

## Glossary of Karate Terms

Age - Rising  
Ashi - Foot Leg  
Ashi-Barai - Foot Sweep  
Ashi-Sabaki - Foot Movement, Foot-work  
Ate - Hitting  
Ate-Waza - Hitting Techniques  
Atemi - Striking at vital points (Kyusho)  
Atemi-Jutsu - Art of attacking vital points  
Atemi-Waza - Vital point attacking techniques  
Barai - Sweep  
Bisen - Bridge of nose  
Bite - Head of nose  
Bo Long - quarter staff used as a weapon, made of oak wood  
Budo - "Martial Arts" - "Way of the Warrior"  
Bujutsu - Martial Arts techniques  
Buki-Ho - Weapons training  
Chikara Kurabe - Early Japanese Fighting System  
Ch'uan Fa' - Way of the Fist (Kempo in Japanese)  
Chudan - Middle Level  
Dachi - Stance  
Dan "Man" - Black-belt grade  
Do - The Way  
Dojo - The Way Place, Training Hall  
Dojo-Kun - School Principles, Rules  
Ekku - Weapon made from fisherman's oar - use as a staff or spear  
Empi - Elbow  
Fumikomi - Stamping  
Furi - Swinging  
Fushito - Outside of thigh  
Gaeshi - Twist  
Ganka - Chest  
Gankyu - Eyeballs  
Gedan - Lower Level  
Geri - Kick  
Gohon - Five (Techniques, Ways etc)  
Goshin-Budo - Defence Martial Arts  
Goshin-Jutsu - Art of Self Defence  
Gyaku - Reverse  
Hachij - Figure "Eight"  
Haishu - Back of hand  
Haito - Ridge of hand  
Hajime - Begin  
Hara - Stomach Energy Centre  
Hato Mune - Sternum  
Hichu - Notch on Neck  
Hidari - Left  
Hiji - Elbow  
Hirabasami - "Claw-hand"

## Kyusho Glossary

Ago - Chin, jawbone  
Ashi - Leg  
Atama - Head  
Bisen - Bridge of nose  
Bitei - Coccyx  
Bito - Head of nose  
Chibusa - Breast  
Chusoku - Sole  
Danchu - Top of Sternum, pit of neck  
Denko - 7th - 8th Rib  
Dokko - Mastoid process  
Empi - Elbow  
Erikubi - "Collar Beck", side of neck  
Fukuto - Outside of upper thigh  
Fushito - Outside of thigh  
Ganka - Chest  
Gankyu/Gansei - Eyeballs/Eyeball  
Ganshu - Under each nipple  
Gawa - Side  
Gekon - Beneath lower lip  
Haishu - Back of hand  
Haisoku - Instep  
Hana - Nose  
Hara - Abdominal Life/Death Centre  
Hatomune - Sternum  
Hichu - Adam's Apple  
Hifu - Skin  
Hiji - Elbow  
Hijizume - Elbow joint  
Hirate - Inside of hand  
Hitai - Forehead  
Hiza - Knee  
Hizakansetsu - Knee Joint  
Hizatsubomi - Back of Knee  
Hone - Bone  
I - Stomach  
Inazuma - Side of Stomach  
Jinchu - Base of Nose  
Jogaku - Upper Part of Jaw  
Junzo - Kidneys  
Ka Fuku Bu - Lower Abdomen  
Kagaku - Lower Part of Jaw  
Kao - Face  
Kassatsu - Spine  
Kasumi - Temples  
Kata - Shoulder  
Katsusatsu - Spot between 5th - 6th Vertebrae  
Keichu - Nape of neck, base of skull  
Keido Myaku - Jugular vein  
Ken - Tendon

Hirate - Inside of the hand	Kenteki - Testicles, groin
Hitai - Forehand	Kibi - Tip of spine
Hiza - Knee	Kinniku - Muscle
Hiza-Geri - Knee Kick	Kodenko - Base of Spine
Hiza-Tsubomi - Back of Knee	Kokei - Tibia bone
Inazuma - Side of Stomach	Kokotsu - Shin bone
Ippon One - (Technique or point)	Komikami - Temple
Ippon-Ken One - Finger Knuckle-fist	Kori - Instep
Jodan - Upper level	Kote - Wrist, Forearm
Jogaku - Upper Part of Jaw	Kotobu - Rear of Head
Jokyu - Advanced	Kubi - Neck
Jokyu-Renraku-Waza - Advanced Combination	Kuchi - Mouth
Techniques	Kuchibiru - Lip
Jutsu - Art of; Combat application	Kurubushi - Ankle
Ka Fuku Bu - Lower Abdomen	Kyoei - Spot between 5-6 ribs
Kagaku - Lower part of Jaw	Kyototsu - Base of sternum
Kama - Reaping Sickle	Me - Eyes
Kamae - Guard, posture	Mikazuki - Front of Jaw
Kamae-Kata - Fighting Stance	Mimi - Ears
Kassatsu - The Spine	Miten - Bridge of Nose
Kasumi - Temple	Momo - Thigh
Kata - Shoulder, Form	Mune - Chest
Keichu - Back of Neck	Myojo - Lower abdomen, below navel
Keido Myaku - Jugular Vein	Nodo - Throat
Kempo - "Way of the Fist"	Nodo Botoke - Adam's Apple
Ken - Fist, Sword	Oyayubi - Thumb
Ken - Tendon	Rokkotsu - Ribs
Ken-Jutsu - The Art of Combative Swordmanship	Ryojikou Kabotoke - Mastoid
Kenteki - Testicles	Sebone - Spine
Kibi - Tip of Spine	Seidon - Areas below + eyes
Kihon - Basic	Seishokuki - Genitals
Kihon-Furi-Uchi-Waza - Basic Swinging Strike	Senaka - Back
Techniques	Shigetsu Solar Plexus
Kihon-Furi-Uke-Waza - Basic Swinging Block Techniques	Shinkei Keito Nervous system
Kihon-Renraku-Waza - Basic Combination	Shinzo - Heart
Techniques	Shiri - Hip
Kihon-Uchi-Waza - Basic Striking Techniques	Shitsuto - Knee cap
Kihon-Uke-Waza - Basic Blocking Techniques	Shofu - Side of Neck
Kinniku - Muscle	Shotei - Palm of Hand
Kobudo - "Ancient Martial Arts Ways"	Sobi - Lower part of calf muscle
Kobu-Jutsu - (See Kobudo)	Soda - Spot between shoulder blades
Kodenko - Base of Spine	Sokumen - Side of face
Kokei - Tibia	Sonu - Top of Sternum
Kokotsu - Shin Bone	Tekubi - Wrist
Komikami - Temple	Tendo - Top of head, crown
Kori - Instep	Tento - Frontal Area
Kote - Forearm, Wrist	Ude - Forearm
Kote-Gaeshi - Outside Wrist-twist	Ude Kansetsu - Forearm Joint
Kote-Jime - Wrist Lock	Ushiro Inazuma - Spot below buttocks
Kote-Uchi - Forearm/Wrist Strike	Waki no shita - Armpit
Kotobu - Rear of Head	Wanshun - Back of upper arm

Kubi - Neck  
Kuchi - Mouth  
Kuchibiru - Lip  
Kumitachi - Partnerwork  
Kurubushi - Ankle  
Kusarigama - Japanese Version of Kama - Reaping  
Sickle with Chain  
Kyoei - Spot between 5-6 ribs  
Kyototsu - Base of Sternum  
Kyu - "Boy", Grades below Black-Belt  
Kyu-Jutsu - The Art of Combative Archery  
Kyusho - Vital Points  
Maai - Distance  
Mae - Front  
Makiwara - Wooden Striking Post  
Mawashi - Roundhouse  
Mawatte - Turn  
Me - Eyes  
Migi - Right  
Mikazuki - Front of Jaw, Crescent  
Mimi - Ears  
Miten - Bridge of Nose  
Mizo Ochi - Solar Plexus  
Momo - Thigh  
Morote - Double Handed  
Mudansha - Non Black-Belt  
Mune - Chest  
Musabidachi - Attention Stance  
Myojo - Lower Abdomen, below navel  
Naginata - Japanese Weapon; a Blade mounted on a  
Long Staff  
Nodo Botoke - Adam's Apple  
Nogo - Throat  
Nukite - "Spearhand"  
Nunchaku - Rice-Flail  
Obi - Belt  
Okinawa - The Main Island of the Ryukyu Archipelago  
Okinawa-Te - "Empty Hand" Martial Art of the Ryukyu  
Islands  
Oroshi - Downward  
Oroshi-Furi-Uchi - Downward Swinging Strike  
Oroshi-Furi-Uke - Downward Swinging Block  
Oroshi-Mae-Furi-Uchi - Downward Front Swinging Strike  
- "Uraken"  
Oroshi-Mawashi-Furi-Uchi - Downward Diagonal  
Swinging - Strike  
Oroshi-Mawashi-Furi-Uke - Downward Diagonal Swinging  
- Block  
Oroshi-Soto-Furi-Uchi - Downward Outward Swinging  
Strike  
Oroshi-Soto-Furi-Uke - Downward Outward Swinging

Block  
Oroshi-Uchi - Downward Strike  
Oroshi-Uke - Downward Block  
Osae - Pressing  
Osae-Uchi - Pressing Strike  
Osae-Uke - Pressing Block  
Otoshi - Dropping  
PR24 Modern version of Tonfa - used by Law  
Enforcement Agencies  
Reishiki - Etiquette  
Renraku - Combination  
Renraku-Waza - Combination Techniques  
Rokkotsu - Ribs  
Ryojikou - Kabotoke Mastoid  
Ryu - School, Style  
Ryukyu - Name of "Rope-like" string of islands South  
West of Japan  
Sabaki - Movement  
Sai - Weapon which looks like a Trident, used in close  
combat  
Sagi - Heron Crane  
Sagi-Ashi-Dachi - Heron Crane Stance  
Sagi-Ashi-Oroshi-Furi-Uke - Downward Swinging Block in  
Crane-stance  
Sebone - Spine  
Seidon - Areas below and above eyes  
Seiken - Straight Fist, Normal Fist  
Seiken-Zuki - Normal, Straight Thrust-punch  
Seishokuki - Genitals  
Senaka - Back  
Shigetsu - Solar Plexus  
Shihan - High Ranking Coach  
Shinkei Keito - Nervous System  
Shinzo - Heart  
Shiri - Hip  
Shitsuto - Knee-cap  
Shofu - Side of Neck  
Shuto-Uchi - Knifehand Strike  
Shuto-Uke - Knifehand Block  
Shomen - Place of Honour, Front, Head  
Shotei - Palm-heel  
Shuto - Knife hand, Knife-edge  
Shuto-Uchi - Knife hand Strike  
Shuto-Uke - Knife hand Block  
Sobi - Lower part of calf muscle  
Soda - Spot between shoulder blades  
Sokumen S- ide of the face  
Sonu - Top of Sternum  
Soto - Outward  
Soto-Furi-Uchi - Outward Swinging Strike  
Soto-Furi-Uke - Outward Swinging Block

Soto-uke - Outward Block  
Sukui - Scooping  
Tekkan-Zu (J) - Metal rings used to strike vital points  
Tekki (OK) - Spiked metal knuckledusters  
Tekubi - Wrist  
Tendo - Top of head, crown  
Tento - Frontal area  
Tessen - Metal fan used as a weapon  
Tettsui - Hammer fist  
Tettsui-Uchi - Hammer fist Strike  
Tobikomi - Jumping  
Tobokomi-Zuki - Snap Punch, Jumping Thrust Punch  
Tonfa/Toifa - Millstone handle  
Tonfa-Jutsu - Combative use of the millstone handle  
Tori - Hold, attacker  
Uchi - Strike, inward  
Uchi-waza - Striking Techniques  
Ude - Forearm  
Ude - Kansetsu Forearm joint  
Uke - Block, defender  
Uke-Waza - Blocking Techniques  
Uraken - Backfist  
Ushiro - Backward, rear  
Ushiro - Inazuma Spot below buttocks  
Waki No Shita - Armpit  
Wanshun - Back of upper arm  
Washite - "Eagle Hand" Strike  
Waza - Technique  
Yabusame - Mounted archery  
Yoko - Sideward  
Yoko-Furi-Uchi - Sideward Swinging Strike  
Yoko-Kote-Gaeshi - Sideward Wrist Flip  
Yudansha - Black belt holder  
Zanshin - Awareness, perfect completion  
Zarei - Seated bow  
Zazen - Japanese seated meditation  
Zenkutsu - Forward  
Zuki - Thrusting Punch  
Zuki-Uchi - Thrusting Strike