

Basic Wadoryu Terminology

Numbers	Black Belt Ranks	Kyu Ranks & Belt Colour
ONE - ICHI	Sho-Dan/1st Dan	Brown with black stripe/I-Kyū
TWO - NI	Ni-Dan/2 nd Dan	Brown with white stripe/Ni-Kyū
THREE - SAN	San-Dan/3 rd Dan	Brown/San-Kyū
FOUR - SHI	Yon-Don/4 th Dan	Purple/Yon-Kyū
FIVE - GO	Go-Dan/5 th Dan	Blue/Go-Kyū
SIX - ROKU	Roku-Dan/6 th Dan	Green/Roku-Kyū
SEVEN - SHICHI	Shichi-Dan/7 th Dan	Orange/Shichi-Kyū
EIGHT - HACHI	Hachi-Dan/8 th Dan	Yellow/Hachi-Kyū
NINE - KU	Ku-Dan/9 th Dan	Red/Ku-Kyū
TEN - JU	Ju-Dan/10 th Dan	White

General Terminology and Etiquette

Command	Pronunciation	English meaning
Sensei	Sen-Say	Teacher/instructor
Sempai	Sem-Pie	Senior Student/Assistant Instructor
Shihan	She-An	Leading teacher
Seiza	Say-Zar	Kneel
Soru	So-roo	Sit/kneel
Rei	Ray	Bow
Sensei Ni Rei	Sen-Say-Nee-Ray	Bow to Instructor
Otagai Ni Rei	Ott-Toe-Guy-Nee-Ray	Bow to Dojo and all assembled
Kritsu	Kiritz	Stand to Attention
Hidari	Hid-Ary	Left
Migi	Migee	Right
Hai	Hi	Yes
Ie	Ee-e	No

Basic Karate Techniques

Command	Pronunciation	English meaning
Yohi	Yoy	Ready Stance
Hidari Gamae Junzuki	Hid-Ar-Ee-Gam-I Junzuki	Junzuki Stance
Hidari Hanmi Gamae	Hid-Ar-Ee-Hamnee-Gam-I	Fighting Posture
Mawatte	Ma-Watt-Ay	Turn
Hidari Shizentai	Hidari-Shee-zen-tai	Left Natural Stance
Kiai	Kee-eye	Shout
Yamae	Yam-Ay	Relax to ready stance or Stop
Naorei	Noray	Adopt attention stance in preparation to bow
Rei	Ray	Bow
Hajime	Hajimay	Start
Kyukei	Q.K	Rest after Bow
Sonobade Ippon Toru Gyakuzuki	Sonno-ba-de-ippou-toru-gyaku-zuki	From the same position change arms oppsite punch

Targets on the body

Command	English meaning
Jodan	Head/Upper
Chudan	Middle
Gedan	Lower

Hand/Arm

Command	English meaning
Seiken	Fore fist/knuckle
Uraken	Back fist
Tettsui	Bottom Fist/Hammer fist
Hitosashi Ippon Ken	Forefinger One Knuckle Fist
Nakadaka Ippon Ken	Middle Finger One Knuckle Fist
Haito	Ridge Hand

Shuto	Knife Hand
Nihon Nukite	Two Finger Spear Hand
Ippon Nukite	One Finger Spear Hand
Yonhon Nukite	Four Finger Spear Hand
Teisho	Palm Hand
Koken	Back wrist
Ude	Forearm
Empi	Elbow
Hiraken	Second knuckle fist strike

Ashi - Foot

Command	English meaning
Hiza	Knee
Sokuto	Foot Edge
Kakato	Foot Heel
Johsokutei	Ball of Foot
Ashi Barai	Foot Sweep

Karate Stances

Command	English meaning
Heisoku Dachi	Attention Stance (feet together)
Musubi Dachi	Attention Stance (heels together toes apart)
Shiko Ashi Dachi	Open Leg Stance
Hachiji Dachi (Yohi)	Ready Position Stance
Neko Ashi Dachi	Cat Stance
Shizentai	Natural Standing Posture
Hidari/Migi Shizentai (Renoji Dachi)	Left/Right Natural Standing Posture
Jigo tai	Defensive Standing Posture
Naihanchi Dachi	Naihanchi Kata Stance
Shiko Ashi Dachi	Sumo/Straddle Leg Stance

Kiba Dachi	Horse Riding Stance
Zenkutsu Dachi	Front leg bent stance
Kokutsu Dachi	Back leg bent stance
Junzuki Dachi	Junzuki Stance
Gyakuzuki Dachi	Gyakuzuki Stance
Junzuki Tsukkomi Dachi	Stance of Junzuki-no-tsukkomi
Gyakuzuki Tsukkomi Dachi	Stance of Gyakuzuki-no-tsukkomi
Nekoashi Dachi	Cat-feet stance
Mahanmi no Nekoashi Dachi	Side-viewing cat stance
Hanmi no Nekoashi Dachi	Half-viewing cat stance
Mashomen no Nekoashi Dachi	Front viewing cat stance
Gyaku Nekoashidachi (Soeashi Dachi)	Reverse (front weighted) cat stance
Yoko Seishan Dachi	Sideways Seishan Stance
Tate Seishan Dachi	Vertical Seishan Stance
Kosa Dachi	Crossed leg stance
Kataashi Dachi	Crane stance
Heiko Dachi	Parallel stance
Naname Heiko Dachi	Angled parallel stance

Uke Waza (Blocking Techniques)

Command	English meaning
Jodan Uke	Upward block
Chudan Uke	Body block
Gedan Uke	Lower-body block
Shuto Uke	Knife-hand block
Gedan Barai	Lower-body sweeping block
Morote Uke	Double-handed block
Uchi Uke	Inner block
Soto Uke	Outer block
Shuto Uke	Edge of hand block

Age Uke	Rising block
Juju Uke	Cross hand block
Otoshi Uke	Descending block
Kake Uke	Hook block
Tetsui Uke	Hammer-fist block
Ude Uke	Forearm block

Tsuki Waza (Hand striking techniques)

Command	English meaning
Jun Zuki	Lunge Punch
Gyaku Zuki	Reverse Punch
Morote Zuki	Double Fist Punch
Furi Zuki	Swing Punch
Uraken	Back-fist strike
Tobikomizuki	Lurching body-in snap punch
Nagashizuki	Flowing-avoiding snap punch

Uchi-Waza - Striking

Command	English meaning
Tettsui Uchi	Bottom Fist Strike
Shuto Uchi	Knife Hand Strike
Haito Uchi	Ridge Hand Strike
Teisho Uchi	Palm Heel Strike
Empi Uchi	Elbow Strike

Keri Waza (Kicking Techniques)

Command	English meaning
Mae-Geri	Front Kick
Mawashi-Geri	Roundhouse [turning foot] Kick
Nidan-Geri	Flying [double-level] Front Kick

Hiza-Geri	Knee Kick
Yoko-Geri	Side Kick
Sokuto	Edge of foot Kick
Fumikomi	Stamping Kick
Sokuto Fumikomi	Foot Edge Stamping Kick
Ushiro-Geri	Back Kick
Kakato-Geri	Axe Kick
Atoshi-Geri	Descending Kick
Ushiro Mawashigeri	Spinning Roundhouse Kick
Mikazuki-Geri Uchi/Soto	Crescent Kick inward/outward
Tobi Geri	Jump Kick
Yoko Tobi Geri	Flying side kick

Miscellaneous

Command	English meaning
Zenshin	Step Forward with the Back foot
Surikomi	Flowing body-in. Can be reflected as a sliding or stepping advancing movement
Atemi/Uchi	Strike
Do	Way, path
Dojo	'Way place', Training hall
Gi	Karate uniform
Kata	Prearranged series of movements practised as a 'form'
Ki	Energy, living power, spirit
Ki-ai	Spirit harmony – demonstrated with a shout
Kumite	Fighting/sparring
Jiyu-Gumite	Free fighting
Jutsu	Method, skill, principle
Randori	Free fighting, random movement, unorganised movement, un-prearranged movement, etc.