

# Kyle Karate Club



## Karate Terminology

This document is intended only as a quick guide to some of the terms you, as a new member, may hear used within the club.

**IT IS NOT TO BE TREATED AS A TRAINING MANUAL !!**

All your instruction should come from the club's instructors.

### Stances

**Zenkutsu Dachi** ( pronounced zen - coot - sue - dat - chee )

Front stance: back leg straight, feet shoulder width apart. 70% of your weight on back leg, 30% on front one.

**Kokutsu Dachi** ( pronounced ko - coot - sue - dat - chee )

Back stance: weight on back leg, hip above ankle, feet in line. 90% of your weight on the back leg, 10% on the front.

**Kiba Dachi** ( pronounced key - baa - dat - chee )

Horse riding stance. Weight 50% on each leg.

**Fudo Dachi** ( pronounced food - o - dat - chee )

Immovable stance, back leg as in kiba dachi, front leg as in zenkutsu dachi

### Areas of the Body

**Gedan** ( pronounced gay - dan )

Lower torso, stomach. From your belt to the floor.

**Chudan** ( pronounced chew - dan )

Middle torso, chest. From your belt to your shoulders.

**Jodan** ( pronounced joe - dan )

Throat and head. From your shoulders to the top of your head

## Blocks

### ***Gedan Barai*** ( pronounced gay - dan - bar - eye)

Low level block. Fist swings up to opposite shoulder and then back down to just outside body. Elbow is kept close to body at all times. Contact with pinky side of fist.

### ***Age Uke*** ( pronounced ah - gee - you - key )

Upper level block for throat and head. Rear fist comes up the front of the body, as it rises the fist turns outwards towards opponent. Contact with pinky side of fist.

### ***Ude Uke*** ( pronounced ooo - dee - you - key )

Fist shoulder height, elbow at 90 degrees, Rear fist comes across the body to opposite side and then sweeps out in front. Contact with Thumb side of fist.

### ***Uchi Komi*** ( pronounced ooo - chee - ko - me )

Fist shoulder height, elbow at 90 degrees, Rear fist punches in to the air behind you and then swings and drops to end up level with opposite shoulder. Contact with the pinky side of the fist.

### ***Teisho*** ( pronounced tay - show )

Heel of the hand, inside to outside across stomach. Rear hand opens and turns over to fingers are pointing down. Hand then pushed across body to opposite side in front of stomach. Contact with heel of the hand.

### ***Shuto*** ( pronounced shoe - toe )

Edge of the hand. Hand comes up to beside ear and fingers are extended. Sweeps down and towards centre line of body. Elbow is kept at 90 degrees. Contact with outside edge of hand.

## Strikes with hand or elbow

### ***Oi Tzuki*** ( pronounced hoi - zoo - key )

Stepping punch. Step forward and, just before front foot contacts floor, punch. Both fist and foot should make contact at the same time.

### ***Gyaku Tzuki*** ( pronounced ya - ka - zoo- key )

Reverse punch. Feet do not move. Rear fist is thrown forward and hips twisted forward.

### ***Empi*** ( pronounced M - pee)

Strike with the elbow. This strike can be performed in any direction (back, forwards, side, up and down).

## Kicks

**Mae Geri** ( pronounced my - ger - eh)

Front snapping kick. Knee comes up, foot snaps out to the front, striking with ball of the foot.

**Keagi** ( pronounced key - a - gee)

Side snapping kick. Knee comes up and foot snaps out to the side, striking with the outside of the foot.

**Kekomi** ( pronounced key - comb - eh)

Side thrust kick. Knee up and push foot out to the side. Striking with the heel.

**FumaKomi** ( pronounced fu - ma - comb - eh)

Downward stamping kick to the shin or knee. Knee up to shoulder then down and forward. As foot descends it rotates 90 degrees inward. Strike with the outside edge of the foot.

**Mawashi** ( pronounced ma - wash - he )

Roundhouse kick. Rear knee comes up and rotates around to front. As it approaches the front the foot snaps out and back quickly. Striking with the ball of the foot.

## General

**Gi**( pronounced ghee)

This is the white suit you wear when practicing karate.

**Dojo** ( pronounced dough - joe)

Where we practice karate. This can be a school, church hall, sports hall.

**Kata** ( pronounced cat - ah)

Practice of movements as a block following someone at the front of the block.

**Kihon** ( pronounced key - hone)

The practice of individual techniques to improve them.

This may be done with a partner or alone.

**Kimite** ( pronounced kim – me - tea)

Sparring with a partner. There are a variety of different levels of kimite.

