



国際 極真会館 空手道 連合

INTERNATIONAL KYOKUSHINKAI KAN KARATEDO UNION



8TH - BLUE BELT & BLUE BELT WITH YELLOW STRIPE

Vocabulary - Terminology

Punches

- **Seiken Ni-Hon Bon Tsuki:** 2 punch combination
- **Seiken Son Bon Tsuki:** 3 punch combination
- **Morote Tsuki:** Double Punch (Two-Handed Punch)
- **Seiken Jodan, Gedan, Chudan Son Bon Tsuki:** Upper, Lower, Middle, 3 punch combination
- **Seiken Chudan Gyaku Tsuki, Furi Uchi, Shita Tsuki:** Reverse Punch, Hook Punch, Upper-Cut Punch
- **Seiken Chudan Gyaku Tsuki, Furi Uchi:** Reverse Punch and Hook Punch
- **Seiken Chudan Oi Tsuki, Gyaku Tsuki, Furi Uchi:** Straight (lead) Punch, Reverse Punch and Hook Punch
- **Seiken Jodan Oi Tsuki, Jodan Mawashi Uchi, Jodan Gyaku Tsuki:** Upper Straight (lead) Punch, Upper Roundhouse Punch (leading hand), Upper Reverse Punch
- **Uraken Jodan Gammen Uchi, Chudan Gyaku Tsuki:** Upper Back-Fist to face, Reverse Punch
- **Uraken Jodan Gammen Uchi, Chudan Gyaku Tsuki, Chudan Furi Uchi:** Upper Back-Fist to face, Reverse Punch, Middle Hook Punch

Commands

- **Kamaete:** On Guard/Get Ready
- **Kosa:** Switch Feet
- **Seiretsu:** Line Up by Rank in an Orderly Fashion
- **No Garde Emote:** Breathing Technique - with usage of hands; inhalation via the nose with hands in front and parallel to one's body, then pull hands in next (side) of chest, then slowly exhale pushing hands downwards: hands control exhalation
- **Ibuki (息吹):** Breathing Technique - Inhaling deeply via the nose, and holding breath in tan den, then slowly exhale from the tan den, tightening and concentrating the lower abdominal muscles to push or force the exhalation out, thus, strengthening one's core

Stances

- **Heiko dachi** (parallel open stance)
- **Haisoku dachi** (closed feet stance)
- **Kamae dachi** (fighting stance)
- **Kiba dachi** (riding stance)
- **Kokutsu dachi** (backward leaning stance)
- **Musubi dachi** (open feet stance)
- **Han Zenkutsu dachi:** Half Forward Leaning Stance
- **Han Kiba dachi:** Half Horse-back stance

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

Strikes

- **Nukite:** Finger-Tip Strike
- **Hiji Ate (Empi):** Elbow
- **Shuto:** Knife-Edge of Hand
- **Koken:** Wrist
- **Haito:** Inner-part of Hand
- **Sho:** Palm of Hand
- **Sokuto:** Knife-Edge of Foot