

Karate-based terminology

【手】 hands

武器 buki→weapon---

正拳 sei ken→forefist / closed hand, 縦拳 tate ken→vertical fist, 裏拳 ura ken→back fist, 鉄槌 tettsui→hammer fist, 猿臂 empi→elbow,

手刀 shuto→knife hand / chop, 背刀 haito→ridge hand, 背手 haishu→back of the hand, 平手 hirate→open hand, 掌底 shotei→heel/bottom of the palm,

貫手 nukite→spear hand, 一本(二本)貫手 ippon/nihon nukite→one/two finger spear hand, 平貫手 hira nukite→horizontal spear hand,

前腕 zen wan→forearm, 外腕 gai wan→outer arm, 内腕 nai wan→inner arm

突き技 tsuki waza→punching techniques---

追い突き oi zuki→lunge punch / instep punch / stepping front punch, 刻み突き kizami zuki→front hand punch / jab, 逆突き gyaku zuki→reverse punch, 直突き choku zuki→straight punch, 裏突き ura zuki→rear punch / close punch, 回し突き mawashi zuki→round punch, 鍵突き kagi zuki→hook punch, 双手突き morote zuki→two-fisted punch, 山突き yama zuki→wide U-punch, 連突き ren zuki→alternate punch, 引き手 hikite→pulling/withdrawing hand

打ち技 uchi waza→striking techniques---

手刀打ち shuto uchi→knife-hand strike, 裏拳 uraken uchi→back-fist strike, 鉄槌打ち tettsui uchi→hammer-fist strike, 背刀打ち haito uchi→ridge-hand strike, 掌底打ち shotei uchi→palm-heel strike, 猿臂打ち(肘当て)empi uchi / hiji ate→elbow strike, 平拳打ち hira ken uchi→flat fist knuckle strike

受け技 uke waza→blocking techniques---

上段受け jyodan uke→upper level block, 中段受け chudan uke→middle level block, 下段受け gedan uke→down block,
揚げ受け age uke→rising block / upper block, 内受け uti uke→inside block / block from inside outward, 外受け soto uke→outside block / block from outside inward,
手刀受け shuto uke→knife-hand block, 縦手刀受け tate shuto uke→vertical knife-hand block, 掛け手刀受け kake shuto uke→hooking knife-hand block, 掛け受け kake uke→hook block, 手首掛け受け tekubi kake uke→wrist hook block,
鶏頭受け keito uke→chicken head wrist block, 鶴頭受け kakuto uke→bent wrist block,
掴み受け tukami uke→grasping block,
押さえ受け osae uke→pressing block, 出合い押さえ受け deai osae uke→forearm pressing block, 流し受け nagashi uke→passing block, 受け流す uke nagasu→parry,
前腕捻り受け zenwan hineri uke→forearm twisting block,
双手受け morote uke→two-handed block / double arm block, 十字受け jyuuji uke→crossed arm block / x-block, 搔分け受け kakiwake uke→reverse wedge block,
下段払い gedan barai→downward block / leg sweep, 掬い受け sukui uke→scooping block

【足】 feet

武器

虎肢(上足底)koshi / jo sokutei→ball of the foot, 背足 haisoku→instep of the foot,
踵 kakato→heel, 後ろ踵 ushiro kakato→backside of the heel,

足刀 sokuto→edge of the foot, 外足刀 gai sokuto→outer edge of the foot,
足底 sokutei→sole of the foot, つま先 tsuma saki→toe, 膝 hiza→knee,

立ち方 tachi kata→stance---

正身 shomi→front facing position, 半身 hanmi→half front facing position, 逆
半身 gyaku hanmi→reverse half front facing position,
閉足立ち heisoku dachi→feet together stance, 結び立ち musubi
dachi→attention stance / connection stance, 自然体 shizen tai→natural stance,
並行立ち heiko dachi→parallel foot stance,
前屈立ち zenkutsu dachi→forward stance / bend forward stance,
騎馬立ち kiba dachi→straddle-leg stance / horseman stance,
四股立ち shiko dachi→square stance, 不動立ち hudo dachi→rooted stance /
diagonal straddle-leg stance,
後屈立ち kokutsu dachi→back stance / bend rearward stance, 猫足立ち neko
ashi dachi→cat leg stance,
交差立ち kosa dachi→crossed leg/feet stance, 三戦立ち sanchin
dachi→hour-glass stance / defensive closed leg stance,
鷺足立ち(一本足立ち)sagi ashi dachi / ippon ashi dachi→one leg stance*,

- heron leg stance はポピュラーでない heron:鷺

上段構え jodan kamae→upper level guard, 中段構え chudan kamae→middle
level guard,
下段構え gedan kamae→lower level guard,
重心 jyuushin→center of gravity

運足 unsoku→moving and stepping techniques---

歩み足 ayumi ashi→walking step, すり足 suri ashi→sliding the feet, 寄り足
yori ashi→shuffling step, 継ぎ足 tsugi ashi→con·néct·ed step, 踏み替え足
humikae ashi→switch step,
軸足 jiku ashi→pivot foot, 支持足 shiji ashi→supporting leg, 動脚 dou
kyaku→moving leg,
入身 irimi→entering, 振り向く huri muku→turn around,

【例】右足を軸に 180 度回る→turn 180 degrees around with one's right leg as

a pivot,

方向を指す場合：前へ→forward, 後へ→backward,

横へ→sideward, 右へ→rightward, 左へ→leftward, 上へ
→upward, 下へ→downward,

【例】前へ！→Step forward!, 後ろ*へ！→Step back/backward!, *後ずさり

蹴り技 **keri waza**→kicking techniques---

前蹴り mae geri→front kick, 横蹴り yoko geri→side kick, 横蹴上げ yoko keage→side snap kick, 横蹴込み yoko kekomi→side thrust kick,

廻し蹴り mawashi geri→roundhouse kick / round kick, 刻み廻し蹴り kizami mawashi geri→front foot roundhouse kick, 裏回し蹴り ura mawashi geri→reverse roundhouse kick,

後ろ蹴り ushiro geri→back kick, 後ろ回し蹴り ushiro mawashi geri→back roundhouse kick,

三日月蹴り mikazuki geri→crescent kick, 踏み込み fumikomi→stamping kick, 飛び蹴り tobi geri→side jump kick, 二段蹴り nidan geri→double front jump kick,

足払い ashi barai→foot sweep, 膝蹴り hiza geri→knee kick

【その他】 **the others**

型 **kata**→form---

(型の)挙動 kyodo→movement,

(型の)中間動作 chuukan dousa→intermediary movement,

(型の)連絡動作 renraku dousa→connected movement,

型分解 kata bunkai→breakdown of movements / kumite in detail,

口伝の教え kuden no oshie→teaching by mouth / teaching orally,

演武線 enbu sen→line of practice, 着眼 chakugan→point to see,

相手（敵）aite / teki→opponent, （型の中で）仮想の相手→imaginary opponent,

用意 youi→ready, 始め hajime→begin, 止め yame→stop, 直れ naore→at

ease, 気合い kiai→shout / cheer / yell, 同時に doji ni→at the same time / simultaneously, 礼 rei→bow,

組手 **kumite**→sparring,

攻め手 semete→attacker, 受け手 ukete→defender,

構え kamae→posture / stance / position / pose,

身構え migamae→physical readiness, 気構え kigamae→mental preparation,

気迫 kihaku→fighting spirit,

捌き sabaki→stepping and dodging, 極め kime→focus of power/focal point, 残

心 zanshin→aware-ness,

読み yomi→perceptivity,

間合い maai→mutual distance/reach, 寸止め sun-dome→no contact,

約束組手 yakusoku kumite→pre-arranged sparring

部位 **bui**→parts---

急所 kyuusho→vital part / weak point, 人中 jinchu→philtrum, こめかみ

komekami→temple,

水月 suigetsu→pit of the stomach / solar plexus, 金的(下腹部)kinteki /

kahukubu→groin,

上体 jytai→upper body,

胴 dou→trunk, 腰 koshi→hip, 股関節 ko kansetsu→hip joint, 骨盤

kotsuban→pelvis,

へソ heso→navel, わき腹 waki bara→flank, 脇の下 waki no shita→armpit,

大腿 daitai→thigh, 向こうずね muko-zune→shin, 足首 ashikubi→ankle,

ふくらはぎ hukura hagi→calf,

肩胛骨 kenkokotsu→shoulder blade / scapula, 肩関節 kata kansetsu→shoulder joint,

肘関節 hiji kansetsu→elbow joint, 膝関節 hiza kansetsu→knee joint,

靱帯 jintai→ligament, 軟骨 nan kotu→cartilage,

筋肉 kin niku→muscle, 骨 hone→bone, 拮抗筋 kikko kin→antagonist,

重心(丹田)jyuusin / tandenn→the center of gravity, 正中線 seichu sen→a median line,

(筋肉の)張った→tense, 筋肉の緊張→ten-sion of the muscles,

(筋肉の)弛緩した→lax, 筋肉を緩める→relax one's muscles ,

右(左)利きの migi(hidari)kikino→right / left handed, 利き腕
kikiude→dominant hand

その他 sonota→the others

武道 budo→martial arts, 護身術 goshin jyutsu→the art of self-defense
正座 seiza→sitting on one's heels, あぐらをかく agura wo kaku→sitting
crossed-legged,

稽古 keiko→practice,exercize, 空手家 karateka→practitioner of karate,

初心者 shoshinsya→begginner, 経験者 keikensya→expert, 先輩

senpai→senior, 後輩 kohai→junior,

黙想 mokuso→meditate, 整列 seiretsu→line up

Others martial arts terms from curriculum

Hachihenkei fusegi jutsu –八边形防ぎ術

Atemi waza - 当て身-blows to the body