

## SHOTOKAN KARATE TERMINOLOGY

As with any other art form Shotokan karate has its own unique terminology, and even though Shotokan is taught all over the world, and in many different languages, it is still common in most dojos to give some commands in Japanese.

The following list of Japanese words and their English counter part is by no means definitive and so students are encouraged to view this list as merely a starting point in their own effort to further their knowledge of all that Shotokan Karate has to offer.

### GENERAL TERMS:

**karate do** - empty handed way

**shihan** - master

**sensei** - teacher

**sempai** - senior student

**kohai** - junior student

**dojo** - training hall

**obi** - belt

**seiza** - kneel

**mokuso** - meditate

**rei** - bow

### KATA TERMS :

**gedan-barai** - down block

**chudan oi zuki** - middle lunge punch

**chudan uchi uke** - inside outward block

**tetsui zuki** - hammer fist strike

**shuto uke** - sword hand block

**shuto zuki** - sword hand strike

**tai-sabaki** - body shifting

**yoi** - ready

**hajime** - begin

**yame** - stop

**naote** - relax

**hidari** - left

**migi** - right

**jodan** - upper

**chudan** - middle

**gedan** - lower

**dachi** - stance

**zuki** - punch

**uchi** - strike

**uke** - block

**geri** - kick

**tai sabaki** - body  
shifting

**yorishiro** - foot  
shifting

### STRIKES :

**kazama zuki** - jab

**choku zuki** -  
straight punch

**oi zuki** - lunge

**jodan oi zuki** -  
upper lunge  
punch

**jodan age uke** -  
upper rising block

**yoko geri keage** -  
side snapping  
kick

**mae geri keage** -  
front snapping  
kick

**chudan uraken** -  
middle back fist

**chudan nukite  
zuki** - middle  
spear hand strike

**chudan gyaku  
zuki** - middle  
reverse punch

**morote chudan  
uchi uke** -  
augmented  
middle inside  
outward block

**jodan soto uke** -  
upper forearm  
strike

**morote gedan  
uchi uke** -  
augmented lower  
inside outward  
block

**punch**

**gyaku zuki** -  
reverse punch

**yama zuki** -  
mountain punch

**yoko zuki** - side  
punch

**shita zuki** -  
inverted punch

**ippon ken** - one  
knuckle strike

**uraken** - back fist

**tetsui** - hammer  
fist

**empi uchi** - elbow  
strike

**nukite-zuki** - spear  
hand strike

**shuto** - knife hand

**shuto-zuki** - sword  
hand strike

**BLOCKS :**

**jodan age uke** -  
upper rising block

**jodan tetsui zuki** -  
upper hammer fist

**gedan uke** - lower

**morote shita zuki**  
- augmented  
upper inverted  
punch

**chudan teisho  
yoko uke** - middle  
side palm heel  
block

**chudan yoko zuki**  
- middle side  
punch

**ni jodan shita  
zuki** - double  
inverted upper  
punch

**chudan tsukami  
uke** - middle  
grasping block

**chudan osae uke**  
- middle pressing  
block

**chudan mae empi  
uchi** - middle  
forward elbow  
strike

**chudan keito uke**  
- middle chicken  
head block

**hitosashiyubi  
gedan nukite** -  
lower index  
finger spear hand

**shuto gedan barai**

**block**

**kake wake uke** -  
reverse wedge  
block

**haishu-uke** - back  
hand block

**soto uke** - inward  
middle block

**uchi uke** - outward  
middle block

**morote uke** -  
augmented block

**teisho oshi uke** -  
pressing palm heel  
block

**shuto-uke** - sword  
hand block

**juji-uke** - X block

### STANCES :

**zenkutsu dachi** -  
front stance

**kokutsu dachi** -  
back stance

**kiba dachi** - horse  
stance

**fudo dachi** -  
rooted stance

**neko ashi dachi** -

- lower sword  
hand strike

**washide jodan  
uchi** - upper eagle  
strike

**jodan mae geri  
keage** - upper  
front snapping  
kick

**chudan uraken** -  
middle back fist

**chudan hiza geri** -  
middle knee  
strike

**chudan mika zuki  
geri** - middle  
crescent kick

**chudan mawashi  
zuki** - middle  
round house  
punch

**jodan shuto juji  
uke** - upper open  
hand X block

**ni yoko chudan  
zuki** - double  
middle side punch

**chudan-tate-  
shuto-uchi-uke** -  
middle level  
vertical inside  
outward sword

cat stance

**hangetsu dachi** -  
hourglass stance

**KICKS :**

**hiza geri** - knee  
strike

**mae geri** - front  
kick

**yoko geri keage** -  
side snap kick

**yoko geri kekomi** -  
side thrust kick

**fumakomi** - stomp  
kick

**mika zuki geri** -  
crescent kick

**mawashi geri** -  
round kick

**tobi geri** - jump  
kick

**ni mae geri** -  
double front kick

**ushiro geri kekomi**  
- back thrust kick

hand block

**chudan choku  
zuki** - middle  
straight punch

**ni jodan uke** -  
double rising  
block

**hidari ashi dachi** -  
left legged stance

**chudan uchi  
otoshi** - middle  
falling block

**jodan yoko uchi  
barai** - upper side  
sweeping block

**sho koko bo uke** -  
tiger mouth block

**chudan oi zuki  
maeude hineri** -  
middle lunge  
punch with  
turning forearm

**jodan tate  
mawashi uchi** -  
upper vertical  
roundhouse strike

**naname shita ni  
oshinobasu** -  
double downward  
oblique push

**gedan gassho uke**  
- lower double

**palm heel block**

**sankaku tobi -**  
**triangle jump**

**chudan nakadaka**  
**ippon ken -**  
**middle one**  
**knuckle strike**

**jodan age nihon**  
**nukite-zuki -**  
**upper two finger**  
**spear hand strike**

**haishu uke - back**  
**hand block**

**jodan kensei -**  
**upper palm feint**