

Kazoku Budokan

TERMINOLOGY



abara	Ribs
age	Rising
age geri	Rising kick.
age tsuki	Rising punch, (age zuki).
age uke	Rising block. Also known as a high or upper block.
age uchi	Rising strike.
ago	Jaw or chin
ai	Combine, unite, join, gather, harmony.
aiki	Harmony meeting. When one combines an opponent's energy with their own for control.
aikido	Literally, Meeting spirit way. A Martial Art developed by Uyeshiba Morihei in the 1930's. Based on Aikijutsu.
anata wa	You (Anata = you, Wa marks the subject of the sentence)
antei	Balance, stability, or equilibrium.
anza	Relaxed sitting, cross legged.
arigato	Thank you
arigato gozaimasta	Thank you very much
ase	Perspiration, sweat.
ashi	Leg, foot.
ashi barai	Foot sweep.
ashi gatame	Leg lock.
ashi kubi	Ankle
ashi no ura	Sole of the foot.

ashi no yubi	Toe
ashi sabaki	Footwork or foot movement.
ashi waza	Foot techniques.
ashi guruma	Leg wheel throw.
atama	Head, top of the head
atama tsuku	Head butt
ate	To smash, to strike with the hand.
ate waza	Methods or techniques of striking with the hand.
atemi	To strike vital points of the body
atemi waza	Methods or techniques of striking vital points of the body
ayumi dachi	A natural walking stance with the weight over the center.

B

bajutsu	Japanese art of horsemanship. Also known as Jobajutsu.
ben	Study and understanding.
bo	Long staff, typically 6' in length and solid hardwood, also rattan and lighter material, sometimes tapered at the ends for more acute thrusting surfaces. A traditional Okinawan Kobudo weapon.
bogu	Protective equipment of nonmetallic materials used in several styles of Japanese Karate, primarily for competitive sparring.
bojutsu	An armed defense system centering around the use of the bo. It was developed from Japanese lance and spear.
bokken	Literally: Wooden sword; A wooden sword used by the Japanese feudal warrior as a practice weapon. The Bokken went on to become an effective battlefield weapon. See bokto.
boku	Tree, wood, lumber, wooden.
bokuto	Wooden sword. See bokken.
bu	Military or warrior, having to do with war. A concept denoting the entire military dimension of feudal Japan.

budo	Military way or way of fighting. A generic term encompassing all of the Japanese Martial Arts.
bujutsu	Military arts. A collective term for all the Japanese Arts practiced by the Samurai.
bunkai	Analysis. The detailed study of Martial Arts techniques. Application of techniques in kata.
bushi	Military person, warrior, or Samurai. A term for the Japanese warrior which was changed to Samurai in the 15th century.
bushido	A strict code of ethical behavior followed by the Samurai, an enlightened path of self-mastery and honor.. Bushido was formulated during the Tokugawa Era (1603 - 1868) of Japan

C

cha chuan	A northern Chinese form of Kung Fu developed from 14th to 17th century in the west and south of China. In this system, practitioners fight from long range using high, long leaps to close the gap.
chakuza	Sit down.
chi	Chinese, internal energy. Sometimes spelled Ch'i. In Japanese it is Ki.
chi gung	Cantonese, The practice and cultivation of Chi. A meditative and internal form of exercise common to many Chinese Martial Arts. Sometimes spelled Qi Qong, Qi Gong, Chi Kung. See Chi.
chikara	Strength
cho	Long, length, excel in, leader, master, chief.
cho wa	In the Japanese Martial Arts, the harmonious mental and physical reaction while at practice.
choku tsuki	Straight punch. Also spelled choku zuki
chu	Central, center, middle.
chuan fa	The major Chinese precursor of Karate. Most forms of 20th century Chuan Fa are said to be descendants of Ch'ueh Yuan's "170 hand and foot positions."
chudan	Middle level. (chuudan)

chudan tsuki	Middle level punch, (chudan zuki).
chudan geri	Middle level kick.
chudan uchi	Middle level strike
chudan uke	Middle level block.
chudan-no-kamae	Middle posture.
chugaeri	Forward summersault.
chugyo	A Japanese term used to describe the principle of devotion and loyalty.
chushin	Center, core.
chusoku	Ball of the foot.

D

dachi	Stance, see taichi
dai	Literally: Faithful service to that which is older. In karate used as a suffix to denote a revised version of a kata.
dan	Level
dan tsuki	Consecutive punches. (dan zuki)
de ashi harai	Advancing foot sweep.
deshi	Pupil, disciple, apprentice, teacher's student-helper.
do	The way of...way or path. When this term is used as a suffix to a particular style of the Japanese Martial Arts, it is indicative of more than just a means of combat. Do indicates a discipline and philosophy with moral and spiritual connotations.
do itashimashite	You are welcome.
dogi	Japanese term for a Martial Arts uniform.
dojo	Practice Hall, literally "Place of Learning the Way"
dojo-kun	Rules for conduct in a dojo.
dokyo	Teaching of the way.
domo	Thank you.
domo arigato gozaimashita	Thank you very much.

doryoku Giving one's best effort to reach one's goal.

doshu Master or master of the way.

E

eku Oar, scull, paddle, row, Okinawan kobudo weapon. (eiku, ueku, kai, kai bo).

embusen Floor pattern of a given kata.

empi Elbow also known as hiji.

eri Lapel, collar.

F

fudo dachi Rooted stance.

fudo-shin Immovable mind.

fumikomi Stepping into, breaking or rushing into

fumikomi geri Stamp kick.

fumikomi tsuki Punch, stepping in. (fumikomi zuki)

fumikomi uchi Strike, stepping in.

fumikomi uke Block, stepping in.

furimi Dodging techniques.

G

gaeshi Turning, turn away, twist.

gankaku dachi Crane stance, sometimes referred to as tsuru ashi dachi and sagi ashi dachi.

gasshuku A special training camp

gatame	Locking or holding.
gedan	Low level. Lower section.
gedan barai	Low section parry or block.
gedan geri	Low level kick
gedan tsuki	Punch to the low section of opponents body. (gedan zuki)
gedan uke	Low level or downward block.
gedan-no-kamae	Low posture.
genki	With energy.
geri	Kick, used as a suffix when describing a particular kick. See kiri.
gi	Uniform.
go	Five, hard.
go no sen	The tactic where one allows the opponent to attack first so to open up targets for counterattack.
godan	Fifth degree black belt.
gokyu	Fifth kyu.
gomen	Pardon me, excuse me.
gomennasai	"I am sorry", "Pardon me".
goshi	Hip, used as a suffix when describing a technique involving the hip. Example O-goshi, major hip throw. See koshi.
goshin	Self defence, self-protection.
goshin waza	Self defense techniques.
Gung Fu	The Cantonese pronunciation of Kung Fu.
gyaku	Reverse or opposite, opposing.
gyaku ashi	Reverse foot.
gyaku tsuki	Reverse punch, (gyaku zuki).
gyaku-juji-jime	Reverse cross strangle or choke.

H

hachi	Eight, 8.
hachidan	Eighth degree black belt.
hachiji dachi	A natural stance, feet positioned about one shoulder width apart, with feet pointed slightly outward.
hachimaki	Head wrapping. A light cotton towel, also known as a Tengui, wrapped around the forehead to restrict perspiration from running into the eyes and face.
hadaka-jime	Naked strangle or choke.
hai	Yes.
haishu	Backhand.
haishu uchi	Backhand strike.
haishu uke	Backhand block.
haito	Ridge hand.
haito uchi	Ridge hand strike.
haito uke	Ridge hand block
hakims	Begin.
hakims	Divided skirt. The skirt-like trousers or culottes primarily worn in Kendo, Aikido, Aikido, and sometimes the upper ranks of Judo.
hand	Half. ½ of an object.
henna	Nose
hone-goshi	Spring hip throw.
hane-maki-komi	Spring wrap-around throw.
hangetsu dachi	Half-moon stance.
hanpuku geiko	Repeated training; repetition.
hanshi	Master. A respected master of Martial disciplines.
hantai	Opposite, other site, other direction.
hanuchiken	Extended knuckles.

hanzenkutsu-dachi	Half forward stance.
hara	Stomach, belly, abdomen.
harai	Sweep" or "sweeping.
harai waza	Sweeping techniques.
harai-goshi	Sweeping hip throw.
harai-tsuru-komi-ashi	Lifting pulling foot sweep.
hasami tsuki	Scissors punch, (hasami zuki).
hea	Hair
hebi te	Snake hand
heiko dachi	A natural parallel stance. Feet positioned about one shoulder width apart, with feet pointed straight forward.
heisoku dachi	Attention stance. Feet are together and pointed straight forward.
henka	Change, variation, alteration.
hidari	Left.
hiji	Elbow, also known as empi.
hiji uchi	Elbow strike.
hiji uke	A blocking action using the elbow.
hiji-dori	Elbow grab.
hiki	To pull, draw out, attract, to stretch. (-biki)
hiki-komi-gaeshi	Throw, pulling-in reversal.
hiki-te	The retracting (pulling and twisting) arm during a technique. It gives the balance of power to the forward moving technique. It can also be used as a pulling technique after a grab, or a strike backward with the elbow.
hiraken	Fore-knuckle fist. See hanuchiken.
hiragana	A Japanese writing system.
hiza	Knee.
hiza geri	Literally: knee kick., striking with the knee.
hiza uke	A blocking action using the knee.
hizagashira	Kneecap.
hiza-guruma	Knee wheel throw.

hombu	Headquarters. This term can be used to define any headquarters for a Martial Arts school or group.
honken	Thumb side of fist.

I

ibuki	Breath control. Isotonic breathing exercises based on dynamic tension principles practiced in conjunction with, and also separate to, the execution of Karate techniques.
ichi	One
ikkyu	First kyu, highest student grade below black belt.
ippon	One point.
ippon ken	One knuckle fist.
ippon kumite	One step sparring.
ippon nukite	A stabbing action using the extended index finger.
ippon seoi nage	One arm shoulder throw.

J

jikan	Time
jiyu ippon kumite	One step free sparring. The participants can attack with any technique whenever ready.
jiyu-kumite	Free-style sparring.
jiyu-waza	Free-style practice of techniques.
jo	Wooden staff about 4'-5' in length. The jo originated as a walking stick.
jodan	High level (joudan the "u" extends the o sound)
jodan age uke	High level rising block.
jodan tsuki	High level punch, (jodan zuki).
jodan geri	High level kick.

jodan uke	High level block.
jodan-no-kamae	High posture.
Jodo	Martial art based on the use of a jo staff.
ju	Ten
ju	Soft, gentle, pliant.
Judan	Tenth degree black belt.
Judo	The gentle way, a Japanese martial art, founded by Jigoro Kano
Judoka	Judo practitioner
Juji	Cross. (juuji)
juji nage	Crossed arm throw.
juji uke	Cross Block or "x" block.
juji-gatame	Cross armlock, several variations.
juji-nage	Crossed arm throw.
Ju-jitsu (also Jiu-jitsu)	Gentle art.
junte	Normal, natural hand position.
fushi	Knuckle
jutsu	Art. A term linking a fighting method with the Bugei, or martial disciplines of war, rather than with the sporting or aesthetic practices of modern Japan.

K

kai	Society, organization.
kaicho	Director, president or leader of an organization.
kaisho	Open hand.
kakato	Heel of the foot.
kakato geri	Heel kick.
kakato otoshi geri	Axe kick.
kake	Hang, suspend, hook. (-gake, kage, kagi)

kake geri	Hooking kick.
kake tsuki	Hooking punch, (kake zuki)
kake uchi	Hooking strike.
kake uke	Hooking block.
kakiwaki uke	Wedge block.
kakushi waza	Hidden techniques.
kama	A small handheld sickle, often used in pairs, traditional Okinawan Kobudo weapons.
kama yari	A spear to which a single-edged, sickle-shaped blade is attached.
kamae	Posture, sometimes spelled gamae.
kami shiho gatame	From Judo, north-south position hold down; four quarter hold down.
kamiza	Divine seat or upper seat. The area at the front of the Dojo where the instructors and honored guests sit. Place of honor.
kancho	Head of a Martial Arts system.
kanji	Chinese writing characters.
kansetsu	Bone joint
kansetsu waza	Joint locking and joint attacking techniques.
karada	Body. (tai)
karate	Empty hand; Chinese hand; predominant system of empty-handed Martial Arts.
karate-do	The Way of Karate. This implies not only the physical aspect of Karate, but also the mental and social aspects of Karate.
karateka	One who practices Karate.
kata	Forms; Japanese term describing traditional method of passing on information and training methods using a series of prescribed motions and techniques in a prearranged order.
karate kata	
Anaku	Meaning; Small bird form. The creator and origin are unknown. Also known as Ananku.
Buto 1	Meaning; unknown. The creator is unknown. Possibly of Hawaiian Kenpo origin.

Chinte	Meaning; Strange hands. The creator is unknown. Also known as Shoin
Chinto	Meaning; Crane on a rock. Creator unknown. A very old kata practiced by Matsumura sensei and revised by Itosu sensei. Also known as Gankaku
Dan Enn Sho	Meaning; Cutting and clawing. The creator is unknown. This kata is of Chinese origin derived from the teachings of Li Tsun I of the Hopi school.
Gekisai	Meaning; Destroy and demolish. Created by Chojun Miyagi in 1940. There are two kata in this name group, -ichi and -ni.
Go Uke	Meaning; Five blocks. Created by Verne Gilbert in 2001. Taught exclusively at the Kazoku Budokan dojo at 7th kyu, (yellow belt).
Gopeisho	Meaning; Attacking peacock. The creator is unknown. This kata is of Chinese origin derived from the teachings of Li Tsun I of the Hopi school.
Jion	Meaning; Buddhist monk. Of Chinese origin it is thought that this kata is named after the Buddhist Jion temple where monks practiced martial arts.
Jiin	Meaning; Temple Grounds. Of Chinese origin. Possibly related to the kata Jion.
Jitte	Meaning; Ten Hands. The creator is unknown. Thought to have been designed to defend against a bo staff attack.
Karumpha	Meaning; unknown. The creator is unknown. Possibly of Hawaiian Kenpo origin.
Karumpha Dai	Meaning; Unknown. Created by Verne Gilbert in 2001. Taught exclusively at the Kazoku Budokan dojo at 2nd kyu, (brown belt). Also spelled Karumfa Dai
Kururunfa	Meaning; Hold position and suddenly break and destroy. The creator is unknown. Of Chinese origin.
Kushanku	Meaning; Looking into the sky. Author unknown. It is believed to be based on the teachings of the 18th century Chinese instructor Kung Hsiang Chun. Also known as Kanku. There are two versions of this kata. The original -dai and -sho as created by Anko Itosu

Naihanchi	Meaning; Iron horse. It is believed by some that Anko Itosu created this series of 3 kata from a much older and longer kata known as Naifunchin. Funakoshi sensei renamed this series Tekki.
Nan Dan Sho	Meaning; 24 Steps. The creator is unknown. Of Chinese origin. Also known as Niseishi and Nijushiho.
Omoto Ten No Kata	Meaning; The kata of the universe. Created by Yoshitaka Funakoshi in 1941.
Passai	Meaning; To storm a castle. There are any versions of this kata. The original is thought to have been created by Oyadomari Peichin. Also known as Bassai the sho and dai versions.
Pinan	Meaning; Peaceful mind. Created by Anko Itosu between 1902 and 1907. There are five kata in this name group. Itosu sensei may have derived these five kata from the much longer kata Kushanku (Kanku). Funakoshi sensei renamed these kata Heian.
Rohai	Meaning; Vision of a crane. The original kata was created by Kosaku Matsumora of Tomari-te. Later Anko Itosu created three additional kata based on the original.
Saifa	Meaning; To smash and tear. The creator is unknown. Of Chinese origin.
Sanchin	Meaning; Three battles. The creator is unknown. A very old kata of Chinese origin.
Sanseiru	Meaning; 36 Hands. The creator is unknown. Of Chinese origin.
Seipai	Meaning; 18 Hands. The creator is unknown. Of Chinese origin.
Seisan	Meaning; 13 Hands. The creator is unknown. Of Chinese origin. Also known as; Seishan and Hangetsu (Half moon kata).
Seiunchin	Meaning; Attack, conquer and suppress. The creator is unknown. Of Chinese, Hsing I origin. There are no kick in this kata.
Shi So Chin	Meaning; Four direction battle. The creator is

	unknown. Of Chinese origin.
Sochin	Meaning; Strongly rooted. Created by Yoshitaka Funakoshi in the 1930's. Also known as Hakko.
Suparinpei	Meaning; 108 Hands. The creator is unknown. Of Chinese origin. Also known as Pechurin
Taikyoku	Meaning; Basic form or first cause. Created by Gichin Funakoshi in 1920. There are 3 kata in this name group.
Tensho	Meaning; Rotating hands. Created by Chojun Miyagi. Possibly derived from the kata Rökkishu of Chinese origin.
Useshi	Meaning; 54 steps. The creator is unknown. Possibly of Chinese origin. Also known as Gojushiho and Hotaku.
Unsu	Meaning; Cloud hands. The creator is unknown. It is thought to have been taught to Bushi Matsumura by a shipwrecked Chinese sailor. Also known as Unshu
Wankan	Meaning; King's crown. The creator and origin are unknown. Also known as Okan
Wanshu	Meaning; Flying Swallow. The origins of this kata can be traced to the Chinese envoy Wang Ji who visited Okinawa in 1683. Also known as Wansu, Enpi and Empi
kata	Shoulder
kata gatame	Single shoulder hold down, similar to Kesa-Gatame; also refers to a choke from this position.
kata guruma	Shoulder wheel. throw.
kata-ha-jime	Single wing strangle.
kata-juji-jime	Half cross strangle; one palm up, four fingers grip, one palm down, thumb grip.
katakana	A Japanese writing system.
katame-waza	Grappling techniques.
katsu	System of resuscitation
keage	Snap (kick).
keiko te	Chicken beak hand

keiko uke	Chicken head wrist block.
kekomi	Thrust (kick).
kempo	Fist Law. A generic term to describe fighting systems that uses the fist. In this regard, karate is also Kempo. See Kenpo.
ken	Fist.
ken	Sword. (tsurugi)
kendo	The way of the sword, a Japanese martial art.
kendoka	Kendo practitioner, fencer.
kenpo	Fist Law. A modern term describing one of the more innovative Martial Arts practiced in Hawaii and the Americas, developed by Ed Parker. See Kempo.
kensei	The technique with silent kiai. Related to meditation.
keri	Kick. (-geri)
keri waza	Kicking techniques
kesa	Scarf.
kesa geri	Diagonal kick
kesa-gatame	Scarf-hold position, collar hold down, headlock position.
ki	Spirit or inner strength Ideally, the mental and spiritual power summoned through concentration and breathing that can be applied to accomplish physical feats. See Chi.
kiai	Yell or shout, sprit yell.
kiba dachi	Staddle Stance or Horse Stance. Also known as naifanchi or naihanchi dachi.
kihon	Basics or fundamentals
kihon kumite	Basic sparring
kihon waza	Basic or fundamental techniques
kime	Focus of power.
kimono	A T-shaped, straight-lined robe.
kiostuke	Attention (command)
kizami tsuki	Jab, (kizami zuki)
ko	Small, little, tiny.
koko uchi	Tiger mouth hand strike

ko soto gari	Minor outside reaping throw
ko uchi gari	Minor inside reaping throw
kobudo	Weapons way. A generic term coined in the 20th century, which can be used to describe collectively all Okinawan combatives. However, it is more accurate to specify "Okinawan Kobudo" in order to distinguish them from "Japanese Kobudo.
kohai	A student junior to oneself.
kokutsu dachi	A stance which has most of the weight to the back. "Back Stance".
komi	Crowd into, go into.
konbonwa	Good evening
konnichiwa	Good afternoon, hello
korewa	Here
kosa dachi	Crossed leg stance
koshi	Hip (s) (-goshi)
koshi-guruma	Hip wheel throw.
koshi-nage	Hip throw.
koshi-waza	Hip throw techniques
ko-soto-gake	Foot hook.
ko-soto-gari	Small outside reap.
ko-tsurigoshi	From Judo, a form of hip throw.
ko-uchi-gari	From Judo, minor inner reaping.
ku	Significant concept of nothingness, void.
ku	Nine, 9
kudan	Ninth degree black belt.
kukyu	Ninth level student level. Beginner.
kubi	Neck
kubi nage	Neck throw
kubi-shime	A choke hold.
kumade	Bear paw hand
kumite	Sparring, fighting; a formalized match or sparring session that takes place in the dojo or at a tournament, as opposed to a street fight.

kung fu	A generic term for a majority of the Chinese Martial Arts. Kung Fu has two major divisions. The southern styles display a clear preference for techniques of strength and power, whereas the northern styles employ soft, open movement.
kuzushi	Off-balancing; breaking opponent's posture.
kuzushi waza	Techniques that break an opponent's balance before executing the throw.
kyokushinkai	Karate style founded by Oyama Masutatsu.
kyoshi	A Japanese Martial Arts teacher who is sixth- or seventh-degree black belt rank.
kyoto	Old capital of Japan
kyu	A rank designation signifying a level of achievement below black belt or Dan rank in the Martial Arts.
kyu	Bow, curved, arched.
kyudo	Way of the bow. The modern practice of archery as a discipline of coordinated integration. Kyudo's basis is the clarity of execution, the poise, and the control over the bow.
kyusho	Vitals, tender spot, pressure point
kyusho waza	Pressure Point techniques.
kyusho-jutsu	Use of pressure points.

M

ma	Interval, space, place, between, during.
ma-ai	Combat engagement distance.
mae	Denoting the front, forward, frontal direction.
mae ashi geri	Front leg kick
mae empi uchi	Forward elbow strike. (mae hiji ate)
mae geri	Front kick. A kick to the front.
mae tobi geri	Jumping front kick
mae tsuki	Front punch. Punch to front, (mae zuki)

mae ude	Forearm
mae uke	Front block. Block to front.
makiwara	Literally: Wrapping around. Striking board often wrapped with cloth or rope used in traditional karate for toughening the knuckles and hardening punches.
manabu	Learning by imitating. A method of studying movement and techniques by following and imitating the instructor. To study indepth.
manako	Eye
mata	Groin
matte	Stop, halt, cease action.
mawaru	to turn, to revolve, to spin
mawashi	Circle around, curving.
mawashi geri	Round kick; roundhouse kick.
mawashi hiji ate	Circular elbow Strike. Also referred to as mawashi empi uchi.
mawashi tsuki	Round punch (mawashi zuke)
mawashi uke	Round block. Technique of using both hands in a circular motion to block and attack.
mawatte	Turn around.
men	The face.
meijin	Expert. One who has mastered an art far beyond the boundaries of physical prowess.
migi	Right
mikazuki geri	Crescent kick
mimi	Ear
mokuso	Quiet thought. A quiet form of meditation.
momo	Thigh
morote tsuki	Double fist punch, (morote zuke)
morote uke	Augmented forearm block
morote-seoi-nage	Two arms shoulder throw.
mu	Nothing. The Zen nothingness or emptiness. This principle is often used in the Japanese Martial Arts to make one clear in the mind of all thought so the body will respond instantly to any situation.

mudansha	A martial arts student who has not yet attained the rank of black belt.
mune	Chest
mushin	No-mindedness. Bushido ideal, concept of perfect, thoughtless action, spontaneous and devoid of hesitation or preconception.
musubi dachi	Open feet attention stance, heel together.

N

nagashi uke	Sweeping block.
nage	Throw, cast, fling, pitch.
nage waza	Throwing techniques
naihanchi dachi	Straddle stance or horse stance. See kiba dachi (naifanchi dachi).
nakadaka ippon ken	Middle finger one knuckle fist
nami-juji-jime	Normal cross strangle.
nana	Seven, 7. See shichi.
nana-dan	Seventh degree black belt.
naname	Slanting, sloping, inclined.
narande	A command to line up.
negashi uke	Sweeping block
nekoashi dachi	Cat stance
ni	Two, 2
nidan	Second degree black belt.
nidan geri	Double kick
nihon tsuki	Double punch. (nihon zuke)
nikyu	Second highest beginner grade.
ninja	Agents of espionage and assassination.
ninjutsu	The Art practiced by the Ninja of feudal Japan.
noboru	To rise, to ascend

noboru tsuki	Upper cut punch, (noboru zuki)
nodo	Throat.
nukite	Spearhand
nunchaku	Flail; a pair of equal length short sticks, from 8" to more than a foot long, connected by rope or chain, swung for momentum and power. These are employed singly or in pairs, and are one of the traditional okinawan kobudo weapons.

O

o	Big, great, vast, large, high.
o-soto gari	Major outside reaping throw
o-uchi gari	Major inside reaping throw
obi	Belt.
obi-otoshi	Belt drop.
o-goshi	Major hip throw.
o-guruma	Large wheel throw
ohayo	Good morning
ohayo gozaimasu	Good morning
oi tsuki	Stepping or lunge punch. (oi zuke)
okinawa te	Karate
okuri ashi harai	Sliding (or gathering) foot sweep
okuri eri jime	Sliding collar throw
okuri-ashi	Advancing with the front foot first, then rear foot.
okuri-ashi-harai	Sweeping ankle throw.
okuri-eri-jime	Sliding collar strangle.
onagai shimasu	I welcome you to train with me, or literally, I make a request. This is said to one's partner when initiating practice.
oni ken	Extended middle knuckle fist.
osae uke	Pressing block

osae waza	Hold down techniques.
o-sensei	Revered teacher.
o-soto-guruma	Large outer wheel.
o-soto-otoshi	Large outer drop.
otoshi	Fall, drop.
otoshi empi uke	Downward elbow block (otshi hiji ate)
otoshi uke	Dropping block
o-tsuri-goshi	A form of hip throw.
oyasuminasai	Good night
oyayubi	Thumb
oyo waza	Applications interpreted from techniques in Kata, implicated according to a given condition.

P

peichin	An Okinawan feudal title bestowed upon a Samurai by a lord for distinguished services rendered.
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Q

qi	Energy, see chi, ki.
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R

randori	Free style training.
reigi	Etiquette. Also referred to as reishiki. Observance of proper etiquette at all times.
reinoji dachi	A stance with feet making an L-shape.
ren tsuki	Alternate punching
renshi	A person who has mastered oneself. This person is considered an expert instructor.
renshu	Practice

renzoku	Continuous, repeated; continuity, succession.
riken	Backfist.
ritsurei	Standing bow
rokudan	Sixth degree black belt.
rokyu	Sixth kyu.
ronin	Masterless samurai.
ryu	School of thought, approach, method of, with a tradition, masters, adherents
ryuha	A smaller division than ryu.

S

sagi ashi dachi	One leg stance. also referred to as gankaku dachi or tsuru ashi dachi.
sai	Okinawan weapon.
saika tanden	The body's natural center of balance, about 2 inches below the navel. See hara.
samurai	The swordsmen of feudal Japan who were trained in a wide variety of martial arts practices.
san	Three, 3
sanbon kumite	Three step sparring.
sanchin-dachi	Hour glass stance.
sandan	Third degree black belt
san-kaku	Triangle.
sankaku jime	Triangle choke..
san-kyu	Third kyu.
sanren tsuki	Three consecutive punches
sasae-tsuri-komi-ashi	Propping ankle throw.
sassuru	The ability to recognize a threat or an attack just as it begins; preemptive awareness.
seiken	Forefist, the punching knuckles of a fist.

seiken tsuki	Forefist strike, (seiken zuki)
seiryuto	Ox-jaw hand
seiryuto uke	Ox-jaw Block
seishin	Mind, soul, or spirit.
seito	Pupil or student.
seiza	A proper sitting position. Sitting on one's knees.
sempai	Senior. Usually denotes any senior by age, rank, position or social standing, but also pertaining to martial arts, one who has more experience and higher rank.
sen	Thousand, 1000.
sensei	Teacher, instructor, mentor. sen = before, sei = born.
senshin	Undivided attention, concentration.
seoi-nage	Shoulder throw.
seoi-otoshi	Shoulder drop.
setsuzoku	Connect, fluidity and continuity.
shaolin	Young forest or small forest. A method of Kung Fu based on eight postures and five animal forms dragon, snake, tiger, crane and leopard.
shi	Four, 4. (yon)
shiai	A competitive match between martial artists.
shichi	Seven, 7. (nana)
shihan	A formal title meaning, approximately, "master instructor." A teacher of teachers.
shikko	Knee walking. A method of moving forward while keeping one knee constantly on the ground. Knee walking was originally a polite way of moving in a house, especially before a lord.
shiko dachi	Square stance
shime	To strangle, constrict, wring. (-jime)
shime-waza	Strangulation techniques, chokes.
shinai	A training sword made of three specially cut slats of bamboo, tied together at the handle, middle and tip, often with a small wooden or plastic hand guard, denoting the end of the blade and the beginning of the handle. This is a tool used in kendo for arm
shintai	Body movement

shintai uke	Body defense
shita	Under, below, beneath. (ge)
shita-hara	From below.
shizentai	Natural position. An encompassing term for numerous Karate stances in which the body remains relaxed but alert.
shodan	First degree black belt.
shomen	Front or forward. Often refers to the front wall of a Dojo.
shoshin	Beginner's mind.
shoshinsha	Novice or beginner.
shotei	Palm heel.
shotei uchi	Palm heel strike
shotei uke	Palm heel block
shuto	Knife hand.
shuto uchi	Knife hand strike
shuto uke	Knife hand block
sochin dachi	Diagonal straddle-leg stance
sokuto	The knife-edge of the foot.
sokuto keage geri	Snap kick with edge of foot
soto	Outside. Denotes an outside to inside technique.\
soto tenkan	Spinning to the outside.
soto uchi	Strike from outside inward.
soto uke	Block from outside inward
soyonara	Goodbye
suki	Crack, split, opening for an attack.
sukui uke	Scooping block.
sukui-nage	Scoop throw.
sumimasen	Excuse me.
sumi-otoshi	Corner drop, a throwing technique.
sumo	A basic Japanese form of grappling in which the participants are of gigantic proportions. Victory is either achieved by forcing the opponent out of the ring, or by forcing him to touch the floor within the ring with any part

	of his body above the knee.
sune uke	Shin block.
sutemi	Sacrifice, concept of abandoning concern for the body, letting go.
sutemi-waza	Sacrifice techniques.

T

tachi	Standing, stance. (-dachi)
tachi-waza	Standing techniques.
tai	Body. (karada)
tai chi chuan	Grand ultimate fist. An internal system of Kung Fu, also called soft boxing, characterized by its deliberately slow, continuous, circular, well-balanced and rhythmic movements.
tai sabaki	Body movement/shifting/pivoting
tai subaki no kihon	Basics of Body Movement
tai-atari	Hit with the body, body contact.
tai-otoshi	Body drop throw.
tan tien	Chinese, The psychic center located just below the naval, which protects the center of gravity and produces a reservoir of force upon which to draw. Also known as Tanden. See Hara
tanden	Area below the navel and the center of ki
tani-otoshi	Valley drop throw
tatami	Straw mat. A mat usually measuring three by six feet and three inches thick (with bound straw inside.)
tate	Vertical
tate empi uchi	Vertical elbow strike
tate shuto uke	Vertical knife hand block
tate tsuki	Vertical fist punch (tate zuke)
te	Hand.
te osae uke	Hand pressing block.

tegumi	A form of Okinawan wrestling.
tettsui uchi	Hammer strike, also called kentsui.
tekubi	Wrist
te-waza	Hand techniques
tobi geri	Jumping kick
tobi yoko geri	Jumping side kick
tomoe	Comma shape
tomoe-nage	Circle throw. A sacrificial throw involving throwing one's opponent over oneself moving from standing to a prone position.
tora te	Tiger claw hand
tonfa	Handle. An old Okinawan farming tool developed as a weapon by Okinawan farmers.
tori	Defender
tsuki	Punch, (zuki).
tsuki waza	Punching techniques
tsuri-goshi	Lifting hip throw.
tsuru ashi dachi	Crane stance, also referred to as gankaku dachi and sagi ashi dachi.

U

uchi	Strike.
uchi	Inside.
uchi deshi	A live-in student. A student who lives in a dojo and devotes him/herself both to training and to the maintenance of the dojo (and sometimes to personal service to the sensei of the dojo).
uchi tenkan	Spinning to the inside.
uchi uke	Block from inside to outward
uchi waza	Striking techniques
uchi-komi	Training of entry movement.

uchi-mata	Inner thigh sweep.
ude	Arm.
ude uke	Forearm block
ude-gatame	Straight armlock.
ude-kansetsu-waza	Arm locking techniques.
ude-kime-nage	Arm bar throw.
uechi ryu	An Okinawan style of Karate founded by Kanbum Uechi. It is characterized by linear patterns and forceful breathing.
uke	Receiver of the technique (attacker).
uke	Block
ukemi	Breakfalls, falling techniques, methods of falling rolling and landing safely often taught in grappling-based Martial Arts.
ukemi waza	Breakfall techniques.
uke-nagashi	Flowing reception, sliding block.
uki	To float, drift, waft.
uki-goshi	Floating hip throw.
ura tsuki	An upper cut punch used at close range. (ura zuki)
uraken	Backfist.
uraken uchi	Back fist strike
ushiro	Back, rear, rearward, from behind.
ushiro empi uchi	Rear elbow strike
ushiro geri	Back kick.
ushiro-goshi	Rear hip throw.
uwagi	Uniform jacket



waza	Technique.
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Y

yama tsuki	Mountain Punch. A wide U-shaped dual punch, (yama zuki)
yari	Straight-headed spear. (sojutsu)
yasumi	"Rest." A term used by the instructor to have the students relax, normally following a long series of drills.
yawara	Palm stick, used in self defense; also the technique of giving way used in Bushido.
yoi	Ready
yoko	Side
yoko geri	Side kick
yoko uchi	Side strike
yoko-guruma	Side wheel throw
yoko-okuri-eri-jime	Side sliding collar strangle.
yoko-shiho-gatame	Side four quarter hold down; cross body position.
yoko-sutemi-waza	Sideways sacrifice throws.
yon	Four, 4. (shi)
yondan	Fourth degree black belt.
yonkyu	Fourth kyu
yubi	Finger
yudansha	Black belt holder (any rank).
yuka	To duck or bow.
yukkuri onegaishimasu	Slowly please
yurui	Slack, slow, leisurely.

Z

za	Seat, base, sitting.
zareii	The traditional Japanese bow from the kneeling position.

zazen	Sitting meditation.
zen	A buddhist sect.
zenkutsu dachi	Forward (front) stance.
zori	Japanese slippers.
Zuki	Punch, see tsuki