

Useful words

Chudan	-	Stomach/Middle area
Dan	-	Black belt rank
Dojo	-	A place to practice the way
Gedan	-	Groin/Lower area
Gi	-	Training suit (karategi)
Hajime	-	Begin
Hidari	-	Left
Hikite	-	The use of the reaction arm
Jodan	-	Face/Upper area
Kata	-	Prearranged sequences of techniques
Keage	-	Snap kick
Kekomi	-	Thrust kick
Ki-Ai	-	Shout used to unite physical power
Kihon	-	Basic technique(s)
Kime	-	Focusing power
Koshi	-	Use of the hips
Kumite	-	Sparring
Kyu	-	Rank below black belt
Ma-Ai	-	Distance
Makiwara	-	Striking post
Mawatte	-	Turn
Migi	-	Right
Mokuso	-	Meditation, contemplation
Obi	-	Belt
Oss	-	Is a sign of respect and is generally used in the following situations: <ol style="list-style-type: none">1. Upon receiving advice or a command2. When bowing at the start and finish of a class.3. When bowing to your partner in Kumite.
Rei	-	Bow
Sensei	-	Teacher
Tai Sabaki	-	Body turning
Tameshiwari	-	Testing by breaking
Yamae	-	Stop
Yoi	-	Ready

Explanation of Commonly used terms

Basic stances

Zenkutsu dachi	Front stance
Kiba dachi	Horse stance
Kokutsu dachi	Back stance
Hachiji dachi	Natural stance

Basic blocks

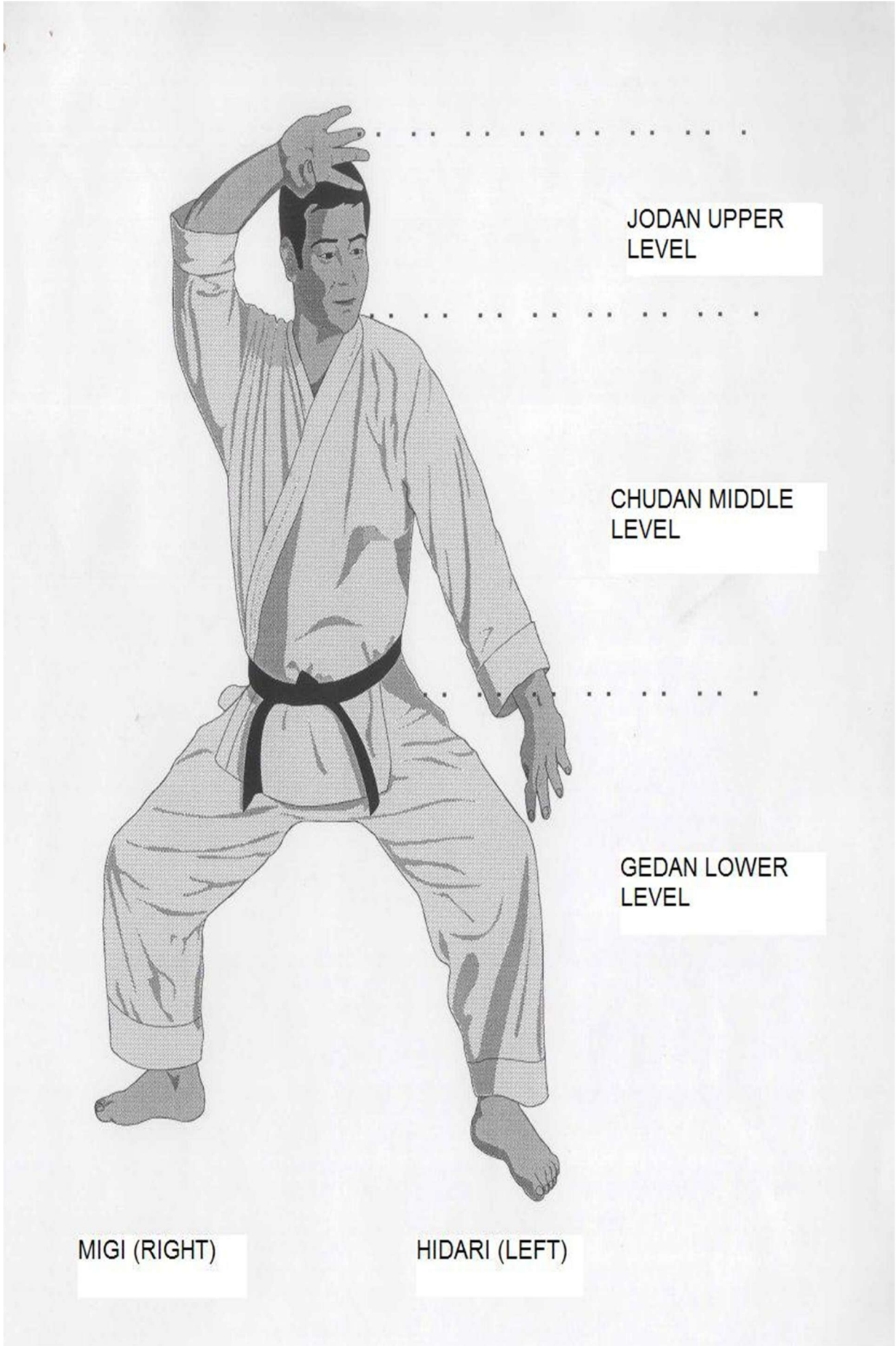
Age uke	Upper rising block
Soto ude uke	Outside inward forearm block
Gedan barai	Downward block
Uchi ude uke	Inside outside forearm block
Shuto uke	Knife hand block
Morote uke	Two handed block

Basic hand techniques

Oi zuki	Lunge (stepping) punch
Kisami zuki	Snap punch
Gyaku zuki	Reverse punch
Choku zuki	Straight punch
Uraken uchi	Back fist strike
Shuto uchi	Knife hand strike
Tetsui uchi	Hammer/bottom fist strike
Haito uchi	Ridge hand strike
Empi uchi	Elbow strike
Nukite	Spear hand strike

Basic kicks

Mae geri	Front (straight) kick
Yoko geri	Side kick
Hiza geri	Knee kick
Mikazuki geri	Crescent kick
Ashi barai	Leg sweep
Fumikomi	Stamping kick
Ushiro geri	Back (reverse) kick
Mawashi geri	Roundhouse kick



JODAN UPPER
LEVEL

CHUDAN MIDDLE
LEVEL

GEDAN LOWER
LEVEL

MIGI (RIGHT)

HIDARI (LEFT)

Books and Videos of interest

Beginners Guide to Shotokan Karate

By: John van Weenan
Publisher: John van Weenan
ISBN: 0951766066

Complete Shotokan Karate

By: Robin L Reilly
Publisher: Tuttle Martial Arts
ISBN: 0804821089

Advanced Shotokan Karate Kata*

By: John van Weenan
Publisher: John van Weenan
ISBN: 0951766015

Karate Kata Applications*

By: Aidan Trimble & Vince Morris
Publisher: Ebury Press
ISBN: 009180938X

The Beginners Guide to Shotokan Karate

By: Featuring Frank Brennan
Publisher: Kamae
Format: DVD

The Intermediate Guide to Shotokan Karate

By: Featuring Frank Brennan
Publisher: Kamae
Format: DVD

The Brown Belt Guide to Shotokan Karate

By: Featuring Frank Brennan
Publisher: Kamae
Format: DVD

The Black Belt Guide to Shotokan Karate

By: Featuring Frank Brennan
Publisher: Kamae
Format: DVD

Best Karate

By: M Nakayama

Publisher: Kodansha USA Inc

ISBN: 978-1-56836-472-8

Matt Price Interactive Karate (Beginner to 6th Kyu)

By: Matt Price

Publisher: nokr

Format: CDROM

* Note that Katas change and books such as this should only be used as a guide.