

Dojo Vocabulary

As Shotokan karate-do is a Japanese martial art it is important for all students and practitioners to understand the terms and basic words used. Many techniques and expressions can have more than one name or word to describe them which can be confusing but in the Japanese language there are often different ways to express the same word.

Numbers 1-20

- 1 - Ichi
- 2 - Ni
- 3 - San
- 4 - Shi
- 5 - Go
- 6 - Roku
- 7 - Shichi
- 8 - Hachi
- 9 - Ku
- 10 - Jyu
- 11 - Jyu Ichi
- 12 - Jyu Ni
- 13 - Jyu San
- 14 - Jyu Shi
- 15 - Jyu Go
- 16 - Jyu Roku
- 17 - Jyu Shichi
- 18 - Jyu Hachi
- 19 - Jyu Ku
- 20 - Nijyu

A

Age Uke - Rising Block
Age Zuki - Rising Punch
Aka - Red
Ashi Barai - Leg Sweep
Ashikube - Ankle
Ate Waza - Smashing Technique
Awase - Combined
Awase Zuki - U-Punch

B

Budo- Martial Way

C

Choku Zuki - Straight Punch
Chudan - Middle Level

D

Dachi - Stance
Dan - Level or Grade
Do - The Way Of
Dojo - Place of The Way / Training Place

E

Empi -Elbow
Empi Uchi - Elbow Strike
Empi Uke - Elbow Block
Enoy - Relax
Enpi (Kata) - Flying Swallow

F

Fudo Dachi -Rooted Stance
Fumikomi - Stamping Kick
Fumikiri - Cutting Kick

G

Gedan - Lower Level
Gedan Barai - Lower Parry
Gedan Barai Uke - Lower Level Sweeping Block
Gedan Zuki - Lower Level Punch
Geri - Kick
Gi - Training Suit
Gohon Kumite - Five Step Sparring
Gyaku - Reverse
Gyaku Kansetsu - Against the Joint
Gyaku Zuki - Reverse Punch
Gyaku Mawashi Geri - Reverse Round Kick

H

Hachiji Dachi - Natural / Open Leg Stance
Hai - Yes
Haishu Uchi - Back Hand Strike
Haishu Uke - Back Hand Block
Haito - Ridge Hand
Haito Uchi - Ridge Hand Strike
Haito Uke - Ridge Hand Block
Hajime - Start
Haiwan - Back Arm
Haiwan Uke - Back Arm Block
Haiwan Nagashi Uke - Back Arm Sweeping Block
Hanmi -Half Facing Position
Hara - Lower Abdomen
Hasami Zuki - Scissors Punch
Heiko Dachi - Parallel Stance
Heiko Zuki - Parallel Punch
Heisoku Dachi - Informal Attention Stance
Hidari - Left
Hiraken - Fore Knuckle Fist
Hiraken Zuki - Fore Knuckle Fist Straight Punch
Hiza - Knee

Hiza Geri - Knee Kick
Hombu - Main Dojo Headquarters
Hyosh - Timing

I

Ippon - One Point
Ippon Ken - One Knuckle Fist
Ippon Ken Zuki - One Knuckle Fist Straight Punch
Ippon Nukite - One Finger Spear Hand

J

Jiyu Dachi - Free Stance
Jiyu Ippon Kumite - Semi Free One Step Sparring
Jiyu Kumite - Free Sparring
Jodan - Upper Level
Juji Uke - X Block

K

Ka - Person
Kage Uke - Hooking Block
Kage Zuki - Hooking Punch
Kakato - Heel
Kake Uke - Hooking Block
Kakiwake Uke - Reverse Wedge Block
Kakuto - Bent Wrist
Kaiten - Rotating
Kamae - Posture
Kamaete - Take Up Position
Kata - Formal Exercise
Keage Geri - Snap Kick
Keito Uke - Chicken Head Wrist Block
Kekomi Geri - Thrust Kick
Ken - Fist
Ki - Spirit / Inner Power
Kiai - Spirit Shout
Kiba Dachi - Straddle Leg or Horse Riding Stance
Kihon - Basic Techniques
Kihon Ippon Kumite - Basic One Step Sparring
Kime - Focus
Kin Geri - Groin Kick
Kizami Zuki - Front Snap Punch
Kokutsu Dachi - Back Stance
Koshi - Ball of the Foot
Kumade - Bear Hand
Kumite - Sparring
Kun - Oath
Kyu - Grade Below Black Belt

M

Ma-Ai - Distancing
Mae - Front
Mae Geri - Front Kick
Makiwara - Striking Post
Mawashi Geri - Roundhouse Kick

Mawashi Zuki - Roundhouse Punch
Mawate - Turn
Migi - Right
Migi Zuki Geri - Crescent Kick
Mizu No Kokoro - Mind Like Water
Mokuso - Meditation
Morote Uke - Augmented Block
Morote Zuki - Augmented Punch
Morote Tzukami Uki - Two Handed Grasping Block
Moto Dachi - Original Stance
Musubi Dachi - Informal Attention

N

Nagashi Uke - Sweeping Block
Naiwan - Inner Arm
Nakadaka Ippon Ken - Middle Finger One Knuckle Fist
Nakadaka Ken - Middle Finger Knuckle Fist
Nami Ashi (Gaeshi) - Inside Leg Block
Neko Ashi Dachi - Cat Stance
Nidan Geri - Double Kick
Nihon Nukite - Two Finger Spear Hand
Nukite - Spear Hand

O

Obi - Belt
Oi Zuki - Stepping Punch
Osae - Pressing
Otoshi - Dropping

R

Rei - Bow
Reinoji Dachi - L Stance
Ren Zuk - Combination Punch
Ryo - Both
Ryu - School

S

Sambon Kumite - Three Step Sparring
Sanchin Dachi - Hour Glass Stance
Seiken - Fore Fist
Seiza - Kneeling Position (Meditation Posture)
Seiryuto/Ox Jaw Hand / Block
Sempai - Senior
Sensei - Teacher
Shihan - Master
Shusin - Referee
Shiro - White
Shiko Dachi - Square Stance
Shizentai - Natural Stance
Shobu - Competition
Shuto - Knife hand
Shuto Uchi - Knife Hand Strike
Shuto Uke - Knife hand Block
Sochin Dachi - Diagonal Straddle Leg Stance

Sokumen - Side
Sokutei Mawashi Uke - Circular Sole Block
Sokuto - Edge of Foot
Sokuto Osai Uke - Pressing Block With Edge of Foot
Soto Ude Uke - Outside Forearm Block
Sukui Uke - Scooping Block

T

Tai Sabaki - Body Shifting
Tameshiwari - Test by Breaking
Tanden - Navel
Tate Empi Uchi - Upward Elbow Strike
Tate Shuto Uke - Vertical Knife Hand Block
Tate Zuki - Vertical Fist Punch
Te - Hand
Teisho - Palm Heel
Teisho Awase Uke - Combined Palm Heel Block
Teisho Uchi - Palm Heel Strike
Teisho Uke - Palm Heel Block
Teiji Dachi - T Stance
Tekubi - Wrist
Tettsui - Bottom Fist
Te Nagashi Uke - Hand Sweeping Block
Te Osae Uke - Hand Pressing Block
Te Waza - Hand Technique
Tobi - Jumping
Tobi Tettsui Uchi - Jumping Hammer Fist Strike
Tokui - Favourite
Tsukami - Grasping
Tsumasaki - Tips of Toes or Fingers
Tsuki - Punching
Tsuru Ashi Dachi - Crane Leg Stance

U

Uchi - Strike
Uchi Ude Uke - Inside Forearm Block
Uchi Hachiji Dachi - Inverted Open Leg Stance
Uchi Waza - Striking Techniques
Ude - Forearm
Uke - Block
Ura Zuki - Close Punch
Uraken - Back Fist
Ushiro Geri - Back Kick
Ushiro Mawashi Geri - Back Roundhouse Kick
Ushiro Empi Uchi - Back Elbow Strike

W

Wa - Harmony
Wan - Arm
Washide - Eagle hand
Waza - Technique

Y

Yama Zuki - Wide U Punch

Yame - Stop
Yoi - Ready
Yoko - Side
Yoko Empi - Side Elbow
Yoko Empi Uchi - Side Elbow Strike
Yoko Geri - Side Kick

Z

Zanshin - Mental Alertness
Za Zen - Zen Meditation
Zenkutsu Dachi - Front Stance
Zuki - Punch