

Kyokushin Karate | Basic Terminology | 極真空手 用語

Basic Phrases

Keiko	Hajime masu	Yame
稽古	始めます	止め
Training	Start	Stop
Sei za	Moku so	Rei
正座	黙想	礼
Formal sitting	Meditation	Bow greeting
Tatte kudasai	Sei retsu	Otagai
立って下さい	整列	お互い
Stand up please	Line up	Each other
Arigato gozai mashita	Do itashi mashite	Onegai shimasu
有難うございました	どう致しまして	お願いします
Thank you (formal)	You're welcome	Grant me the pleasure
Yasume		
休め		
Relax		

Mind-Body Terms

Osu	Ki	Ki ai
押忍	氣	氣合い
Greetings (yes, respect, thanks, patience, hello, goodbye, okay, do you understand, I understand, excuse me, to persevere, etc.)	Mind, nature, intention, feeling, attention, etc.	Spirited scream
Seika tanden	Sei chu sen	Shin Kokyu
臍下 丹田	正中線	深呼吸
Center of body	Correct center line	Deep breath

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Counting

Japanese	Arabic Number	Pronunciation
Ichi	1	itchy
Ni	2	knee
San	3	sun
Yon/Shi	4	yawn/she
Go	5	go
Roku	6	rock/lock
Shichi/Nana/Hichi	7	shitch/nana
Hachi	8	hatch
Ku/Kyu	9	koo/cue
Ju	10	joo

Position

Jo-dan	Chu-dan	Ge-dan
上段	中段	下段
Upper	Middle	Lower
Uchi	Soto	
内	外	
Inside	Outside	

Basic Techniques

Kihon Waza | 基本 技

Tsuki (-Zuki)	Uchi	Uke
突き	打ち	受け
Punch	Strike	Block
Harai (-Barai)	Keri	
払い	蹴り	
Parry	Kick	

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Stances

Tachi Kata | 立ち方

Zenkutsu Dachi	Koukutsu Dachi	Kumite Dachi
前屈 立ち	後屈 立ち	組手 立ち
Forward leaning stance	Back leaning stance	Fighting stance
Sanchin Dachi	Kiba Dachi	Youi Dachi
三戦 立ち	騎馬 立ち	用意 立ち
Three battles stance	Horseback stance	Ready stance
Musubi Dachi	Heisoku Dachi	Heikou Dachi
結び 立ち	閉足立ち	平行 立ち
Open foot stance	Closed foot stance	Parallel stance
Fudo Dachi	Neko Ashi Dachi	
不動 立ち	猫足 立ち	
Immobile stance	Cat foot stance	
Han Zenkutsu Dachi	Han Kiba Dachi	
半前屈 立ち	半騎馬 立ち	
Half forward leaning stance	Half horse-riding stance	

Punch Techniques

Tsuki Waza | 突き技

Seiken Jodan Tsuki	Seiken Chudan Tsuki	Seiken Gedan Tsuki
正拳 上段 突き	正拳 中段 突き	正拳 下段 突き
Forefist punch (high)	Forefist punch (middle)	Forefist punch (low)
Seiken Shita Zuki		
正拳 下突き		
Upper punch		

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Striking Surfaces

Hiji	Hiji Uchi	Shu (Te)
肘	肘 打ち	手
Elbow	Elbow strike	Hand
Yoko	Uchi	Soto
横	内	外
Side	Inside	Outside
Uchi	Tou (= Katana)	
打ち	刀	
Strike	Knife	

Striking Techniques

Uchi Waza | 打ち技

Seiken Ago Uchi	Shuto	Uraken
正拳 顎打ち	手刀	裏拳
Chin/Jaw strike	Knife hand	Backfist
Shuto Uchi Uchi	Shuto (Yoko) Ganmen Uchi	Uraken Ganmen Uchi
手刀 内 打ち	手刀 横 顔面 打ち	裏拳 顔面 打ち
Inside strike	Side face strike	Face strike
Shuto Sakotsu Uchi Komi	Shuto Sakotsu Uchi Oroshi	Uraken Sayu Uchi
手刀 鎖骨 打ち 込み	手刀 鎖骨 打ち 下ろし	裏拳 左右 打ち
Collarbone strike driving	Collarbone strike	Left and right strike
Shuto Hizo Uchi	Uraken Mawashi Uchi	Uraken Hizo Uchi
手刀 脾臓 打ち	裏拳 回し 打ち	裏拳 脾臓 打ち
Spleen strike	Roundhouse strike	Spleen strike

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Blocking Techniques

Uke Waza | 受け技

Juuji Uke Barai	(Seiken) Gedan Barai	(Seiken) Jodan Uke
十字払い	(正拳) 下段払い	(正拳) 上段受け
Cross down block	Lower block	Upper block
(Seiken) Chudan Uchi Uke	(Seiken) Chudan Soto Uke	(Seiken) Chudan Uchi Uke Gedan Barai
(正拳) 中段内受け	(正拳) 中段外受け	(正拳) 中段内受け 下段払い
Middle inside block	Middle outside block	Middle inside block with lower parry
Koken Uke (Jouge)	Koken Uke (Sayu)	
孤拳受け(上下)	弧拳受け(左右)	
Wrist top block (up and down)	Wrist top block (left and right)	

Kicking Techniques

Keri Waza | 蹴り技

Hiza Geri	Kin-teki Geri	Mawashi Geri
膝蹴り	金的蹴り	回し蹴り
Knee kick	Groin kick	Roundhouse kick
Mae Geri	(Sokuto) Yoko Geri	Uchi Mawashi Geri
前蹴り	(足刀) 横蹴り	内回し蹴り
Front kick	Side kick	Inside crescent kick
Mae Keage	(Sokuto) Kansetsu Geri	Soto Mawashi Geri
前蹴上げ	(足刀) 関節蹴り	外回し蹴り
Front rising kick	Joint kick	Outside crescent kick
Ushiro Geri	(Sokuto) Yoko Keage	Ushiro Mawashi Geri
後ろ蹴り	(足刀) 横蹴上げ	後ろ回し蹴り
Back kick	Side rising kick	Back spin kick

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Kakato Otoshi Geri			
踵落とし蹴り			
Heel drop kick			

Body Part Weapons

Buki | 武器

Te	Seiken	Hiji
手	正拳	肘
Hand	Fore fist (correct fist)	Elbow
Uraken	Koken	Shuto
裏拳	孤拳	手刀
Back fist	Wrist top	Knife hand
Shotei	Tettsui	Haito
掌底	鉄槌	背刀
Palm hand	Hammer fist	Inner knife hand
Nukite		
貫手		
Spear hand		

Foot or Leg

Ashi | 足

Chu soku	Hai soku	Soku tou
中足	背足	足刀
Ball (middle) of foot	Instep of foot	Outside (knife) edge of foot
Tei soku	Sune	Kakato
底足	脛	踵
Arch of foot	Shin	Heel