

Glossary of Karate terminology used by the KUGB

This page contains a brief glossary of some of the more commonly used Japanese terminology KUGB Karateka will need on their way to gaining Black Belt.

The glossary includes the Japanese words / phrases, and their English translation, used during training sessions and gradings, and students should familiarise themselves with these terms alongside the [KUGB Grading Syllabus](#). *(The grading syllabus opens in a new browser window allowing you refer to them both side-by-side).*

Your club instructor(s), Sensei, will use these terms often, helping you to understand their meanings and pronunciations. Any questions should be discussed with your club instructor.

Japanese

Translation

General Terms

| | |
|----------|------------------------|
| Dojo | Training Hall |
| Sensei | Instructor |
| Rei | Bow |
| Migi | Right |
| Kamae-te | Move to ready position |
| Mawatte | Turn |
| Gi | Karate suit |
| Kime | Focus |
| Kihon | Basic techniques |
| Kumite | Sparring |
| Jodan | Head |
| Chudan | Middle body |
| Gedan | Lower body |

Dachi - Stances

| | |
|---------------|-----------------|
| Heiko dachi | Natural stance |
| Musubi dachi | Informal stance |
| Kiba dachi | Straddle stance |
| Kokutsu dachi | Back stance |

Uke - Blocks

| | |
|-------------|------------------|
| Gedan Barai | Downward block |
| Soto Uke | Outside block |
| Shuto uke | Knife hand block |
| Nagashi uke | Sweeping block |
| Empi uke | Elbow block |
| Morote uke | Augmented block |

Tsuki - Punches

| | |
|------------------|-------------------------|
| Kara/Choku tsuki | Straight punch |
| Kizami tsuki | Front hand punch |
| Kagi tsuki | Hook punch |
| Sanbon tsuki | Three punch combination |

Uchi - Strikes

| | |
|-------------------|---------------------|
| Age empi uchi | Rising elbow strike |
| Mawashi empi uchi | Round elbow strike |

Japanese

Translation

| | |
|------------------|---|
| Dojo Kun | Dojo code |
| Seiza | Kneel |
| Yoi | Ready |
| Hidari | Left |
| Hajime | Start/begin |
| Yame | Finish/stop |
| Obi | Belt |
| Kiai | Martial shout |
| Kata | Formal exercises |
| Zanshin | Martial state of mind or awareness |
| Oss | Respectful greeting or acknowledgment or understanding of a command |
| Heisoku dachi | Feet together stance |
| Zenkutsu dachi | Front stance |
| Shiko dachi | Open leg/Sumo stance |
| Age Uke | Rising block |
| Uchi Uke | Inside block |
| Tate Shuto uke | Vertical knife hand block |
| Haishu uke | Back hand block |
| Juji uke | X block |
| Kakewake uke | Wedge block |
| Oi tsuki | Stepping punch |
| Gyaku tsuki | Reverse punch |
| Ren tsuki | Two punch combination |
| Yoko empi uchi | Side elbow strike |
| Ushiro empi uchi | Reverse elbow strike |

| | |
|----------------|-----------------------|
| Tate empi uchi | Downward elbow strike |
| Uraken uchi | Back fist strike |
| Nukite | Spear hand thrust |
| Haito uchi | Ridge hand strike |

Geri - Kicks

| | |
|------------------|--|
| Mae geri | Front kick |
| Yoko geri kekomi | Side thrust kick |
| Ushiro geri | Back kick |
| Ren geri | Kicking combinations stepping between kicks |

Kumite - Sparring

| | |
|---------------------|-------------------------|
| Sanbon Kumite | Three step sparring |
| Kihon Ippon Kumite | Basic one-step sparring |
| Kaishi Ippon Kumite | Reaction sparring |

| | |
|-------------|--------------------|
| Shuto uchi | Knife hand strike |
| Tetsui uchi | Hammer fist strike |
| Teisho uchi | Palm heel strike |

| | |
|-----------------|---|
| Yoko geri keage | Side snap kick |
| Mawashi geri | Roundhouse kick |
| Hiza geri | Knee kick |
| Nidan geri | Two kicks with same leg without step between |

| | |
|-------------------|--------------------------|
| Gohon Kumite | Five step sparring |
| Jiyu Ippon Kumite | Semi-free style sparring |
| Jiyu Kumite | Free style sparring |