



## *Goju-Ryu Karate-Do Tasmania*

### KARATE TERMINOLOGY

Ai uchi	-	Simultaneous scoring with no points given	Ma	-	Timing
Chudan	-	Middle	Maai	-	Distance
Chui	-	Warning	Makiwara	-	Punching board
Dojo	-	School	Mawashi	-	Round
Empi	-	Elbow	Migi	-	Right side
Gedan	-	Lower area	Mokusu	-	Meditation
Hajime	-	Start	Muchite	-	Whip action strike
Hansoku	-	Disqualification, foul	Otagai	-	Each other
Hantei	-	Decision	O wari	-	End of competition
Hidari	-	Left side	Rei	-	Bow
Hikiwake	-	Draw result	Ryu	-	Style
Ippon	-	One or one point	Sambon	-	Three, three points
Jikan	-	Time off, time up	Seiken	-	Karate fist
Jiyu kumite	-	Free sparring	Seiza	-	Formal sitting position
Jodan	-	Upper area	Sempai	-	Senior
Kachi	-	Win, win by	Sensei	-	Teacher, Instructor
Kata	-	Fixed sequence of techniques practiced alone (forms).	Shihan	-	Master
Gi	-	Karate uniform	Shimpan	-	Referee, Judge
Kamae	-	Basic on guard position	Shobu	-	Match
Kiai	-	A shout or yell, manifestation of life forces in a burst of power.	Shobu ari	-	Winner
Kihon	-	Basic training	Shomen	-	Class or school
Kime	-	Focus	Takote	-	Octopus hand (for blocking and holding etc.)
Koken	-	Wrist	Takomuchi	-	Combination of muchite and takote (whip strike and hold).
Koshi	-	Ball of the foot	Tameshi wari	-	The practice of breaking
Kumite	-	Sparring or attack	Waza ari	-	Half point
Kyu	-	Step in grading system	Yame	-	Stop
			Yoi	-	Get ready
			Yoko	-	Side



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### KARATE TERMINOLOGY

#### Dachi – Stance

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Heisoku Dachi	-	Attention Stance
Musubi Dachi	-	Formal Attention Stance or Open Foot Stance
Heiko Dachi	-	Parallel Stance
Kiba Dachi	-	Straddle-leg or Horse-riding Stance
Shiko Dachi	-	Square or Sumo Stance
Zenkutsu Dachi	-	Long Forward Stance or Front Stance
Han Zenkutsu Dachi	-	Half Forward Stance
Neko Ashi Dachi	-	Cat Stance
Sanchin Dachi	-	Hour Glass Stance
Kokutsu Dachi	-	Back Stance

#### Uke Waza – Blocking Techniques

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Jodan Uke	-	Upper Block
Chudan Uchi Uke	-	Middle Inside Block
Chudan Soto Uke	-	Middle Outside Block
Gedan Barai	-	Lower Block
Kake Uke	-	Hook Block

#### Keri Waza – Kicking Techniques

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Mae Geri	-	Front Kick
Yoko Geri	-	Side Kick
Mawashi Geri	-	Round House Kick
Ushiro Geri	-	Back Kick
Tobi Mae Geri	-	Jumping Front Kick
Mikazuki Geri	-	Crescent Kick

#### Tsuki, Uchi & Ken Waza – Punching, Striking and Fist Techniques

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Oi Zuki	-	Lunge Punch
Gyaku Tsuki	-	Reverse Punch
Seiken	-	Fist
Uraken	-	Backfirst
Nakadaka Ken	-	Middle Knuckle Fist
Ippon Ken	-	First Knuckle Fist
Shihon Ken	-	Four Knuckle Fist
Tettsui Uchi	-	Hammerfist Strike
Haito Uchi	-	Ridgehand Strike
Shuto Uchi	-	Knifehand or Swordhand Strike
Nukite	-	Spearhand

#### Rei – Bowing

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Shomen Ni Rei	-	Bow Toward the Front
Hanshi Shihan Ni Rei	-	Bow to Hanshi Shihan
Sensei Ni Rei	-	Bow to the Teacher
Sempai Ni Rei	-	Bow to the Seniors
Otagai Ni Rei	-	Bow to Each Other
Kohai Ni Rei	-	Bow to the Juniors
Onegai Shimasu	-	Please Help Me
Arigato Gozaimasu	-	Thank You

#### Numbers

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Ichi	-	1	Roku	-	6
Ni	-	2	Shichi or Nana	-	7
San	-	3	Hachi	-	8
Shi or Yon	-	4	Kyu	-	9
Go	-	5	Ju	-	10