

Kodokan Terms

Japanese Effective Translation

Goju-ryu	Hard-soft style
Karate-do	Empty hand Way

Formal Phrases

Onegai shimasu	Please do me the favor (of)
Arigato gozaimasu	Thank you
Douzo	Here/Please
Shitsure shimasu	Excuse me
Mo ichi do/Mo i kai	One more time
Seiza	Sitting on heels, sitting politely
Mokuso	Meditate

Titles

Kancho	Head of School (Kimo Sensei)
Sensei	Teacher
Yudansha	Blackbelt level students
Sempai	Senior
Kohai	Junior
Mon-te	Other students/Followers
--San	Mr./Ms. --, polite form of address

Commands

Shugo	Formation/Make formation
Kiotsuke	Attention
Rei	Bow
Yoi	Formal position
Arete	Present hands/ready position
Kamae ite	Come to Kamae
Hajime	Begin
Yame	Stop
Mawate/Mawashite	Turn/Rotate
Kakuji	Free timing/By your own count
Geritsu	Stand up
Suwate	Sit down

Terms

Kime	Focus
Ma-ai	Range, engagement distance
Kokyu	Breath
Kumite	Fight, Contest
Kiso/Yakuso Kumite	Pre-arranged fight
Ippon Kumite	Single technique fight
Ju Kumite	Free fight

Bunkai	Explantion
Bunkai Kumite	Explanitory fight (paired explanation of a kata)

Terms

Junbi Undo	Preparation Exercises, Warm-ups
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Dojo Place of the Way

Shomen	Front of Dojo, symbolic for founder and teachers
Kamidana	Shrine

Directions

Mae	Front
Ushiro	Rear
Migi	Right
Hidari	Left
Jodan	Upper level/Head
Chudan	Middle level/Chest
Gedan	Lower level/Down

Numbers

Ichi	1	Shichi/Nana	7
Ni	2	Hachi	8
San	3	Ku	9
Shi/Yon	4	Ju	10
Go	5	Ju-ichi	11
Roku	6	Yon-ju-go	45

Karada Body

Ashi	Foot/leg
Ude	Arm
Te	Hand
Kote	Wrist
Yubi	Finger
Ashiyubi	Toe
Kansetsu/Kubi	Joint
Atama	Head
Kubi	Neck
Kata	Shoulder
Hiji	Elbow
Koshi	Lower Back
O naka	Stomach

Kodokan Terms

Hara/Tanden point	Center/ Body's balance	Mei	Eye
Mune	Chest	Mimi	Ear
Se	Back		
<u>Kihon Waza</u>	<u>Basic Techniques</u>	Hiza geri	Knee kick
Kamae	Fighting/Combat position	Kin geri	Groin kick
Kiai	Spirit meeting/Spirit yell	Soto	Side
Meisuki	Eye punch/keeping eye contact	Mikazuki	Inside crescent kick with sole of foot
		Mawashi	Round (Roundhouse)
Dachi	Stance	Kekomi	Pushing
Kihon/Sanchin	Basic/Sanchin/Hourglass	Keage	Snap/Rising
Neko ashi	Cat Foot	Ni-dan geri	Two-level / Double kick
Zenkutsu	Long or front	Uke	Defensive/responsive technique
Shiko	Low / Straddle	Hiki uke	Pulling defense
Shizentai	Natural	Kake uke	Open/grabbing defense
Rei	Stance resembling character <i>rei</i> : ♪	Ukesuki	Block/punch
Tsuru	Crane/One foot	Ura uke/kaku uke	Back/hooking defense
		Ko uke	Wrist defense
Suki	Thrust or Punch	Mawashi uke	Turning/Rotating defense
Seiken	Power fist/Basic fist	Juji uke	Cross block
Shuto	Knife edge/Chop	Yama uke	Mountain block
Empi/hiji suki	Elbow strike		
Hiraken	Flat fist/2'nd knuckle fist	Nage waza	Throwing techniques
Gyakuken	Opposite fist/Undercut	Kansetsu waza	Joint techniques
Kentsui	Hammer fist		
Uraken	Backfist/Snap	Osu	(to)Push
Shote	Palm strike	Hiku	(to)Pull
Nuki te	Knife hand/Fingertip strike	Tobu	(to)Jump, to fall
Chukoken	Middle knuckle fist	Tsukamau	(to)Grab
Kekoken/Ipoken	One knuckle/Foreknuckle	Otosu	(to) Get rid of a grab/to strip
fist		Tatsu	(to) Strike
Koken	Wrist attack	Ukemi	Passive/to receive/to roll
Keri/geri	Kick		
Mae	Front	<u>Kata</u>	<u>Form</u>
Ashi barai	Foot sweep	Koryu	Classical
Fumikomi	Stamp	Sanchin	Three battles
Kakuto	Heel	Saifa	Break and tear
Uesokutei	Ball of foot	Seiunchin	Fight by pulling and
Tsumasaki	Toe	controlling	
Sokuto	Edge of the Foot	Shisochin	Fighting in four directions
Uchi Otoshi	Inside foot/cross	Seipai	18 hands
Ushiro	Back	Sanseru	36 hands
Hiku geri	Pulling kick		

Kodokan Terms

Sesan	13 hands
Kurarunfa	Hold in place and crush
Suparinpe/Pichurin	108 hands
Tensho	Knock down/control with the palms

Toitsu Fukyu Dissemination)	Training (Standardization & Dissemination)
Fukyu	Dissemination
Geki sai	Attacking and smashing
Geki ha	Attacking and tearing
Kaku ha	A stork tearing (or rending)