

# 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

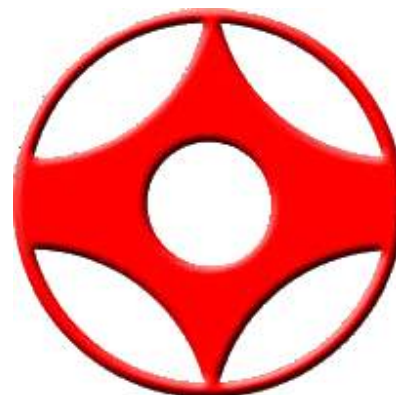
# Kyokushin Terminology

## 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 /<br>test (wood, cement, 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**

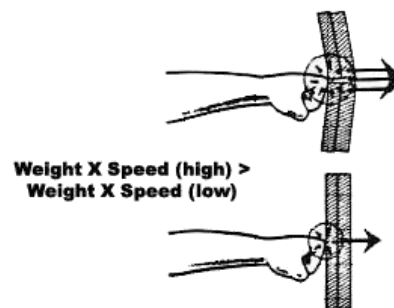
Interval (between opponents)

### **Makiwara**

Striking Post (straw wrapped)

### **Mugorei**

No Counting (no commands)



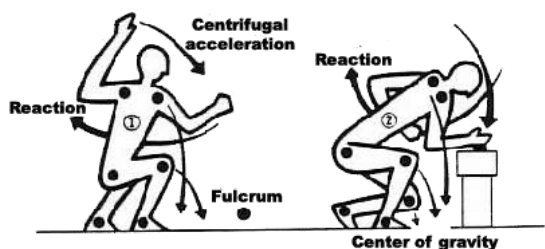
# Kyokushin Terminology

## 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<br>neck | Shuto outward strike to the temple or<br>neck |
| Shuto hiza 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                                 |

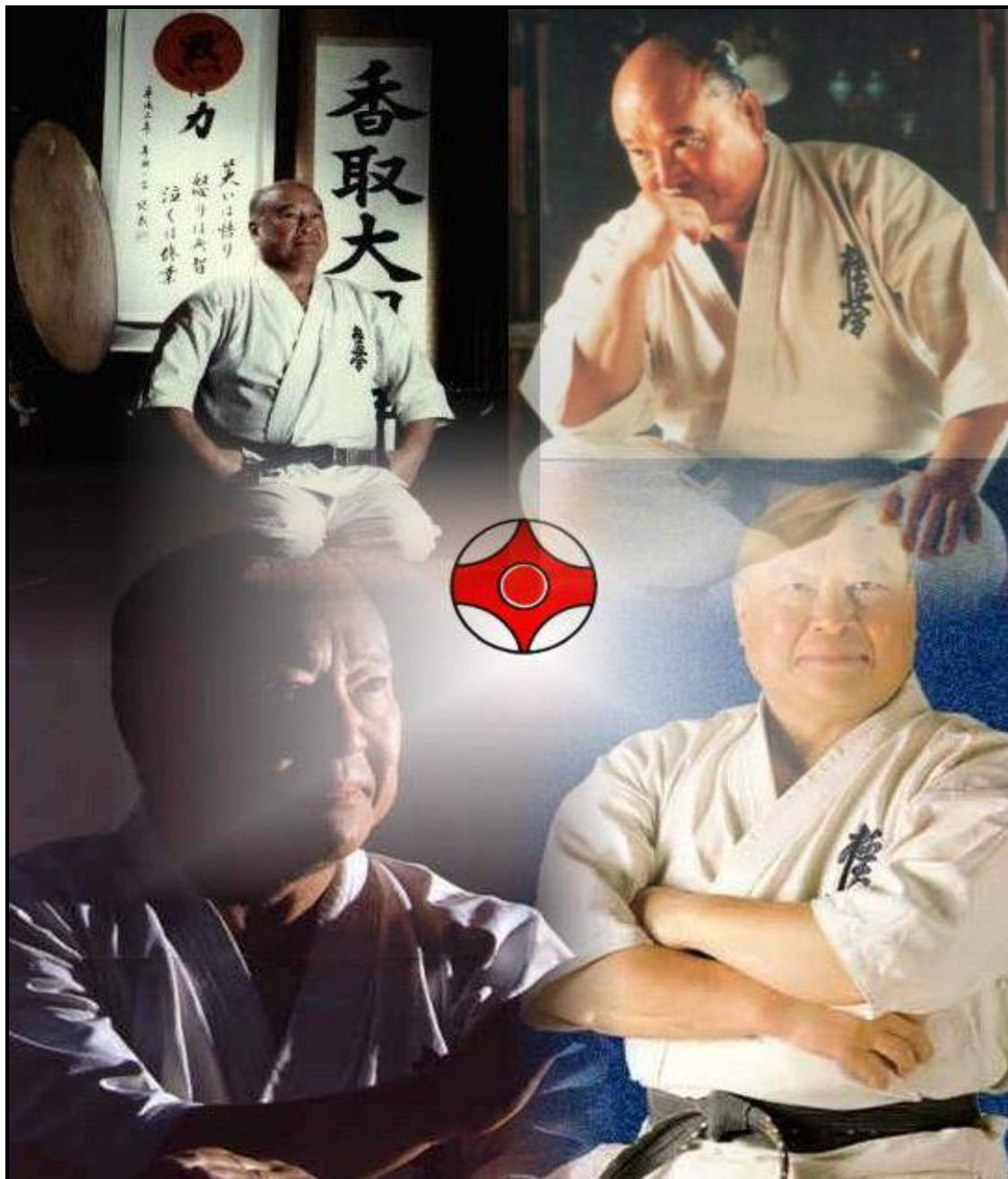
## Tournament Terminology (taikai jutsugo)

|                       |   |
|-----------------------|---|
| 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                                |

# Kyokushin Terminology

Sosai Mas Oyama

1923-1994



# Kyokushin Terminology