

Karate Terms

English

Japanese

Natural stance

shizen-tai

Front stance

zenkutsu-dachi

Back stance

kokutsu-dachi

Straddle/horse stance

kiba-dachi

Straight punch

choku-zuki

Reverse punch

yaku-zuki

Stepping punch

oi-zuki

Knife hand strike

shuto

Ridge hand strike

haito

Elbow strike

empi-uchi

Front kick

mae-geri

Front snap kick

mae-geri-keage

Front thrust kick

maegeri-kekomi

Side kick

yoko-geri

Side snap kick

yoko-geri-keage

Side thrust kick

yoko-geri-kekomi

Back kick

ushiro-geri

Roundhouse kick

mawashi-geri

Downward block

gedan-barai

Forearm block	ude-uke
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Knife hand block	shuto-uke
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High-level (head area)	jodan
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Middle level (torso)	chudan
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Lower level (below belt)	gedan
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Ready	yoi
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Begin	hajime
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Finish	yame
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Kneel	seiza
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Meditate	mokusou
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Bow	rei
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Instructor	sensei
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Senior	sempai
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Junior	kouhai
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One	ichi
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Two	ni
-----	----

Three	san
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Four	shi
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Five	go
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Six

roku

Seven

shichi

Eight

hachi

Nine

ku

Ten

ju
