

United States Karate Systems

DEFINITIONS

BLOCKS *(uke)*

Jo-dan-uke.....upper block
So-to-uke.....outside block
Naka (*uchi*)-uke.....inside block
Gedan barai.....down block
Shuto-uke.....knife-hand block
Juji-uke.....crossed arm block

STRIKES *(uchi)*

Tsuki.....punch
Tsubame-gaeshi.....double punch
Sanbon-zuki.....triple punch
Oi-zuki.....forward (*lunge*) punch
Gyaku-zuki.....reverse punch
Shuto.....chop (*palm up*)
Gyaku-shuto.....reverse chop (*palm up*)
Hai-te.....ridge hand strike
Ura-ken.....back hand strike
Yubi-tsuki.....finger jab (*to eyes*)
Nuki-te.....spear hand strike
Em-pi.....elbow strike
Tet-tsui.....hammer fist

KICKS *(keri)*

Mae-geri.....front kick
Yoko-geri.....side kick
Ushiro-geri.....back kick
Kakato-geri.....spinning back (*heel*) kick
Mawashi-geri.....roundhouse (*circle*) kick
Hiza-geri.....knee strike
Naka-mikazuki-geri.....inside crescent kick
Soto-mikazuki-geri.....outside crescent kick
Kagi-geri.....hook kick
Kaiten-geri.....wheel kick
Tobi mae-geri.....jumping front kick
Tobi yoko-geri.....jumping (*flying*) side kick
Tobi mawashi-geri.....jumping roundhouse kick

STRIKING AREAS

Jo-dan.....head area
Chu-dan.....chest area
Ge-dan.....groin area
Yo-ko.....side area
Ura.....rear or back

STANCES *(kamae)*

Ki-o-tsuke....."attention" position
Yoi....."ready" position
ya-me.....return to "ready" position
na-o-re.....return to "attention position"
nai-han-chi ga-mae.....horse stance
hi-dari ga-mae.....left leg forward stance
mi-gi ga-mae.....right leg forward stance
chu-dan ga-mae.....formal progressive stance
ne-ko ashi dachi.....short cat stance
kokutsu dachi.....medium cat stance
zen kokutsu dachi.....long cat stance
hidari yoko nai-han-chi ga-mae.....left horse stance
migi yoko nai-han-chi ga-mae.....right horse stance
shiko dachi.....balanced stance
sanchin dachi.....hourglass stance
ma-wa-te.....turn around

NUMBERS

Ichi.....one
ni.....two
san.....three
shi.....four
go.....five
roku.....six
shichi.....seven
hachi.....eight
ku.....nine
ju.....ten
ju-ichi.....eleven
ju-ni.....twelve
ju-san.....thirteen
ju-shi.....fourteen
ju-go.....fifteen
ju-roku.....sixteen
ju-shichi.....seventeen
ju-hachi.....eighteen
ju-ku.....nineteen
ni-ju.....twenty
san ju.....thirty
shi-ju.....forty
go-ju.....fifty
roku-ju.....sixty
shichi-ju.....seventy
hachi-ju.....eighty
ku-ju.....ninety
hyaku.....one hundred
go-hyaku.....five hundred
sen.....one thousand

KATAS (forms)

Kihon Kata.....	Basic Form
Pinan Katas (1-5).....	Peaceful Mind (Shodan, Nidan, Sandan, Yodan, Godan)
Jiin.....	Buddhist Temple
Kensei.....	Sword Saint
Naihanchi (Shodan – Nidan).....	Fighting Within
Kushanku Dai.....	Named after Kung H'Sing Ching
Nijushiho.....	Twenty Four Steps
Ananko.....	Light From The South
Bassai Dai.....	To Penetrate a Fortress
Chinto.....	Named after a Chinese Sailor
Chito.....	Path to Inner Strength
Empi.....	Flying Swallow
Hangetsu.....	Flying Swallow
Jion.....	Named after Jion Temple
Jutte.....	Ten Hands
Kanku Sho.....	Named after Kung H'Sing Chung
Matsukaze.....	Wind in the Pines
Rohai Nidan.....	Vision of the White Heron
Saifa.....	The Final Breaking Point
Sepai.....	Eighteen Hands
Shihokoso.....	Four Directions
Seschang.....	Tension Kata

SALUTATIONS

Ohayo gozaimasu.....	Good morning
Konnichi wa.....	Hello (good afternoon)
Konban wa.....	Good evening
O-genki desu ka?.....	How are you?
Genki desu.....	Fine, thank you
Hajimemashite.....	How do you do?
Kudasai.....	Please give me
O-negai shimasu.....	Please do it (for me)
Dozo.....	Please (as in "come on in," "go right ahead," etc.)
(Domo) Arigato gozaimasu.....	Thank you (very much)
Do-itashi mashite.....	You are welcome
Sumimasen.....	Pardon me
Yurushite-agemasu.....	You are forgiven
Sayonara.....	Good by
Hai.....	Yes
Lie.....	No
Wakarimasen.....	I do not understand
Wakarimashita.....	I understand
San.....	Mr./Mrs./Miss (e.g. Tanaka-San)
Oya sumi nasai.....	Good night

OTHER TERMS

Karate.....	empty hand; form of Martial Art
Dojo.....	training hall
Shomen-ni rei.....	formal opening salute
Otagai-ni rei.....	formal closing
Rei.....	bow
Sensei.....	teacher (instructor)
Sempai.....	senior student
Sempai tachi-ni.....	two or more senior students
Karateka.....	student of karate
Samurai.....	warrior
Kumite.....	free sparring
Kibbon kumite.....	prearranged sparring
Kata.....	form
Sore made.....	shake it off
Mo-ichi do.....	again (one more time)
Hayaku (isoge).....	fast (hurry)
"Hajime".....	begin
"Yame".....	stop
Ai uchi.....	simultaneous blows
Ippon.....	one point
Kachi.....	winner
Karategi.....	karate uniform
Obi.....	belt
Kiai.....	karate yell
Dan.....	black belt degree
Kyu.....	student rank
Tameshiwari.....	board breaking
Kime.....	concentration (focus)
Hakama.....	pleated Japanese skirt

BRIEF HISTORY

Shorin Ryu.....	Okinawan style of Karate
Gichin Funakoshi.....	Founder of modern-day Karate
Ron Krupa.....	Founder and Director of U.S.K.S.
Hombu Dojo..U.S.K.S.	Headquarters in Concord, CA
Yudansha Board.....	Senior Black Belts

PRONUNCIATION GUIDE

a.....	ah (as in bah)
i.....	ee (as in feet)
u.....	oo (as in oops)
e.....	eh (as in wet)
o.....	oh (as in low)