dachi -  
hourglass stance

KICKS :

hiza geri - knee  
strike

mae geri - front kick

yoko geri keage -  
side snap kick

yoko geri kekomi -  
side thrust kick

fumakomi - stomp  
kick

mika zuki geri -  
crescent kick

mawashi geri -  
round kick

tobi geri - jump kick

ni mae geri - double  
front kick

ushiro geri kekomi -  
back thrust kick

chudan uchi otoshi -  
middle falling block

jodan yoko uchi  
barai - upper side  
sweeping block

sho koko bo uke -  
tiger mouth block

chudan oi zuki  
maeude hineri -  
middle lunge punch  
with turning  
forearm

jodan tate mawashi  
uchi - upper vertical  
roundhouse strike

naname shita ni  
oshinobasu - double  
downward oblique  
push

gedan gassho uke -  
lower double palm  
heel block

sankaku tobi -  
triangle jump

chudan nakadaka  
ippon ken - middle  
one knuckle strike

jodan age nihon  
nukite-zuki - upper  
two finger spear  
hand strike

haishu uke - back  
hand block

jodan kensei -  
upper palm feint

