

少林拳法

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The Japanese terms are used in all Karate dojos all over the world. Here are the meanings of the common terms:

DAN: Black-belt grades.

DOJO: word used for the place of practice of martial arts.

GI (gee): The Karate uniform. In Shotokan Karate a white, cotton gi is worn.

HIKI-TE (hee-kee-tay): The retracting arm of a punching, blocking, or striking technique. Helps rotate the hips and maintain the stable and precise delivery of the technique.

KARATE: "Empty Hand".

KEMPO: The Law of the fist often referred to as a form of To de (The Chinese Hand)

KARATEKA: The practitioner of Karate.

KATA: Prescribed sequences of techniques performed with specific rhythm and timing

KI (kee): Mind. Spirit. Energy.

KIAI (kee-ai): A short, loud shout accompanying a sharp, strong technique. Helps release air from the lungs and relax the upper body so that the technique is more effective. Also helps focus mental energy and display spirit.

KIHON (kee-hon): Basic techniques.

KIME (kee-may): Focus of power.

KOHAI (ko-hai): A student junior to oneself.

KYU (kee-u): Grades 8 to 1 - all color belts. Any grade below a black belt.

OBI (o-bee): The Karate belt.

OSU (Oss): Indicates respect, acknowledgement, willingness and readiness to follow.

SEIZA: A proper sitting position used for the formal opening and closing of the class, and whenever the instructor asks students to sit on the side to watch a demonstration of techniques or kata.

SENSEI (sen-say): A teacher 3rd dan and above. A term reserved for the chief instructor of the dojo, and other high-ranking members.

SEMPAI (sem-pai): A senior student Sho-dan ho to 2nd Dan

SHIHAN (shee-han): A formal title meaning master instructor or teacher of teachers (5th dan and above). Very few people in the world have achieved this ranking.

SHOMEN (show-men): The designated front wall of a Dojo. Often the place where the picture of our founder, Gichin Funakoshi and flags are displayed.

REI (ray): Bow. A sign of respect, trust, and appreciation. May be done while standing, or while kneeling such as at the beginning and end of each class.

Shomen-ni-Rei: bow to the front of the dojo

Sensei-ni-Rei: bow to the teacher

Otagai-ni-Rei: bow to each other

VARIOUS COMMANDS:

YAME (ya-may): stop and Return to starting position (typically hachiji-dachi)

HAJIME (hajee-may): Begin

KAMAE: Get into position, prepare.

MOKUSO: Close the eyes and meditate.

MATTE (ma-tay): Wait.

MAWATE (mawa-tay): Turn into position

YOI (yoh-ee): Ready (both mentally and physically)

COUNTING in Japanese:

- 1: ichi (i-chi)
- 2: ni (ni)
- 3: san (sa-n)
- 4: shi (shi) / yon (yon)
- 5: go (go)
- 6: roku (ro-ku)
- 7: shichi (shi-chi)
- 8: hachi (ha-chi)
- 9: ku (ku)
- 10: ju (ju-u)

WAZA (Techniques):

Tsuki (tsu-kee) or **zuki** (zoo-kee): punching

Uke (ou-kay): blocking

Uchi (oo-chee): strike

Geri (ge-ree): kicking

TARGET AREAS on opponent's body:

Jodan (joh-dan): upper level, includes face, neck, and head area

Chudan (choo-dan): middle level, includes the chest, side chest and back area

ADAPT AND OVERCOME

Gedan (gay-dan): lower level, the lower trunk area

HIDARI: left

MIGI: right

GYAKU: reverse

AKA: red

SHIRO: white

YOKO: Side.

MAE: front

ZENSHIN: Forward.

USHIRO: back

KEKOMI: thrust

KEAGE: snap

BODY PARTS:

EMPI (em-pee): elbow

HIZA (hee-zah): knee

KAISHO (kay-sho): open hand, such as in shuto-uke

KENTSUI (ken-tschuee): hammer fist (also known as TETTSUI)

SOKUTO (sokoo-toh): edge of foot, such as in side thrust kick

URAKEN (oo-raken): back of fist

SHUTO (shoo-to): outer surface of hand alongside the small finger



HAITO (haee-to): inner surface of hand alongside the thumb

PUNCHES:

JODAN TSUKI: upper level punch

CHUDAN TSUKI: middle level punch

GEDAN TSUKI: lower level punch

CHOKU TSUKI: straight punch

GYAKU TSUKI: reverse punch

KAGI ZUKI: hook punch

HASAMI TSUKI: scissor punch

KIZAMI ZUKI: jab

MAWASHI ZUKI: roundhouse punch

MOROTE ZUKI: U-Punch with both fists simultaneously

TATE ZUKI: punch with fist along vertical plane

URA ZUKI: upper cut punch at close range

YAMA ZUKI: mountain Punch, a U-punch, resembles the character for mountain, thus the name.

ADAPT AND OVERCOME

BLOCKS:

AGE UKE (ah-gay oo-kay): rising block

UCHI UKE: inside-out block

SOTO UKE: outside block

GEDAN BARAI: lower level block

SHUTO UKE: knife hand block

MOROTE UKE: reinforced (augmented) block

JUJI UKE (joo-jee): X block

KAKIWAKE UKE: X block

MANJI UKE: double block with one arm in gedan barai and the other in uchi uke.

STRIKES:

EMPI UCHI: elbow strike

HAITO UCHI: ridge-hand strike

KENTSUI UCHI: (Or TETTSUI UCHI) hammer fist strike

MAE EMPI: forward elbow strike

MAWASHI EMPI UCHI: roundhouse (circular) elbow strike

OTOSHI EMPI UCHI: dropping elbow strike

TATE EMPI UCHI: rising elbow strike

TATE URAKEN UCHI: vertical back-fist strike

USHIRO EMPI UCHI: elbow strike aiming behind own body

YOKO MAWASHI EMPI UCHI: side elbow strike

NUKITE: stabbing using the extended index finger or both the index and the middle fingers

ADAPT AND OVERCOME

KICKS:

ASHI BARAI: Foot Sweep

GERI (kicks)

MAE GERI KEAGE: front snap kick

MAE GERI KEKOMI: front thrust kick.

MAE ASHI GERI: front kick with the front leg (KIZAMI GERI)

MAWASHI GERI: roundhouse (Crescent) kick

URA- MAWASHI GERI: reverse roundhouse kick

USHIRO MAWASHI GERI: turning heel kick

HIZA GERI (hee-za): knee kick

TOBI GERI (to-bee): jumping kick

USHIRO GERI (oo-shee-ro): back kick

YOKO GERI KEAGE: side snap kick

YOKO GERI KEKOMI: side thrust kick

YOKO TOBI GERI: flying side kick

FUMIKOMI: stomping kick

ADAPT AND OVERCOME

STANCES:

DACHI (da-chee): stances

HEISOKU DACHI: informal attention stance. Feet together, toes pointing straight forward

ZENKUTSU DACHI (zen-koo-tsoo): front stance

KIBA DACHI (kee-ba): horse stance

KOKUTSU DACHI (ko-koo-tsoo): back stance

FUDO DACHI (foo-do): immovable stance, similar to Zen Kutsu dachi but weight evenly applies , Shorin Kempo Fudo Dachi differs from many styles.

SANCHIN DACHI (san-cheen): hour-glass stance

Kumite dachi Fighting stance)



ADAPT AND OVERCOME