



国際 極真会館 空手道 連合

INTERNATIONAL KYOKUSHINKAI KAN KARATEDO UNION



10TH KYU - WHITE BELT & WHITE BELT WITH BLUE STRIPE STRIPE

Vocabulary - Terminology

Punches

- **Seiken Jodan Ago Uchi:** Upper Strike to the chin
- **Seiken Chudan Furi Uchi:** Middle Hook Punch
- **Seiken Chudan Shita Tsuki:** Middle Upper Cut Punch
- **Seiken Jodan Mawashi Uchi:** Upper Roundhouse Punch
- **Seiken Chudan Oi Tsuki:** Middle Straight (lead)Punch
- **Seiken Chudan Gyaku Tsuki:** Middle Reverse Punch
- **Seiken Chudan Tsuki:** Middle Punch
- **Seiken Jodan Tsuki:** Upper Punch
- **Uraken Jodan Gammen Uchi:** Upper Back-Fist to face
- **Uraken Jodan Sayu Gammen Uchi:** Upper Right or left back-fist strike (aiming to the side)

Definitions:

- **Jodan:** Upper
- **Gedan:** Lower
- **Chudan:** Middle
- **Dogi/Gi:** Uniform
- **Dōjō:** School
- **Dōjō Seiyaku:** School Oath/Vow
- **Gyaku:** Reverse - using the opposite hand and foot
- **Kata:** Formal movement, Imaginary fight sequence
- **Kiai:** The result from your body and spiritual power uniting with an explosion of energy. Most times resulting with an explosive shout
- **Kihon:** Basic Technique
- **Mae:** Front
- **Obi:** Belt/Sash
- **Oi:** Lead - same hand and foot
- **Osu:** Patience, Respect, Appreciation
- **Seiken:** Fist
- **Tettsui:** Hammer-Fist
- **Uraken:** Back-Fist
- **Kōhai:** Junior/Subordinate Student
- **Deshi:** Pupil/ Student, Apprentice/Disciple
- **Uchideshi:** Live-in Apprentice
- **Sempai/Senpai:** Senior Student
- **Sensei:** Teacher

Stances

- **Dachi/Tachi:** Stance (Body Posture)
- **Kumite no Tachi:** Fighting Stance
- **Yoi Dachi:** Ready Stance with weight distributed 50/50 on each foot
- **Zenkutsu Dachi:** Forward Leaning Stance
- **Sanchin Dachi:** Crooked-footed Stance
- **Migi Ashi Mae:** Right Foot Front
- **Hidari Ashi Mae:** Left Foot Front
- **Kamae:** Stance/Spirit/Energy/Balance/Zen
- **Musubi Dachi:** Toes Pointed Out; Heels Touch

Commands

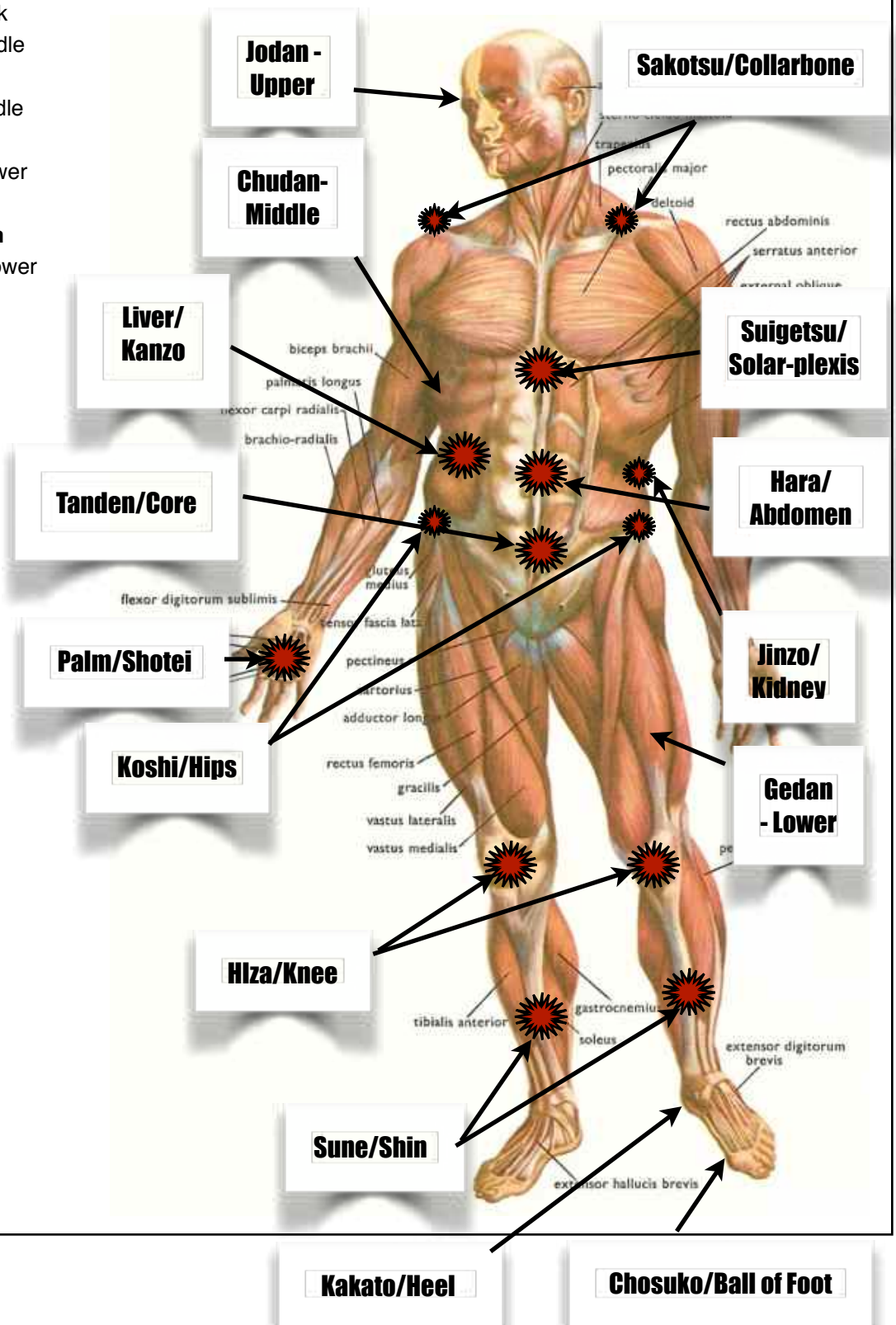
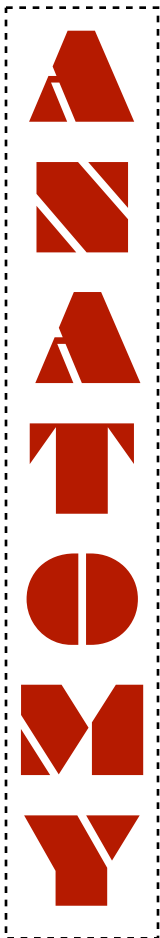
- **Hajime:** Begin
- **Kamaete:** Ready Position (Get Ready)
- **Mawate:** Turn Around
- **Yamei:** Stop Position
- **Yasume:** Relaxed Position
- **Yoi:** Ready Position
- **Rei:** Bow
- **Kiai Irete:** Irete means purpose. Kiai Irete means to execute technique with purpose and determination
- **Seiza:** Formal sitting position (kneeling) with a straight back, shoulders back, and with tight fists positioned on the hips
- **Anza:** Relaxed sitting position with a straight back while the knees are bent and the ankles crossed in front of the groin
- **Zazen:** Meditation (Buddhist)
- **Mokuso:** Meditation (Japanese)

Kicks

- **Mae Hiza Geri:** Knee Kick
- **Mae Geri:** Front Snap Kick
- **Mawashi Geri:** Roundhouse Kick
- **Ushiro Geri:** Back Kick
- **Yoko Geri:** Side Snap Kick
- **Mae Keage:** Front Straight-Legged Kick
- **Yoko Keage:** Side Straight-Legged Kick

Blocks

- **Jodan Uke:** Upper Block
- **Chudan Soto Uke:** Middle Outside to Inside Block
- **Chudan Uchi Uke:** Middle Inside to Outside Block
- **Gedan Barai (Uke):** Lower Parry (Block)
- **Jodan Uchi Uke Gedan Barai:** Upper Block & Lower Parry Combined
- **Sune Uke:** Shin Block



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