

A

Age	Rising.
Age tsuki	Rising punch.
Age uke	Rising block.
Aikido	Way of spirit meeting; Japanese method of self-defense which took root from Jiu Jitsu. Founded in 1942 by Morihei Uyeshiba.
Aikoshin	Love of the school in mind.
Arigato Gozaimasu	Thank you
Atemi	Striking, Striking vital points of the body

B

Bo	Staff (long) used for carrying heavy items.
Bodhidharma	Indian Zen monk (see Daruma and Ta Mo)
Bonzai	"10,000 years for the Emperor"
Budo	Martial way, Way of the warrior.
Bunkai	Analysis; Practical application of form or kata.
Bushi	Warrior class of Japan.
Bushi Te	Warrior hand.
Bushido	Way of the warrior/Warrior code

C

Choku tsuki	Straight punch.
Chuan fa	(Chinese) Fist Law, Chinese Boxing.
Chudan	Middle (of body, i.e. torso), Mid-section, Middle rank.

D

Dan	Rank of Degree of Black Belt in Japanese Martial Arts
Daruma	Japanese Name for Bodhidharma
Do	Way; Way Of Life.
DoJang	Korean training hall
Dojo	Place Of The Way; Japanese training hall, the place where one practices Japanese Martial Arts DO = way; JO = place where you learn.
Domo Arigato Gozaimuso	Thank you very much
Dozo	Please

E

Ekū	Oar, used as a weapon in Okinawan Karate.
Empi	1. Elbow. 2. Name of Shotokan Kata

F

Funikoshi, Gichin	Father of Shotokan Karate, nicknamed Shoto. First person to use the term "Karate"
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G

Gedan	Downward; Lower, waist or below.
Geri	Kick that has been named; 'mawashi geri', See also Keri.
Gi	Practice uniform.
Go	Strength; Five (See also numerals)
Goju-Ryu	Hard-soft way, one of the four major Japanese karate systems
Gokyu	5th Kyu (green belt w/two stripes)
Goshin	Self Defense.

H

Hachi	Eight. See also numerals.
Hachiji dachi	Open leg stance or ready stance.
Hachikyu	8th Kyu or grade before black belt (purple belt)
Hachimachi	Towel used as a headband.
Hai	Yes.
Haisoku geri	Instep kick.
Haito	Ridge hand .
Hajime	Begin or start.
Hanshi	Grand Master; Senior Master, Exemplary Teacher
Hara	Stomach; Abdomen.
Heian	Training kata (name means peace, see also 'pinian')
Heisoku dachi	Attention stance.

I

Ichi	One. See also numerals.
lie	No.
Ikken	One fist or strike.
Ikkyu	1st Kyu or grade before black belt (Brown Belt w/three stripes)
Ippon	Full point in a contest.
Ippon ken (tsuki)	One knuckle fist.
Ippon kumite	One step sparring.
Ippon Seoi Nage	One-armed shoulder throw.
Irimi	Enter; Entering.
Irimi waza	Entering techniques.
Isshin Ryu	School of karate founded by I Shimabuku in 1955; One heart spirit way
Itten	One point, center of ki.

J

Jo	Short staff.
Jo jutsu	Short staff techniques.
Jodan	Upper, shoulders or above.
Ju	Gentle; Ten (see also numerals)
Ju jitsu	Gentle art.
Judo	A martial arts style featuring throwing. Literally, "Gentle Way", referring to giving way in order to gain victory.
Judoka	Practitioner of Judo.

Ju-ichi	Eleven. See also numerals.
Juji	X; Cross. Juji gatame, juji uke.
Juji uke	X-block.
Jukyu	10th Kyu or grade before black belt (yellow belt)
K	
Kama	Sickle, used in pairs in Okinawan Karate.
Kamakaze	Divine wind
Kami shiho gatame	Upper four-corner hold.
Kan	School; Intuition.
Kancho	School president; Head instructor of a school
Kanji	Oriental Writing; A character in the Japanese system of writing based upon borrowed or modified Chinese characters.
Kara	Empty.
Karadatsuki	Body Build.
Karate	Empty hand; A martial arts style featuring hand strikes
Karate-Do	Way of Karate
Karate Jutsu	Karate techniques
Karate Gi	Karate uniform
Karateka	Practitioner of karate
Kata	Form, Formal exercise, an pre-arranged battle with imaginary opponents, Shoulder
Katana	Long sword.
Kempo	Japanese reading of Chuan'Fa, boxing
Kendo	Japanese sword fighting.
Kenpo	Fist law; Fist way.
Kenpoka	Practitioner of Kempo.
Keri	Kick.
Keri waza	Kicking techniques.
Ki	Air, Breath, Spirit; Spiritual Energy
Kiai	Spiritual meeting; Loud shout or yell with spiritual energy
Kiba dachi	Horse stance.
Kihon	Basics.
Kihon Ido	Basic movement.
Kihon Kumite	Basic sparring.
Kime	Focus (in relation to the martial arts only).
Kobudo	Weaponry, Weapons training
Koko	Tiger mouth.
Koko uchi	Tiger mouth strike.
Kokutsu	Back
Kokutsu dachi	Back stance.
Konnichi-Wa	Hello, good afternoon
Ku	Nine. See also numerals.
Kukyu	9th Kyu or grade before black belt (orange belt)
Kumikata	Forms of gripping; Methods of holding.

Kumite	Sparring.
Kung Fu	Skill or time or task or work (Gung-Fu) Chinese martial art using the soft movement philosophy
Kyu	Grade or class under black belt; 10th kyu is the lowest and 1st the highest.

M

Mae	Front.
Mae geri	Front kick.
Makiwara	Striking post; punching board.
Martial Arts:	Generic term for all Asian Fighting arts
Matae	Stop.
Mawashi	Circle, circular, round
Mawashi Geri	Roundhouse kick
Mokuso	Meditation, Contemplation
Musubi dachi	Another name for attention stance

N

Naha-Te	Okinawan school of To-De
Neko	Cat.
Neko ashi dachi	Cat stance.
Ni	Two. See also numerals.
Ni-ju	Twenty. See also numerals.
Ni-ju-ichi	Twenty one. See also numerals.
Nikkyu	2nd Kyu or grade before black belt (Brown Belt w/two stripes)
Ninja	Spy or Stealer
Nunchaku	Flail-like weapon of two rods joined by rope or chain.
Nyujo	Flow into tranquility; Meditative contemplation.
Nyunan Shin	Soft hearted.

O

Obi	Belt.
Ohayo-Gozaimasu	Good morning; hello
Okinawa te	Okinawan Hand.

P

Pinan	Training kata meaning peaceful mind
Pinian	Peace and tranquility

R

Rei	Bow.
Renshi	Disciple teacher.
Roku	Six. See also numerals.
Rokyu	6th Kyu (green belt w/one stripe)
Roundhouse kick.	Mawashi geri
Ryu	Family; School; System; Dragon.
Ryukyu	Okinawa.

S

Sai	Short forks, Three-pronged metal weapon.
Samurai	Japanese warrior.
San	Honorable, Formal Address, Three. See also numerals.
Sankyu	3rd Kyu or grade before black belt (brown belt w/one stripe)
Satori	Enlightenment.
Seiza	Correct sitting; Formal sitting position.
Sempai	Senior.
Sensei	Teacher, Literal translation "one who is born before"
Shi	Four. See also numerals.
Shiai	Contest.
Shichi	Seven. See also numerals.
Shichikyu	7th Kyu or grade before black belt (blue belt)
Shihan	Master of Japanese martial arts.
Shorei	Encouragement.
Shorei Ryu	Karate jutsu developed from Naha-Te and Tomari-Te
Shorin Ryu	Karate Jutsu developed from Shuri-Te
Shotokan	A Karate System Founded by Gichin Funikoshi.
Shu	To Learn.
Shuto	Knifehand; Swordhand; Chop.
Shuto uchi	Knife hand strike.
Shuto uke	Knife hand block.
Sifu	Teacher, male instructor of Chinese Martial Arts
Simu	Teacher, female instructor of Chinese Martial Arts
So	Head; Master; Phase.
Soke	Head Master; Grand Master; Head of the Family.
Sumo	Struggle, Japanese wrestling

T

Te	Hand. See also Karate.
Tonfa	Rice grinder handles, Wooden rod with handle at right angle, used in pairs.
Tori	Defender, demonstrator of technique.
Tsuru	Crane.

U

Uke	Block. Age uke.
Uki	Attacker, to whom techniques are done.
Uraken uchi	Back fist strike
Ushiro	Back; Rear
Ushiro geri	Back kick

W

Wa	Peace, Tranquility.
Waza	Techniques.

Y

Yame	Stop.
Yari	Spear.
Yoi	Ready.
Yoko geri	Side kick.
Yonkyu	4th Kyu or grade before black belt (green belt w/three stripes)

Z

Zazen	Sitting meditation.
Zen	Meditation, All, Enlightenment
Zenkutsu dachi	Front or Forward stance.

Numerals

Ichi	One
Ni	Two
San	Three
Shi	Four
Go	Five
Roku	Six
Shichi	Seven
Hachi	Eight
Ku	Nine
Ju	Ten