

Kyokushin Karate Terminology

KIHON WAZA

Tsuki
Uchi
Uke
Geri

BASIC TECHNIQUES

Punch (thrust)
Strike
Block
Kick

BUKI

Ashi
Chusoku
Haisho
Haisoku
Haito
Hiji
Hiraken
Hiza
Kakato
Keiko
Koken
Kote
Nakayubi Ippon Ken
Nukite
Oyayubi Ippon Ken
Ryutoken
Seiken
Shotei
Shuto
Sokuto
Sune
Te
Teisoku
Tetsui
Toho
Uraken

WEAPONS

Foot or Leg
Ball (middle) of the Foot
Backhand
Instep of the Foot
Inner Knife Hand
Elbow
Flat Fist
Knee
Heel
Chicken Beak
Wrist Top
Forearm
Middle Finger Knuckle Fist
Spear Hand
Thumb Knuckle Fist
Dragon's Head Fist
Forefist (correct fist)
Palm Heel
Knife Hand
Outside Edge of the Foot
Shin
Hand
Arch of the Foot
Hammer Fist
Sword Peak Hand
Backfist

NERAIDOKORO
KOGEKIHOKO

Age
Ago
Atama
Chudan
Ganmen
Gedan
Hidari
Hizo
Jodan
Kake
Kansetsu
Kintama (Kin)
Komekami
Kubi
Mae
Mawashi
Me
Migi
Nodo
Oroshi
Sakotsu
Sayu
Soto
Tobi
Uchi
Ura
Ushiro
Yoko

TARGETS & DIRECTIONS

Rising
Chin or Jaw
Head
Middle Level
Face
Lower Level
Left
Spleen
Upper Level
Hooked
Joint (of limb)
Groin, Testicles
(gold jewels)
Temple
Neck
Front, Forward
Round, Circular
Eyes
Right
Throat
Descending
Collarbone
Left and Right
Outside
Jumping
Inside
Reverse, Backwards
Back (direction)
Side (direction)

KAZU

Ichi
Ni
San
Shi, Yon
Go
Roku
Shichi, Nana
Hachi
Ku
Ju
Sanju
Hyaku

NUMBERS

One
Two
Three
Four
Five
Six
Seven
Eight
Nine
Ten
Thirty
Hundred

DACHI

Yoi Dachi
Fudo Dachi
Zenkutsu Dachi
Uchi Hachiji Dachi
Sanchin Dachi
Kokutsu Dachi
Musubi Dachi
Kiba Dachi
Neko Ashi Dachi
Tsuru Ashi Dachi
Moro Ashi Dachi
Heisoku Dachi
Heiko Dachi
Kake Dachi
Soto Hachiji Dachi
Shiko Dachi
Kumite Dachi
Han Mi
Migi Ashi Mae
Hidari Ashi Mae

STANCES

Ready Stance
Immobile Stance
Forward Leaning Stance
Inside Character "8" Stance
Three Point Stance
Back Leaning Stance
Open Foot (connected) Stance
Horseback Stance
Cat Stance
Crane Stance
One Foot Forward (two-foot) Stance
Closed Foot Stance
Parallel Stance
Hooked Stance
Outside Character "8" Stance
Sumo Stance
Fighting Stance
Half Body Stance
Right Foot Forward
Left Foot Forward

TSUKI WAZA

Seiken –
– Oi Tsuki
– Morote Tsuki
– Gyaku Tsuki
– Tate Tsuki
– Jun Tsuki
Shita Tsuki

PUNCHING TECHNIQUES

Forefist –
– Lunge Punch
– Two-Handed Punch
– Reverse Punch
– Vertical Punch
– Side (corresponding)
Punch
Lower Punch

GERI WAZA

Hiza Ganmen Geri
Kin Geri
Mae Geri
Mae Keage
Soto Mawashi Geri
Uchi Mawashi Geri
Yoko Keage
Mawashi Geri
Kansetsu Geri
Yoko Geri
Ushiro Geri
Mae Kakato Geri
Ago Geri
Tobi Mae Geri

KICKING TECHNIQUES

Knee Face Kick
Groin Kick
Front Kick
Front Rising Kick
Outside Crescent Kick
Inside Crescent Kick
Side Rising Kick
Roundhouse Kick
Joint Kick
Side Kick
Back Kick
Front Heel Kick
Chin / Jaw Kick
Jumping Front Kick

UCHI WAZA

Seiken –
– Ago Uchi
– Furi Ichi
Tetsui –
– Oroshi Ganmen Uchi
– Komekami Uchi
– Hizo Uchi
– Mae Yoko Uchi
– Yoko Uchi
Uraken –
– Ganmen Uchi
– Sayu Uchi
– Hizo Uchi
– Oroshi Ganmen Uchi
– Mawashi Uchi
Nihon Nukite
Yonhon Nukite
Shotei Uchi
Shuto –
– Sakotsu Uchi
– Yoko Ganmen Uchi
– Sakotsu Uchikomi
– Hizo Uchi
– Uchi Uchi
Hiji Ate
Mae Hiji Ate
Age Hiji Ate
Ushiro Hiji Ate
Oroshi Hiji Ate

STRIKING TECHNIQUES

Forefist –
– Chin / Jaw Strike
– Hook Strike
Hammer Fist –
– Descending Face Strike
– Temple Strike
– Spleen Strike
– Forward Side Strike
– Side Strike
Backfist –
– Face Strike
– Left and Right Strike
– Spleen Strike
– Descending Face Strike
– Roundhouse Strike
Two-Fingered Spear Hand
Four-Fingered Spear Hand
Palm Heel Strike
Knife Hand –
– Collarbone Strike
– Side Face Strike
– Collarbone Driving Strike
– Spleen Strike
– Inside Strike
Elbow Strike
Forward Elbow Strike
Rising Elbow Strike
Backwards Elbow Strike
Descending Elbow Strike

UKE WAZA

Jodan Uke
Gedan Barai
Chudan Uchi Uke
Chudan Soto Uke
Morote Chudan Uchi Uke
Shuto Uke
Juji Uke
Kake Uke
Shotei Uke
Mawashi Uke

BLOCKING TECHNIQUES

Upper Block
Lower Parry
Middle Area Inside Block
Middle Area Outside Block
Two-Handed Middle Area Inside Block
Knife Hand Block
Crossed Block
Hooked Block
Palm Heel Block
Circular Block

KIHON JUTSUGO

Arigato
Gozaimasu
Budo
Bunkai
Dan
Dojo
Dojo Kun
Dogi (Gi)
Hajime
Hanshi
Ibuki
Kumite
Kamaete
Karate
Kata
Ki
Kiai
Kihon
Kime
Kohai
Kyokushin
Kyu
Maai
Makiwara
Mawatte
Mokuso
Naore
Nogare
Obi
Okuriashi
Onegaishimasu
Osu
Otagai
Rei (...ni Rei)
Renraku
Seishin
Seiza
Sempai
Sensei
Shomen
Shihan
Sosai
Tameshiwari
Waza
Yame
Yasume
Yoi

BASIC TERMINOLOGY

Thank You
(polite)
Martial Way
Application (analysis)
Grade (Black Belt)
Training Hall (Way place)
Training Hall Oath
Karate Uniform (Way clothes)
Begin
Honorable Master
Forced Tension Breathing
Full-Contact Fighting
Take Ready Position
Empty Hand
Form
Inner Energy
Explosive Scream
Basics
Focus
Junior Student
Ultimate Truth
Rank (below Black Belt)
Interval (between opponents)
Striking Post (straw wrapped)
Turn
Meditation (silent thought)
Return to Starting Position
Calm Controlled Breathing
Belt (sash)
Shuffle Step (sending foot)
Please (polite)
Patience and Determination
Each Other
Bow (Bow to...)
Combinations
Spirit
Formal Kneeling (correct sitting)
Senior (1st & 2nd Dan)
Teacher (born before) (3rd & 4th Dan)
Front (correct face) of the Dojo
Expert (5th, 6th & 7th Dan)
President
Breaking Test
Technique(s)
Stop
Rest, at Ease
Ready

TAIKAI JUTSUGO

Aka
Awasete Ippon
Chui
Encho
Fukushin
Fukushin Shugo
Genten
Hantei
Hikiwake
Ippon
Kachi
Senshuken Taikai
Shikaku
Shiro
Shushin
Waza Ari
Zokko

**TOURNAMENT
TERMINOLOGY**

Red
Adds Up to One Point
Warning
Overtime Round (extension)
Corner Judge (assistant referee)
Referees' Conference
Penalty
Decision
Draw, Tie
One Point
Win
Championship Tournament
Disqualification
White
Referee
Half Point (has a technique)
Resume Fighting