



MARTIAL ARTS INTERNATIONAL DEFINITION OF TERMS

*****STANCES*****

HEISOKU DACHI.....Foot Together Stance
 YOI.....Ready Stance
 NAIHANCHI KAMI (KIBA DATCHI).....Horse Stance
 HIDARI KAMI.....Left Forward Stance
 MIGI KAMI.....Right Forward Stance
 NEKO ASHI DACHI.....Short Cat Stance
 KOKUTZU DACHI.....Middle Cat Stance
 ZEN KOKUTZU DACHI.....Long Cat Stance
 YOKO NAIHANCHI KAMI.....Side Horse Stance
 TEIJI DATCHI.....T-Stance
 SHIKO DACHI.....Square Stance (Sumo Stance)
 CHUDAN-NO-KAMAI.....Mid-level Stance (Breathing Stance)
 SANCHIN DACHI.....Hour Glass Stance

*****BLOCKS*****

KOKEN UKE.....Wrist Block (Crane Block)
 JODAN UKE.....Upper Block
 SOTO UKE.....Outside Block
 NAKA UKE.....Inside Block
 GEDAN BERAI (Uke).....Down Block
 SHUTO UKE.....Chopping Block
 JUJI UKE.....Cross Block
 ASAHI UKE.....Rising Sun Block
 SHIRUDO UKE.....Shield Block (Invincible Block)

*****STRIKES: *****

OI TSUKI.....Forward Punch
 GYAKU TSUKI.....Reverse Punch
 TSUBAMEGAESHI.....Swallow Counter (Double Punch)
 SANBON TSUKI.....Triple Punch
 SHUTO.....Chop (Palm Up)
 GYAKUSHUTO.....Reverse Chop (Palm Down)
 HAITO.....Ridgehand Strike
 EMPI.....Elbow Strike
 UBI TSUKI.....Finger Jab
 NUKITE.....Spearhand Strike
 IPPON-TE.....One Knuckle Strike
 TETTUI.....Hammer Fist
 URICANE.....Back Hand Strike
 SHOTEI.....Palm Strike

*****KICKS*****

MAI GERI.....Front Kick
 YOKO GERI.....Side Kick
 KAGATO GERI.....Spinning Back Kick
 USHIRO GERI.....Back Kick
 MAWASHE GERI.....Roundhouse Kick
 HEZA GERI.....Knee Strike
 NAKAMIKAZUKI GERI.....Inside Crescent Kick
 SOTO MIKAZUKI GERI.....Outside Crescent Kick
 KAGI GERI.....Hook Kick
 KAGATO KAGI GERI.....Spinning Hook Kick
 TOBI MAI GERI.....Jumping Front Kick
 TOBI YOKO GERI.....Jumping Side Kick
 TOBI MAWASHE GERI.....Jumping Round House Kick
 TOBI USHIRO GERI.....Jumping Back Kick
 CHOU GERI.....Butterfly Kick
 TATSUMAKI GERI.....Tornado Kick
 KAKATO GERI.....Axe Kick
 KAITEN GERI.....Wheel Kick

*****FOOT POSITION*****

KOSHI.....Ball of the Foot
 SOKUTO.....Blade of the Foot
 KAKATO.....Heel of the Foot
 KORI.....Top of the Foot
 HAIKOKU.....Instep of the Foot

***** KATAS *****

KIHON KATA.....Basic Form
 PINAN SHODAN.....First Peaceful Mind Form
 PINAN NIDAN.....Second Peaceful Mind Form
 PINAN SANDAN.....Third Peaceful Mind Form
 PINAN YODAN.....Fourth Peaceful Mind Form
 PINAN GODAN.....Fifth Peaceful Mind Form
 CHINTO.....Named After Chinese Sailor
 NAIHANCHI SHODAN.....First Inner Strength Form
 EMPI.....Flying Swallow
 HANGETSU.....Crescent Moon
 MATSUKAZE.....Wind in the Pines
 SAIFA.....The Final Breaking Point
 UNSU.....Cloud Hands
 SEPAI.....Eighteen Hands
 GOJUSHIHOSHO.....Fifty Four Steps

KENSEI.....Sword Saint
 JIIN.....Named after Jiin Temple
 JION.....Named after Jion Temple
 NIJUSHIHO.....Twenty Four Steps
 ANANKU.....Light From the South
 BASSI DAI.....To Penetrate a Fortress
 CHITO.....Path to Inner Strength
 NAIHANCHI NIDAN.....Second Inner Strength Form
 KUSHANKU DAI.....Contemplating the Sky
 KANKU SHO.....Viewing the Sky
 ROHAI NIDAN.....Vision of the White Heron
 SEISAN.....Tension Kata
 SEIENCHIN.....Calm in the Storm
 SHIHOKOSO.....Four Directions

*****NUMBERS*****

ICHI.....One	JUICHI.....Eleven	NIJU-ICHI.....Twenty One
NI.....Two	JUNI.....Twelve	NIJU-NI.....Twenty Two
SAN.....Three	JUSAN.....Thirteen	NIJU-SAN.....Twenty Three
SHI.....Four	JUSHI.....Fourteen	NIJU-SHI.....Twenty Four
GO.....Five	JUGO.....Fifteen	NIJU-GO.....Twenty Five
ROKU.....Six	JUROKU.....Sixteen	NIJU-ROKU.....Twenty Six
SHICHI.....Seven	JUSHICHI.....Seventeen	NIJU-SHICHI.....Twenty Seven
HACHI.....Eight	JUHACHI.....Eighteen	NIJU-HACHI.....Twenty Eight
KU.....Nine	JUKU.....Nineteen	NIJU-KU.....Twenty Nine
JU.....Ten	NIJU.....Twenty	SANJU.....Thirty

*****OTHER TERMS*****

HAJIME.....Begin MATTE.....Stop
 KARATEKA.....A Practitioner of Karate
 KARATE.....Open or Empty Hand (also can be translated as China hand)
 SHORIN-RYU.....Small Pine Style
 HAI.....Yes
 DOUBLE.....Daburu
 JODAN.....High
 CHUDAN.....Middle
 GEDAN.....Low
 DOJO.....Training Hall
 SHOMENE.....Formal Opening
 OTTOGENE.....Formal Closing
 KIME.....Focus of Power (Energy)
 REI.....Bow
 SEIZA.....Formal Sitting Position (down to both knees, sitting on heels)
 SENSEI.....Instructor
 SEMPAI.....Assistant Instructor
 SEMPAI TOCHANE.....More than one Sempai
 NAORE.....Return to Kyo Tsuki
 YAME.....Return to Yoi
 JIYU KUMITE.....Free Sparring
 JIYU IPPON KUMITE.....Semi-Free Style Sparring
 KAISHI IPPON KUMITE.....Reaction Sparring
 KIBON KUMITE.....Prearranged Sparring
 KIAI.....Battle Yell (literally Spirit Joining)
 KATA.....Form
 DOU ITASHIMASHITE.....You're Welcome
 DOMO ARIGATO GUZAI MASU.....Thanks (Very Much)
 MAWATTE.....Turn Around Into Position
 KYO TSUKI.....Attention Position
 BUNKAI.....Analysis (Breakdown)
 KOMBAN WA.....Good Evening
 KONNICHI WA.....Good Day
 SAYONARA.....Good Bye
 OYASUMINASAI.....Good Night
 GI.....Karate Uniform
 OBI.....Belt (Knot represents wisdom, it's wrapped around twice to represent unity of spirit)