

# Kyokushin Terminology

## General Vocabulary

Hai	Yes
Iee	No
Watashi	Me / I
Anata	You
Kare	Him
Doko	Where
Nan	What
Dare	Who
Doshite	Why
Itsu	When
Do/ikaga	How
Ikura	How many

## Titles and Status

Sosai	President
<b>Kancho</b>	Director
<b>Hanshi</b>	Honorable Master
<b>Shihan</b>	Grand Master (5th dan or more)
<b>Sensei</b>	School Master / Teacher (3rd dan or more)
<b>Sempai</b>	Senior / Teacher's assistant
<b>Shidoin</b>	Instructor
Karateka	Student
<b>Kohai</b>	Junior student
Otagai	Each other / Other students
<b>Yudansha</b>	Black belt student

## General Japanese Greetings & Expressions

Ohayô gozaimasu	Good morning
Konnichiwa	Hello/Good afternoon
Konbanwa	Good evening
Arigatô gozaimasu	Thank you!
Hajimemashite	How do you do?
Douzo yoroshiku	Nice to meet you!
Dewa mata	See you later
Mata ashita	See you tomorrow
Ja mata See ya!	(less formal)
Sayonara	Goodbye
Shitsurei shimasu	I'm leaving (very formal)
Sumimasen	Excuse me
Dômo	Thanks!
Onegaishimasu	Please

Dômo arigatou gozaimashita

Thank you very much (very polite)





## Greetings and Salutes

### Osu

Patience and Determination. Comes from 'oshi shinobu' which means to never give up. It also comes from 'osu no seishin' which means perseverance under pressure. It is used among kyokushin practitioners to show respect or to say "I understand".

### Shinzen ni rei

Greeting to the ancestors

### Shomen ni rei

Greeting in direction of the person standing in the place of honor (usually more elevated than the students)

### Mokuso

Meditation (silent thought) / Close your eyes

### Mokuso yame Open your eyes

### Shihan ni rei

Greeting to the Shihan

### Sensei ni rei

Greeting to the teacher

### Sempai ni rei

Greeting to the assistant teacher

### Otagai ni rei

Greeting to the other students

### Tatte kudasai

Stand on your feet (right foot first)

### Osu onegai shimasu

Courtesy call when start the class / to your practice partner

**Osu Arigato gozaimashita** Thank you so much

**Osu Shitsurei shimasu** Excuse me

**Osu Shitsurei shimashita** I apologize

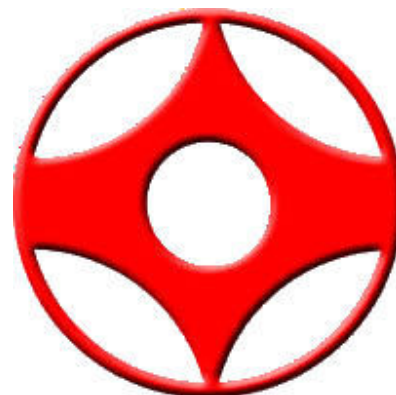
# Kyokushin Terminology

## Basic Terminology (kihon jutsugo)

Anza	Relaxed Sitting
<b>Bunkai</b>	Application (analysis)
Budo	Martial Way
Do	Path
<b>Dojo Kun</b>	Training Hall Oath
Fukuso	Accouterment
Fumiashi	Step (with a change of feet)
Gasshukoku	United States
Goshin jutsu	Self defense
	Hanmi
Upper body shifted angled to avoid direct strike and ready for your next move	
<b>Ibuki</b>	Forced Tension Breathing
Karate	Empty hand
Kamaete	Take Ready Position
<b>Kata</b>	Form
Ki	Inner Energy
<b>Kiai</b>	Explosive Scream
Kiai Irete	With Explosive Energy
<b>Kihon</b>	Basics
<b>Kihon waza</b>	Basic techniques
Kime	Focus
Kokusai	International
<b>Kosa</b>	Switch (i.e. switch stance L to R or R to L)
<b>Kotai</b>	Switch (i.e. partners switch places in a drill)
<b>Kumite</b>	Combat
Kyokushin	Ultimate Truth

## Places and Clothing

<b>Dojo</b>	Training Hall (Way place)
Dogi (gi)	Training clothes
<b>Obi</b>	Belt
<b>Kyu</b>	Belt for lower belts (colored-belts)
<b>Dan</b>	Belt for black belts
Kuroi obi	Black belt
<b>Shodan Shinsa</b>	Dan test / Black Belt test
<b>Shokyu Shinsa</b>	Kyu Test / Color belt test
Nyumon	Join to the Dojo
Hamon	Excommunicate
Shonen bu	Kids class
Jyoshi bu	Ladies class
Ippan bu	Regular adult class
Sonen bu	Senior class



# Kyokushin Terminology

## Basic Terminology (kihon jutsugo)

Mushin	Without Thought (no mind)
<b>Naore</b>	Return to Starting Position
<b>Nogare</b>	Calm Controlled Breathing / Breathing technique - breath silently
Okuriashi	Shuffle Step (sending foot)
<b>Rei</b>	Bow / Greeting / Homage
Renmei	Federation
Renma	Polishing, Training
<b>Renraku</b>	Combinations
<b>Seishin</b>	Spirit
Tatte	Stand up
<b>Mawatte</b>	Turn
<b>Hantai</b>	Opposite side
<b>Yame</b>	Stop
<b>Yasume</b>	Rest, at Ease
<b>Yoi</b>	Ready
<b>Seiza</b>	Formal Kneeling (correct sitting)
<b>Kamaete</b>	On guard
<b>Hajime</b>	Start
Ryu	Style (of karate)
<b>Tameshiwari</b>	Braking exercise / test (wood, ciment, ice, baseball bat, etc)
Tanden	Center of Body (below navel)
<b>Waza</b>	Technique(s)
<b>Zanshin</b>	Remain Alert (remaining mind)

## Basic Terminology (kihon jutsugo)

### **Yakusoku kumite**

Pre-arranged combat

### **Ippon kumite**

Pre-arranged combat / 1 block and 1 counter-attack (the two participants are standing at the same place)

### **Sanbon kumite**

Pre-arranged combat / 3 blocks followed by 3 counter-attacks while the participants move straight.

### **Jiyu kumite**

Free-sparring

### **Jissen kumite**

Full contact fighting

### **Maai**

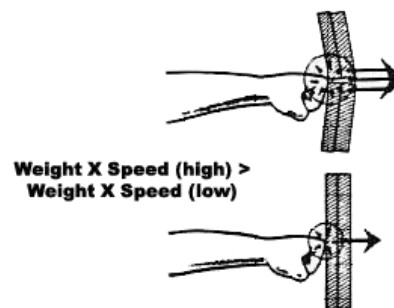
Interval (between opponents)

### **Makiwara**

Striking Post (straw wrapped)

### **Mugorei**

No Counting (no commands)



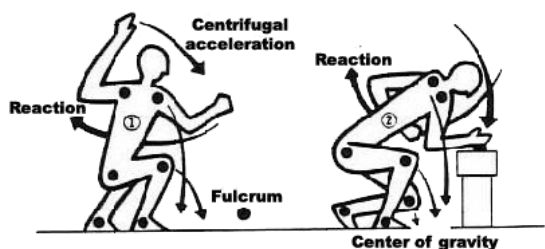
# Kyokushin Terminology

## Body Weapons - The hand and arms as weapon

Seiken	Fist / Forefist (correct fist)
Shuto	Knife hand
Te	Hand
Hiji / Enpi	Elbow
Tetsui	Hammer fist
Koken	Arc fist
Uraken	Reverse fist / Back hand
Haito	Reverse knife hand
Haisho	backhand
Hiraken	Flat Fist
Nukite	Finger tip strike
Nakayubi Ippon Ken	Middle Finger Knuckle Fist
Oyayubi Ippon Ken	Thumb Knuckle Fist
Shotei	Palm heel
Kote	Forearm
Ryutoken	Dragon's Head Fist
Toho	Sword Peak Hand

## Directions

Jodan	Upper Level
Chudan	Middle Level
Gedan	Lower Level
Age	Rising / While raising
Happo	8 directions
Hidari	Left
Juji	Cross arm
Kake	Hooked
Mae	Front, forward
Mawashi	Round, Circular
Migi	Right
Naname	In diagonal, at 45 degrees
Oroshi	Descending / While going down
Sagari	While going backward
Sayu	Left and right alternatively
Shita	From below / down
Shomen	Front of Dojo
Soto	From outside to inside, outside
Tobi	While jumping
Naka / Uchi	From inside to outside, inside
Ue	Up
Ura	Reverse, Backward
Yoko	On sides, from sides



# Kyokushin Terminology

## Body Weapons - The leg and foot as a weapon

Sokuto	Knife edge foot
Haisoku	Instep
Kakato	Heel
Hiza	Knee
Chusoku	Ball of the foot
Teisoku	Arch of the foot
Sune	Shin
Tsumasaki	Toe

## **Body Weapons – Others**

Zutsuki	Head-butt
Taiatari	Tackle
Kiai	Spirited shout

## Kihon Waza (Basic techniques)

Tsuki	Punch (thrust)
Uchi	Strike
Uke	Block
Geri	Kick

## Colors

<b>Aka</b> (Red)	<b>Shiro</b> (White)
<b>Kiiro</b> (Yellow)	<b>Cha</b> (Brown)
<b>Ao</b> (Blue)	<b>Midori</b> (Green)
<b>Kuro</b> (Black)	

## Body parts as a target

Jodan	(Neck and Head)
Chudan	(Torso area)
Gedan	(Groin and legs)
Ago	(Chin / Jaw)
Suigetsu	Hara (Stomach / Solar Plexus)
Kinteki	(kin) (Groin)
Me	(Eye)
Mune	(Chest)
Ashi	(Leg)
Hana	(Nose)
Sakotsu	(Clavicle / Collarbone)
Hiza	(Knee)
Nodo	(Throat)
Rokkotsu / Abara	(Rib)
Kansetsu	(Joint)
Komekami	(Temple)
Kata	(Shoulder)
Momo	(Thigh)
Kuchi	(Mouth)
Hizo	(Spleen)
Koshi	(Hip)
Mimi	(Ear)

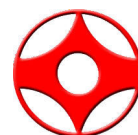
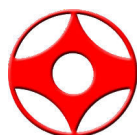
**Kanzo** (Liver)    **Sune** (Shin)    **Kubi** (Neck)    **Senaka** / **Ushiro** (Back)    **Kakato** (Heel)    **Ganmen**(Face)  
**Shinzo** (Heart)    **Fukurahagi** (Calf)    **Jinchu** (Spot between nose & mouth)    **Ude** (Arms)    **Miken** (Spot between eyes)    **Te** (Hand)    **Atama** (Head)    **Yubi** (Finger)    **Tekubi** (Wrist)    **Kobushi / Ken** (Fist)



# Kyokushin Terminology

## Punching Techniques (tsuki waza)

Seiken chudan / Jodan tsuki	Fist strike to the chudan / jodan
Seiken ago uchi	Fist strike to the chin
Seiken Furi Uchi	Hook Strike
Seiken Oi Tsuki	Lunge Punch
Seiken Morote Tsuki	Two-Handed Punch
Seiken Gyaku Tsuki	Reverse Punch
Seiken Tate Tsuki	Vertical Punch
Seiken Jun Tsuki	Side (corresponding) Punch
Uraken ganmen uchi	Back fist strike to the face
Uraken sayu uchi	Back fist strike to the left & right opponents
Uraken hizo uchi	Back fist strike to side of the stomach
Uraken Oroshi Ganmen Uchi	Descending Face Strike
Uraken mawashi uchi	Back fist roundhouse strike to the temple
Shita tsuki	Flipped fist strike to the middle section
Tetsui Oroshi Ganmen Uchi	Descending Face Strike with hammer fist
Tetsui Komekami Uchi	Temple Strike with hammer fist
Tetsui Hizo Uchi	Spleen Strike with hammer fist
Tetsui Mae Yoko Uchi	Forward Side Strike with hammer fist
Tetsui Yoko Uchi	Side Strike with hammer fist
Enpi	Elbow strike



# Kyokushin Terminology

## Striking Techniques (uchi waza)

Shuto ganmen uchi	Shuto strike to the temple
Shuto sakotsu uchi	Shuto down strike to the collarbone
Shuto sakotsu uchikomi	Shuto forward strike to the collarbone
Shuto uchi uchi neck	Shuto outward strike to the temple or neck
Shuto hizo uchi	Shuto strike to the spleen/abdomen
Shuto Yoko Ganmen Uchi	Side Face Strike
Nihon Nukite	Two-Fingered Spear Hand
Yonhon Nukite	Four-Fingered Spear Hand
Shotei Uchi	Palm Heel Strike
Hiji Ate	Elbow Strike
Mae Hiji Ate	Forward Elbow Strike
Age Hiji Ate	Rising Elbow Strike
Ushiro Hiji Ate	Backwards Elbow Strike
Oroshi Hiji Ate	Descending Elbow Strike





# Kyokushin Terminology

## Blocking techniques (uke waza)

Jodan uke	Upper block
Soto uke	Middle section from outside to inside
Uchi uke	Middle section from inside to outside
Gedan barai	Lower block
Kosa uke	Uchiuke gedanbarai Uchiuke & gedanbarai at a same time
Morote Chudan Uchi Uke	Two-Handed Middle Area Inside Block
Mawashi uke	Roundhouse block
Shuto mawashi uke	Shuto roundhouse block
Juji Uke	Crossed Block
Kake Uke	Hooked Block
Shotei Uke	Palm Heel Block
Enkei gyaku tsuki	Reverse strike with circular motion block on Zenkutsu dachi stance

## Kicking Techniques (geri waza)

Mae keage	Front upper kick with no knee snap
Hiza geri	Knee kick
Kin geri	Groin kick
Mae geri	Front snap kick
Yoko keage	Side upper kick with no knee snap
Kansetsu geri	Knee joint kick
Yoko geri	Side kick
Ushiro geri	Back kick
Uchi mawashi geri	Roundhouse kick with no knee snap outward
Soto mawashi geri	Roundhouse kick with no knee snap inward , <b>Mawashi geri</b> Roundhouse kick, <b>Ushiro mawashi geri</b> Spinning roundhouse kick <b>Kakato otoshi</b> ax kick, <b>Domawashi kaiten geri</b> Suicidal jumping spin kick, <b>Tobi geri</b> Jumping kick, <b>Tobi Mae Geri</b> Jumping Front Kick, <b>Nidan geri</b> Jumping kick with shuffle legs

# Kyokushin Terminology

## Name of the Kata

**\* Three basic principles of Kata = Tempo of technique, Points of power stress, Breath control**

Taikyoku sono ichi      Taikyoku sono ni      Taikyoku sono san

All Taikyoku Kata has Ura (Reverse = spin)

Sokugi Taikyoku sono ichi      Sokugi Taikyoku sono ni      Sokugi Taikyoku sono san

Pinan sono ichi      Pinan sono ni      Pinan sono san      Pinan sono yon      Pinan sono go

All Pinan Kata has Ura (Reverse = spin)

Sanchin Yantsu      Tsuki no Kata

Gekisai dai      Gekisai sho      Tensho

Saifa      Seienchin      Garyu

Seipai      Kanku      Sushihō

Tekki sono ichi      Tekki sono ni      Tekki sono san

Bo kihon sono ichi      Juji Kata no kata      Juji keri no Kata

Chion      Nunchaku kihon sono ichi      Tonfa kihon sono ichi

Bassai dai      Soki      Taizan

## Numbers (kazu)

1 (Ichi)   2 (Ni)   3 (San)   4 (Shi / Yon)   5 (Go)

6 (Roku)      7 (Shichi / Nana)      8 (Hachi)      9 (Kyu)   10 (Jyu)

11 (Jyu Ichi)   12 (Jyu Ni)      13 (Jyu San)      14 (Jyu Shi)      15 (Jyu Go)

16 (Jyu Roku)   17 (Jyu Shichi)   18 (Jyu Hachi)   19 (Jyu Kyu)   20 (Ni Jyu)

30 (San Jyu)   40 (Yon Jyu)   50 (Go Jyu)   60 (Roku Jyu)   70 (Nana Jyu)

80 (Hachi Jyu)   90 (Kyu Jyu)   100 (Hyaku)   1000 (Sen)   10000 (Man)



# Kyokushin Terminology

## Tournament Terminology (taikai jutsugo)

Genten	Penalty
Genten ichi	Minus 1 point
Rei	Bow
Kamaete	On guard
Yame	Stop
Shiro	White
Otagai	Each other
Mawatte	Turn
Hajime	Start
Kachi	Win

## Training

Hokyo	Strength training e.g. Push ups
Kentate	Fist push ups
Yubitate	Finger push ups
Fukkin	abdominal exercises / crunch / sit-up
Haikin	Back extention
Sukuwatto	Squat
Sakadachi	Hand standing
Junan	Stretching
Bogu	Protection gear
Mizu	Water

## Tournament Terminology (taikai jutsugo)

Aka	Red
Kachi	Win
Chui	Warning
Genten ni	Minus 2 point
Genten san	= shikkaku Minus 3 point = disqualified
Hantei onegai shimasu	Please give the judgment
Hantei	Decision / Judgement
Waza ari	Half point
Zokko	Continue / Resume Fighting
Akushu	Shake hands
Ippon	One Point / Knock out = fight ends
Encho	Overtime Round (extension)
Fukushin	Corner Judge (assistant referee)
Fukushin Shugo	Referees' Conference
Hikiwake	Draw, Tie
Senshuken Taikai	Championship Tournament
Shikaku	Disqualification
Awasete Ippon	Adds Up to One Point
Shomen	Front
Shushin	Referee
Seiza	Sit down

<b>DACHI</b>	<b>Stances</b>	<b>立</b>
Yoi Dachi	Ready stance	用意立
Fudo Dachi	Immobile stance	不動立
Zenkutsu Dachi	Forward leaning stance	前届立
Uchi Hachiji Dachi	Inside character 8 stance	内八字立
Sanchin Dachi	Three point stance	三戦立
Kokutsu Dachi	Backwards leaning stance	後届立
Musubi Dachi	Open foot stance	結び立
Kiba Dachi	Horseback stance	騎馬立
Neko Ashi Dachi	Cat stance	猫足立
Tsuru Ashi Dachi	Crane stance	鶴足立
Moro Ashi Dachi	One Foot Forward (two-foot) Stance	両足立
Heisoku Dachi	Closed Foot Stance	閉足立
Heiko Dachi	Parallel Stance	平行立
Kake Dachi	Hooked Stance	掛け立
Soto Hachiji Dachi	Outside Character "8" Stance	外八字立
Shiko Dachi	Sumo Stance	醜立
Kumite Dachi	Fighting stance	組手立

Han Mi	Half Body Stance	半身
Migi Ashi Mae	Right Foot Forward	右足前
Hidari Ashi Mae	Left Foot Forward	左足前
Hidari Ashi	Left Foot	左足

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Sosai Mas Oyama

1923-1994



# Kyokushin Terminology