

University of Alberta Karate Club Terminology

Block

Uke:	Block
Nagashi-Uke:	Sweeping open hand block
Hiza-Uke:	Knee Block
Kakiwake Uke:	Wedge Block
Age Uke:	Rising Block
Ude Uke:	Inside Block
Soto Uke:	Outside Block
Gedan Uke:	Low Block
Morote Uke:	Supported Block
Teisho Uke:	Palm Block
Shuto Uke:	Knife hand Block
Tettsui Uke:	Hammer Block
Mawashi Empi Uke:	Outside Elbow Block

Punches

Tsuki:	Punch (please note it is referred as “zuki” in combined techniques)
Tate Zuki:	Short Vertical Punch
Ura-Zuki:	Upside Down Punch
Oi Zuki:	Lunge Punch
Jun Zuki:	Front Punch
Gyaku Zuki:	Reverse Punch
Yumi Zuki:	Bow Punch

Stances (Dachi)

Dachi:	Stance
Hachiji Dachi:	Balanced Stance
Zenkutsu Dachi:	Front Stance
Kokutsu Dachi:	Back Stance
Nekoashi Dachi:	Cat Stance
Kiba Dachi:	Horse Riding Stance
Sanchin Dachi:	Hourglass Glass Stance
Ju-Dachi:	Fighting Stance

Kicks

Keri:	Kick (please note it is referred as “geri” in combined techniques)
Mae-Geri:	Front Snap Kick
Yoko Geri:	Side Kick
Ushiro Geri:	Reverse Back Kick
Mikazuki Geri:	Inside Crescent Kick
Mawashi Geri:	Roundhouse Kick
Tobi Nidan Geri:	Double Jumping Kick
Ashi-Barai:	Leg Sweep

Strikes

Uchi:	Strike
Shuto-Uchi:	Pumped Knife Hand Strike
Teisho-Uchi:	Palm Strike
Empi-Uchi:	Elbow Strike
Nukite:	Spear Hand
Haito:	Upside Down Shuto (Ridge Hand)
Uraken:	Back Hand Strike

Formal Count

Ichi:	1
Ni:	2
San:	3
Shi:	4
Go:	5
Roku:	6
Shichi:	7
Hachi:	8
Ku:	9
Ju:	10
Ju Ichi:	11
Ju Ni:	12

Belt Ranking

Ju Kyu:	White
Ku Kyu:	Yellow
Hachi Kyu:	Orange
Shichi+Roku Kyu:	Green
Go+Shi Kyu:	Blue
San+Ni Kyu:	Brown
Ichi Kyu:	Shodan Kyu

Black Belt Ranking

Shodan:	1 st Degree Black Belt
Nidan:	2 nd Degree Black Belt
Sandan:	3 rd Degree Black Belt
Yodan:	4 th Degree Black Belt
Godan:	5 th Degree Black Belt
Rokudan:	6 th Degree Black Belt
Shichidan:	7 th Degree Black Belt
Hachidan:	8 th Degree Black Belt
Kudan:	9 th Degree Black Belt
Judan:	10 th Degree Black Belt****
	****Special degree designated for an individual who devised their own style.*****

Tournament Terms

Ippon:	Full point (in real life, would kill them)
Wazari:	Half-point
Junbi:	Get ready
Hajime:	Go
Yame:	Stop
Aiuchi:	Clash
Toranti:	Not Enough
Aka:	Red
Shiro:	White
Hantei:	Winner

General Terms

Shiai:	Tournament
Shinsa:	Grading
Narabi:	Line up
Marari:	Turn around
Suwaru:	Sit Down
Tetsui:	Stand up
Ude:	Inside
Soto:	Outside
Yoko:	Side
Mae:	Front
Ushiro:	Back/Reverse
Keagi:	Snap
Kekomi:	Thrust/punch
Tai sabaki:	Body evasion movement
Jodan:	High
Chudan:	Mid

Gedan: Low
Migi: Right
Hidari/Kidari: Left

Karate: Empty hand
Do: The Way of
Wado: Way of Peace and Harmony
Sensei: Instructor (“sen”-ahead, “sei”-life, so a person ahead of others on the floor)
Sempai: Assistant instructor/senior student
Shihan: Master

Gi: Attire
Kyu: Colour belt level
Dan: Black belt level
Mudansha: Holder of a color belt
Yudansha: Holder of a black belt
Bun Kai: “The Truth”; interpretation of the kata
Kote: Gloves/fighting gear
Arigato: Thank you
Arigato gozaimashita: Thank you for what you have done
Kiai: Focused points (where your body and mind come as one)
Kubudo: Weapons training
Ki: Spirit/power