

CCHS Karate Club
Proud member of
The Giordano Family
Methuen Karate Association

Japanese Terminology

(For additional terms see these websites www.methuenkarate.com or www.cchskarate.com)

Initials next to a term will be used in Kata descriptions

| Japanese | English | Japanese | English |
|-------------------------------|----------------------------|-------------------------------|----------------------------|
| Kihon Waza | Basic Techniques | Dachi | Stances |
| Tsuki | Punch/Thrust | Yoi/Fudo Dachi | Ready |
| Uchi | Strike | Zenkutsu Dachi (ZD) | Forward (Leaning) Stance |
| Uke | Receive/Block | Kokutsu Dachi (KKD) | Back (Leaning) Stance |
| Geri | Kick | Kiba Dachi (KD) | Horse Stance |
| | | Musubi Dachi (MD) | Toes Open Stance |
| Tsuki Waza | Punching Techniques | Sanchin Dachi (SD) | Three Battles/Point Stance |
| Seiken | Correct Fist | Neko Ashi Dachi (NAD) | Cat Stance |
| Oi Tsuki | Lunge Punch | Kake Dachi (KK) | Hook Stance |
| Morote Tsuki | Two Hand Punch | Tsuru Ashi Dachi | Crane Stance |
| Gyaku Tsuki | Reverse Punch | Kumite Dachi | Sparring Stance |
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| Uke Waza | Blocking Techniques | Geri Waza | Kicking Techniques |
| Gedan Barai (GB) | Lower Perry | Mae Geri (MG) | Front Kick |
| Jodan Uke (JU) | Upper Block | Yoko Geri (YG) | Side Kick |
| Chudan Soto Uke (CSU) | Middle Outside Block | Mawashi Geri | Roundhouse Kick |
| Chudan Uchi Uke (CUU) | Middle Inside Block | Hon Mawashi Geri | Half Roundhouse Kick |
| Shotei Uke (SU) | Palm Heel Block | Ushiro Geri (UG) | Back Kick |
| | | | |
| Buki | Weapons | Buki | Weapons |
| Chusoku | Ball of Foot | Hiza | Knee |
| Nukite | Spear Hand | Keiko | Chicken Beak |
| Shotei | Palm Heel | Tettsui | Hammerfist |
| Hiji/Empi | Elbow | Koken | Wrist (Top of) |
| | | | |
| Nedaidokoro/Kogekihoko | Targets/Directions | Nedaidokoro/Kogekihoko | Targets/Directions |
| Jodan | Upper Level | Hidari | Left |
| Chudan | Middle Level | Migi | Right |
| Gedan | Lower Level | Mae | Front |
| Yoko | Side | Ushiro | Back |
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