

Presentation checklist

White gi, clean and neat (add whitener to the wash if necessary).

If a t-shirt is needed under the gi it must be white and collarless; no coloured shirts please. Older female students may choose to wear a white t-shirt or white sports top.

Club badge on left side of jacket high up, red sun to top right corner with Japanese writing running downwards.

Merit badges on left arm below the horizontal seam. Trouser drawstrings neatly tucked away. Hair brushed, and either tidied or tied back. Finger and toe nails clean and short.

If martial arts shoes are appropriate to the venue they must be for indoor use only. They should be white martial arts specific shoes, (plimssoles or trainers are not suitable). They need to be wiped frequently to remain presentable.

Glossary

Pronunciation Guide

A - as in father

E - as in bed

I - as in ink

O - as in oatmeal

U - as in flute

Age zuki

Aite wo oshite

Aiuchi

Aka

Akushu

Ao

Ashi barai

Ashi-kubi

Ashi no katachi

Atoshi-uke

Chaku-gan

Chikara

Chudan

Chusoku

Dan

Do

Dojo

Dozo

Enpi

Enpi uchi

Enpi uke

Fumikomi

Ganmen

Gedan

Gedan barai

Geri/Keri

Gi

Gohonme

Gomennasai

Gyaku mawashi geri

Gyaku zuki

Gyaku zuki no-tsukomi

Haishu uke

Haito

Haito uchi

Hajime

Hanmi

Hantei

Harai uke

Hashiri

Hayaku

Heisoku

Hidari

Uppercut

Push the opponent

Simultaneous techniques

Red

Shake hands

Blue

Foot sweep

Ankle

Footshapes

Downward block

Fighting focus/correct use of power

Strength

Middle body

Ball of foot

Rank/level

Way

Place for studying (usually the training hall)

Please (to a student)

Elbow

Elbow strike

Elbow block

Stamping

Face

Lower body

Lower level sweep

Kick

Uniform

Number five

Sorry

Reverse roundhouse/hook kick

Reverse or opposite punch

Opposite punch leaning forwards

Back of hand block

Ridgehand

Ridgehand strike

Begin

Half turned/oblique

Judgement/decision

Inner knife hand block

Running

Faster

Instep

Left

Hidari hanmi kamae
Hidari shizentai
 Hijiwo oshite
Hikite
 Hira bassami
Hiza
 Hiza geri
Hiza mawashi geri
 Hira ken
Ippon ken
 Ipponme
Ippon nukite
 Jodan
Jodan uke
 Johsokutei
Johsokutei geri
 Jun zuki no no-tsukomi
Ju tsu go
 Jyubun
Jyupponme
 Jyuji uke
Jun zuki hidari kamae
 Jun zuki
Kagi zuki
 Kai
Kakato
 Kakato geri
Ka kete
 Kakuto uchi
Kamaete
 Kani bassami
Karateka
 Kata
Kazu
 Keiko
Keikotsu
 Kekomi
Keri waza
 Keri wo ukete
Kette gyaku zuki
 Kette gyaku zuki no tsukkomi
Kette jun zuki
 Kette jun zuki no tsukkomi
Kiai
 Kihon
Kime
 Kin geri
Kiritsu
 Kite
Kite mite
 Kizami zuki
Koken
 Kokou
Koko ni suware
 Koutai
Kumite
 Kyu
Kyuhonme
 Kyukei
Maai
 Mae
Mae geri keage
 Mae geri kekomi
Mae tobi geri
 Maiai
Matte
 Mawashi geri
Mawashi uraken
 Mawashi zuki
Mawatte
 Migi
Morote barai
 Morote uke
Morote zuki
 Mushin
Mika zuki geri
 Mizu
Naore
 Nagashi uke
Nagashi zuki

Left free fighting stance
Left natural stance
 Push the elbow
Pulling hand
 Claw finger hand
Knee
 Knee kick
Roundhouse kick with the knee
 Second knuckles strike
One knuckle fist
 Number one
One finger spear hand
 Upper body
Upper level forearm block
 Ball of foot
Ball of foot kick
 Front punch leaning forwards
Terminology
 Enough
Number 10
 Crossed arm block
Left front punch stance
 Lunge or front punch
Hook punch
 School
Heel
 Heel/axe kick
Hooking hand
 Back of wrist strike
Line up position (bring on your warrior mind)
 Scissor sweep
Student of karate
 Prearranged sequence of techniques
Numbers
 Chicken beak
Chin
 Thrusting
Kicks
 Catch the kick
Opposite punch preceded by (front) kick
 Leaning opp. punch preceded by (front,) kick
Front punch preceded by (front) kick
 Leaning front punch preceded by (front,) kick
Spirit shout (battle cry)
 Basic or standard
Focus of power
 Groin kick
Stand up
 Come
Come listen
 Short punch
Back of wrist
 Tiger mouth hand
Sit here
 Step backwards
Sparring
 Level of student before black belt (dan grade)
Number nine
 Rest
Correct distance
 Front
Snapping front kick
 Thrusting front kick
Jumping or flying front kick
 Correct distance
Wait
 Roundhouse kick
Turning backfist
 Swinging hook punch
Turn
 Right
Double hand sweep
 Augmented forearm block
Double fist punch (as in Bassai dai)
 Clear/receptive mind
Inwards crescent kick
 Water
As you were (at ease position)
 Flowing block
Brushing punch

Nakadaka ippon ken
Nanahonme
 Nidan geri
Nihonme
 Nihon nukite
Nukite
 Obi
Ohyo kumite
 Onegaishimasu
Osuku
Otagai ni rei
Otoshi barai
 Otoshi uke
Pinan
 Rei
Renraku waza
 Ren zuki
Ropponme
 Ryu
Sagi ashi dachi
 Samurai
Sanbonme
 Sasae uke
Seiken
 Seiza
Senpai
 Sensei
Sensei ni rei
 Shomen
Shuto
 Shuto uchi
Shuto uke
 Sokuto
Sonob
 Sonobade ippon toru
Soto uke
 Soto mika zuki geri
Stance
 Suri ashi
Surikomi
 Suwatte
Tachi Kata
 Tatame
Tai sabaki
 Tate ken zuki
Tatsumaki geri
 Teisho
Teisho uchi
 Teisho uke
Tettsui uchi
 Tettsui
Tobi
 Tobikomi zuki
Tobi mawashi geri
 Torre
Torimasen
 Uchi
Uchi mawashi geri
 Uchi uke
Ude
 Ugoki kata
Uke
 Ura/ushiro
Uraken
 Ura zuki
Ushiro geri
 Ushiro kakato geri
Ushiro kin geri
 Ushiro mawashi geri
Waza
 Yame
Yohi
 Yonhonme
Yoko
 Yoko geri
Yoku mite
 Yonhon nukite
Zanshin
 Zen kutsu dachi
Zuki/Tsuki

Middle finger one knuckle fist
Number eight
 Double level jumping kick
Number two
 Two finger spear hand
Spear hand
 Belt
Semi-free sparring
 Polite please/thank you/hello
Slower
Bow to dojo and all assembled
Drop sweep/falling sweep
 Dropping block
Peace and tranquility
 Bow
Combination technique
 Alternate punching
Number six
 Style
Crane stance
 Warrior of Japan
Number three
 Reinforced block
Fore fist
 Kneeling
Senior student/ assistant instructor
 Instructor
Bow to instructor (instructor reciprocates)
 Forward facing
Knife hand
 Knife hand strike
Knife hand block
 Foot edge (foot blade)
Switch
 Change position in one action (change arms)
Outer forearm block
 Outwards crescent kick
Dachi
 Creep forwards
Step up
 Sit down
Stances
 Mat
Body shifting (to more advantageous position)
 Vertical fist punch
Tornado kick
 Palm heel
Palm heel strike
 Palm heel block
Bottom fist strike
 Bottom fist
Jumping
 Jumping snap punch (jab)
Jumping roundhouse kick
 Attacker
Unacceptable as a scoring technique
 Strike/Inwards
Inner roundhouse kick
 Inner forearm block
Forearm
 Movement
Block, receiver or defender
 Back
Back fist
 Inverted (upside down) punch
Back kick
 Spinning axe kick
Sole of foot to groin of attacker at rear
 Back roundhouse/spinning hook kick
Technique
 Stop
Ready stance
 Number four
Side
 Side kick/ front kick performed to the side
Look around you/heads up staff
 Spear hand
Fighting spirit and awareness
 Forward stance
Punch