

Shin-Gi-Tai Karate Club

Commonly used Japanese translations

STRIKES	Uchi/Zuki	STANCES	Dachi
Punch	zuki	Front Stance	Zenkutsu Dachi
Stepping In Punch	Oi-zuki	Back Stance	Kokutsu Dachi
Reverse Punch	Gyaku-zuki	Straddle Stance	Kiba Dachi
Lunge/ Jab Punch	Kizami-zuki	Pigeon Stance	Sanchin Dachi
Backfist	Uraken	Cat Stance	Nekoashi Dachi
Rising Elbow	Hiji Ate or Empi Uchi	Parallel Stance	Heiko Dachi
Round Elbow	Mawashi Empi	Immovable Stance	Fudo Dachi
Knife Hand Strike	Shuto Uchi	X Stance	Kosa Dachi
Spearhand	Nukite	OTHER WORDS USED	
One Finger Strike	Ippon Nukite	Right	Migi
		Left	Hidari
		Training Hall	Dojo
		Uniform	Gi or Dogi
		Instructor	Sensei
		Senior Student	Sempai
		Kneeling Position	Seiza
		Bow	Rei
		Ready	Yoi
		Start	Hajime
		Finish	Yame
		Patters or Forms	Kata
		Sparring	Kumite
		Yes	Hai
		Shout or Yell	Kiai
		COUNTING	
		One	Ichi
		Two	Ni
		Three	San
		Four	Shi or Yon
		Five	Go
		Six	Roku
		Seven	Shichi
		Eight	Hachi
		Nine	Ku
		Ten	Ju
BLOCKS	Uke		
Rising Block	Jodan Age Uke		
Inside Block	Uchi Uke		
Outside Block	Soto Uke		
Lower Block	Gedan Barai		
Hooking Block	Kake Uke		
Round Circular Block	Mawashi Uke		
Knife Hand Block	Shuto Uke		
KICKS	Geri		
Front Kick	Mae Geri		
Round Kick	Mawashi Geri		
Side Thrust Kick	Yoko Geri Kekomi		
Side Snap Kick	Yoko Geri Keage		
Back Kick	Ushiro Geri		
Crescent Kick	Mikazaki Geri		
Reverse Roundhouse	Ushiro Mawashi Geri		
OTHER TECHNIQUES			
Knee	Hiza		
Leg Sweep	Ashi Barai		
Head to Neck	Jodan		
Neck to belt	Chudan		
Below Belt	Gedan		