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**Japanese Terminology**

**Blocks**

Uke = Block

Age Uke = Upper Rising Arm Block

Barai = Parry

Gedan Barai = Downward Block

Haishu Uke = Back Hand Block

Haito Uke = Ridge Hand Block

Hai-Wan Uke = Back Arm Block

Juji Uke = X Block

Kake Uke = Hooking Block

Kakiwake = Wedge Blcok

Kosa Uke = Crossed Block

Manji Uke = Angular Block

Morote Uke = Augmented Block

Shuto Uke = Knife Hand Block

Soto Ude Uke = Outside Forearm Block

Teisho Uke = Palm Heel Block

Uchi Ude Uke = Inside Forearm Block

Uraken Uke = Back Fist block

**Kicks**

Ashi = Foot/Leg

Geri = Kick

Ashi Barai = Foot/Leg Sweep

Fumikiri Geri = Cutting Kick

Fumikomi Geri = Stamping Kick

Hiza Geri = Knee Kick

Keage = Side Snap Kick

Kekato Geri = Axe Kick

Kekomi = Side Thrust Kick

Mae Geri = Front Snap Kick

Mawashi Geri = Round House Kick

Mikazuki Geri = Crescent Kick

Mae Ren Geri = Alternate Left/Right Mae Geri Kicks

Tobi Geri = Jumping Kick

Ushiro Geri = Backwards Heel Kick

Ushiro Kekomi = Backwards Side Foot Kick

Ushiro Mawashi = Reverse Round House Kick

Yoko Geri Keage = Side Snap Kick Stepping In Horse Riding Stance

Yoko Geri Kekomu = Side Thrust Kick Stepping In Horse Riding Stance

**Strikes**

Age Empi = Upward Elbow Strike

Haishu Uchi = Back Hand Strike

Haito Uchi = Ridge Hand Strike

Empi = Elbow Strike

Keito Uchi = Chicken Head strike

Mae Empi = Forearm Smash

Mawashi Empi = Round House Elbow Strike

Nukite = Spear Hand Strike

Shuto Uchi = Knife Hand Strike

Tettsui Uchi = Hammer Fist Strike

Teisho Uchi = Palm Heel Strike

Toshi Empi = Downward Elbow Strike

Uchi = Strike

Uraken Uchi = Back Fist Strike

Ushiro Mawashi Empi = Reverse Round House Elbow Strike

Yoko Empi = Side Elbow Strike

**Punches**

Age Zuki = Rising Punch

Choku Zuki = Straight/ Standing Punch

Gyaku Zuki = Reverse Punch

Hiraken Uchi =Foreknuckle Fist Strike

Kagi Zuki = Hook Puch

Kizami Zuki = Jabbing Punch

Mawashi Zuki = Round House Punch

Morote Zuki = Augmented Punch

Nakadaka Ippon Ken = Middle Finger One Knuckle First

Oi Zuki = Lunge/Stepping Punch

Sanbon Zuki = Three Punches

Tate Zuki = Vertical Punch

Ura Zuki = Close Punch

Yama Zuki = U Punch

Zuki = Punch

**Stances**

Dachi = Stance

Fudo Dachi = Rooted Stance

Hangetsu Dachi = Half-Moon Stance

Kiba Dachi = Horse Riding Stance

Kokutsu Dachi = Back Stance

Kosa Dachi = Cross Feet Stance

Musubi Dachi = Informal Attention Stance

Neko Ashi Dachi = Cat Stance

Renoji Dachi = L Stance

Sagi Ashi Dachi = Heron Leg Posture

Sanchin Dachi = Hour Glass Stance

Shizen Dachi = Natural Stance

Sochin Dachi = Diagonal Straddle Leg Stance

Teiji Dachi = T Stance

Tsuru Ashi Dachi = Crane Leg Stance

Zenkutsu Dachi = Front Stance

**Other Terminology**

Bo = Staff

Obi = Belt

Rei = Bow

Sempai = Senior

Sensei = Teacher

Sokutei = Sole Of The Foot

Sokuto = Foot Edge

Te = Hand

Yame = Stop

Yoi = Ready

Bunkai = Application To Kata

Chudan = Middle Level

Dan = Black Belt Rank

Dojo = Training Hall

Dojo Kun = Dojo Oath

Gamae = Ready

Gedan = Lower Level

Gi = Karate Suit

Hai = Yes

Hajime = Start

Hidari = left

Jo = Short Stick

Kata = Prearranged Sequence Of Techniques

Kiai = Shout

Kihon = Basic

Kime = Focus/ Tension

Kokyo = Breathing

Koshi = Ball Of The Foot

Kyu = Rank below Black Belt

Ma-ai = Distancing

Mae = Front

Mawate = Turn

Migi = Right

**Tournament Terminology**

Ai Uchi = Simultaneous Strike (No Score)

Ake = Red

Chui = Warning

Hansoku Chui = Disqualification

Hantei = Decision

Ippon = Full Point

Jogai Chui = Warning For Leaving Area

Kamai = On Guard

Kata = Sequence of Techniques

Kiki Wake = Draw

Manaka Ni Haite = Come To The Centre Of The Contest Area

Shiai = Contest

Shiai Jo = Contest Area

Shikkaku = Disqualification For Breach Of Rules

Shimpan = Judge/Referee

Shiro = White

Shobu = Match

Tarimasen = No Score

Tszukete Hajime = Resume Fighting

Waza Ari = Half Piont