

A

age – rising
age tsuki or zuki – rising punch
age uke – rising „block“
ai – harmony
aka – red
arigato – thank you
arigato gozai mashita – thank you for training
arigato gozai masu – thank you for training
ashi – foot
ashi barai – foot sweep
ashi sabaki - footwork
atama – head
atemi – striking vulnerable points of the body

B

barai – sweep
bu – war
budo – the way of war
bujutsu – the techniques of war, or skills
bunkai – analysing the movements of kata to
practical application
bushi – warrior

C

chikara – power
choku tsuki – straight punch
chudan- middle level of the body between
shoulders and the belt

D

dai – big
dan – rank
deshi – student
do – way
dojo – literally means "place of the way“, training
hall

E

empi – Okinawa Hogen term for elbow
empi uchi – elbow strike

F

fumikomi – stomping kick

G

gedan – lower level of the body below the belt
g(k)eri – kick
go 剛 - hard
go 五 - five
goju ryu 剛柔流 - Karate style from Okinawa
gyaku – reverse
gyaku tsuki – reverse punch
gamaku – Okinawa Hogen term for the hips or
movement of the hips

H

hachi (八) – eight
hajime – command to start
haito – the inside edge of the hand, ridgehand
hanmi – half front facing
hara – stomach
heisoku dachi – closed feet stance
heko dachi – parallel stance
hidari – left
hiza geri - kneestrike

I

ichi (一) – one

J

jo – place

jodan – upper level of the body, above the shoulders

ju (十) – ten

ju 柔 – soft, flexible, gentle

Judo 柔道 – jap. competition martial art

jutsu – skill, technique

juji uke – cross „block“

jumbi undo – warm up exercise

jun zuki – straight punch

jyu kumite – free sparring

K

kagi tsuki – hook punch

kai – meeting, union

kakato – heel

Kakato geri – heel kick or ax kick

kake – hook

kakete – hooking hand

kakie – sticky hands

kamae – posture

kan – house, school

karate 唐手 - „chinese hand“ (until 1930)
空手 - „empty hand“ modern term

karategi – karate uniform , dogi or gi

kata – form

keage – snap

kekomi – thrust

ken – fist

kenpo (kempo) – „law of the fist“, jap. term for systems of chinese origin.

kihon – basics, fundamentals

kime - focus

kiritsu – command: stand up

kiotsuke – command: attention

kizami – lead ...

kizami tsuki – lead hand punch, jab

ko 古 - old

kobudo 古武道 - martial arts weaponry system

kohai – younger student, like a protégé

kokutsu dachi – back stance

kosa dachi – cross legged stance

koshi – hips

koshi sabaki – hip movement

kubi – neck

kumite/tegumi – all forms of partner training, free sparring, grabbing etc.

kuzushi – balance displacement

kyu – student grade

kyu (九) - nine

M

mata – inner thigh

mawashi geri – roundhouse kick

migi – right

mikazuki geri – crescent kick

mokuso – meditation to "clear one's mind"

momo – thigh

momo uchi – inside low kick

morote – using both hands

moto dachi – natural forward stance

mu/kara – empty

mushin – empty mind

muchimi di – sticky hands (Okinawa Hogen)

N

nage waza – throwing techniques

nana/shichi (七) - seven

ne waza – groundfighting techniques

ni (二) – two

nukite – spearhand

O

o – big

obi - belt

onagai shimasu – "Please train with me."

oi tsuki – stepping punch

otagai ni rei – Bow to each other

otoshi – from above, downwards

R(L)

rei – salutation

roku (六) - six

ryu – style

Ryukyu - old name for the kingdom, before
Okinawa became Japanese

S

sagiashi dachi – Crane-foot stance

san (三) - three

seiza – kneeling position

sempai – elder student, like a mentor

sensei - teacher

serei undo – warm up exercise

shi/shin 心 - mind, heart, soul

shiko dachi – square stance

shiro/a – white

sho/ko 小 - small

shomen – front of the dojo

seiken – fore fist

shuto – hand sword or knifehand

soto – outside

soto deshi – outside student

soto uke – outside „block“

sune – shin

sune uke – defence with the shin

suri ashi – sliding step

T

t(d)achi – stance

tai – body

tai sabaki – whole body movement

tanden – center of gravity

tate tsuki – vertical fist punch

te – hand, technique

tekubi – wrist

teisho/shotai - palm

tetsui – hammerfist

tobi – jumping technique

tsuki/zuki – punch

tuite – gripping vital points

U

uchi – inside,

uchi deshi – „inside student“

uchi uke – inside „block“

ude – forearm

ude barai – swinging forearm defence

uke – to receive an attack, rather than to block

ura – backside, reverse

uraken – back fist

ushiro geri – back kick

W

waza – technique

Y

yoi – command: Attention!

yoko geri – sidekick

yon/shi 四 - four

yubi – finger, toe

yame – command: Stopp!

Z

zenkutsu dachi – deep forward stance

zumasaki – toes