



# Battistello Karate School Terminology

General	
chudan	middle level
dogi	karate uniform
dojo	training hall
gedan	lower level
geri	kick
hai	yes
hajime	begin
han	half
hanmae	half forward
hantai	change sides
hara	inner energy
hidari	left
hikite	pull back hand
hira ken	knuckle joints
junbi undo	warming up exercises
jodan	upper level
kamae-te	on guard position
karate-ka	karate student
kata	formal pattern
keiko	joined fingertips or "chicken's beak"
kiai	shout of spirit
kihon	basics
kime	focus
ko ken	wrist joint
kote-kitae	forearm conditioning
kumite	sparring
mawate	turning to face opposite direction
migi	right
mokso	meditation
mudansha	person without dan grade, i.e. kyu and shodan-ho
mushin	no mindedness
obi	belt
oos	formal greeting
rei	bow
seiken	forefist
seiretsu	line up
seiza	kneel
senpei	assistant teacher
sensei	teacher

shihan	teacher of teacher's
shin-ko-kyu	breathing exercise
shomen	front of the room or facing straight ahead
soke	founder or grandmaster
Shukokai	"Way For All"
tatame	matted area
uchi	strike
uke	block
waza	technique
yame	stop
yasume	relax
yoi	ready
yudansha	person with dan grade
zuki	punch

<b>Punches &amp; Strikes</b>	
choku-zuki	straight punch
empi-uchi	elbow strike
gyaku-shuto-uchi	reverse knife hand strike
gyaku-zuki	reverse punch
haito-uchi	ridge hand strike
herabasami-uchi	inside ridge hand strike
hiraken-uchi	fore knuckle strike
hitosashi ippon-ken-zuki	forefinger knuckle punch
ippon-ashi-zuki	one leg punch
keiko-uchi	bent wrist strike
mae-ken-zuki	front hand punch
mawashi-zuki	roundhouse punch
nakadaka ippon-ken-zuki	middle knuckle punch
nukite	spear hand strike
oi-zuki	lunge punch
seiryu-toh-uchi	palm edge strike
shuto-uchi	knife hand strike
tataken-zuki	vertical fist punch
teisho-uchi	palm heel strike
tettsui-uchi	hammer fist strike
uraken-uchi	back fist strike
ura-zuki	close punch
yame-zuki	u punch
zuki-age	uppercut punch

<b>Kicks</b>	
ashi-barai	foot sweep
fumikomi	foot stomp
hiza-geri	knee strike
kakato-geri	axe kick
kin-geri	groin kick
mae-ashi-geri	half roundhouse kick
mae-geri	front thrust kick
mawashi-geri	roundhouse kick
mikazuki-geri	crescent kick
tobi-geri	flying kick
ura-mawashi-geri	hook kick
ushiro-geri	back kick
yoko-geri	side kick

<b>Blocks</b>	
gedan barai	downward block
jodan-age-uke	rising block
juji-uke	x block
kake-te	hooking hand
keito-uke	wrist block
mawashi-uke	circular block
moroto-uke	supported block
nagashi-uke	pushing block
shotei-uke	palm block
shuto-uke	knife hand block
soto-uke	forearm block
sukui-uke	scooping block
teisho-uke	palm heel block
uchi-uke	middle block

<b>Stances</b>	
hachiji-dachi	neutral stance
heiko-dachi	parallel stance
heisoku-dachi	feet together stance
kokutsu-dachi	back stance
kosa-dachi	crossing stance
moto-dachi	short forward stance
musubi-dachi	v stance
neko-ashi-dachi	cat leg stance
sagi-ashi-dachi	one leg stance
sanchin-dachi	pigeon toe stance or three battles stance
shiko-dachi	horse stance
yoi-dachi	ready stance
zenkutsu-dachi	long forward stance

<b>Counting</b>	
ichi	one
ni	two
san	three
chi	four
go	five
roku	six
shichi	seven
hachi	eight
ku	nine
ju	ten