MARTIAL ARTS GLOSSARY

http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/A.html

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|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| [Abaniko](http://ca.youtube.com/watch?v=hiExBHtBWUM) |  |  |  | Generic name for a fanning style of stick work in [Arnis](http://en.wikipedia.org/wiki/Modern_Arnis) |
| [Abara](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/Sound%20files/abara.wav) |  | 肋 |  | Rib, as an actual skeletal structure, and not the associated [kyūsho](http://en.wikipedia.org/wiki/Kyūshojutsu) ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/Sound%20files/abara.wav)) |
| [Abbe Kenshirō](http://en.wikipedia.org/wiki/Kenshiro_Abbe) |  | 阿部 謙四郎 |  | (1915 - 1985) [Jūdōka](http://en.wikipedia.org/wiki/Judo) and [aikidōka](http://en.wikipedia.org/wiki/Aikido), founder of [Kyūshindō](http://en.wikipedia.org/wiki/Kyushindo) |
| Abe Hidetaka |  | 阿部 秀孝 |  | Karateka, shichidan, [Wadō ryū](http://en.wikipedia.org/wiki/Wado_Ryu), direct student of [Ōtsuka Hironori](http://www.z-teamkarate.com/grand_master_hironori_otsuka_i.htm) |
| [Abe Keigo](http://www.jskajp.org/html/abe_kiego.html) |  | 阿部 圭吾 |  | (1938 - ) Karateka, former senior [JKA](http://www.jka.or.jp/english/e_index.html) instructor, founder of the [Japan Shōtōkan Karate Association](http://www.jskajp.org/) |
| [Abe ryū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/Abe%20ryu.html) |  | 阿部流 |  | [Koryū](http://koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu), the oldest continuing [kendō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/kendō) ryū; also Abe Tate ryū |
| [Abe Tate ryū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/Abe%20ryu.html) |  |  |  | [Koryū](http://koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu), the oldest continuing [kendō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/kendō) ryū; also Abe ryū |
| Abunai |  | 危ない |  | Dangerous or precarious ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/Sound%20files/abunai.wav)) |
| Acha nu neen chi ami |  |  |  | "Tomorrow is a new day"; Okinawan adage for learning new things while leaving mistakes behind (in [Hogen](http://www.chicagookinawakenjinkai.com/Hogen.html) or Uchina guchi, the dialect of Okinawa) |
| Adaya |  | 徒矢 |  | Arrow that misses its mark |
| [Adithada](http://en.wikipedia.org/wiki/Adithada) |  |  |  | [South Asian martial art](http://en.wikipedia.org/wiki/Indian_martial_arts) |
| [Agaru](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/agaru/agaru.html) |  | 上がる |  | To rise up |
| [Agatsu](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/agatsu/agatsu.html) |  | 吾勝 |  | Victory over the self |
| [Age empi uchi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20tate%20empi%20uchi/jodan%20tate%20empi%20uchi.html) |  | 揚猿臂打ち |  | Rising elbow strike; also *tate empi uchi* or *age hiji uchi* |
| [Age haisoku uchi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/agehaisoku_uchi.html) |  | 揚背足受 |  | Rising instep strike |
| [Age hiji uchi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20tate%20empi%20uchi/jodan%20tate%20empi%20uchi.html) |  | 揚肘打ち |  | Rising elbow strike; also *tate empi uchi* or *age empi uchi* |
| Age kakato geri |  | 揚踵蹴 |  | Rising heel kick to the rear, a quick snapping kick, not a kekomi |
| Age kote |  | 揚小手 |  | In [kendō](http://en.wikipedia.org/wiki/Kendo), a strike completed while attacker's wrists are still above her/his stomach |
| Agena Shokuho |  |  |  | (1870 - 1924) Okinawan karateka ([Shuri-te](http://en.wikipedia.org/wiki/Okinawan_martial_arts#Shuri-te)) and expert in [kobudō](http://en.wikipedia.org/wiki/Okinawan_kobudō); also *Tairaguwa Gushikawa* or *Agena Ukikata* |
| [Age uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/age%20uke/age%20uke.html) |  | 揚げ受け |  | Rising block; also aji uke |
| Age uke gyaku ashi |  | 揚げ受け逆足 |  | Upper block (reverse foot) ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)); also gyaku age uke |
| [Age zuki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/age%20zuki/age%20zuki.html) |  | 揚げ突き |  | Rising punch |
| [Agni kempo](http://www.wbfbudofederation.com/worldbudo.php?sector=stylelist&task=detail&style_id=4) |  |  |  | Russian martial art founded 1950 by [Yuriy Kostrov](http://www.completemartialarts.com/whoswho/halloffame/yuriykostrov.htm); also *Russian kempo* |
| Ago |  | 顎 |  | Chin or jaw ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/Sound%20files/ago.wav)) |
| [Ago makikomi](http://members.aol.com/koshinage/kata/DO_agomakikomi.htm) |  | 顎巻込 |  | "Chin winding"; [jūjutsu](http://en.wikipedia.org/wiki/Kendo) headlock |
| [Ago oshi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/ago%20oshi/ago%20oshi.html) |  | 顎押 |  | Lit "jaw push"; [jūdō](http://en.wikipedia.org/wiki/Judo) [kata](http://en.wikipedia.org/wiki/Kata) |
| Ago zuki |  | 顎突き |  | Straight punch to the chin; rising punch as in the kata, Empi ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| [Agura](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/anza/anza.html) |  | 胡座 |  | Informal cross-legged sitting; also *agura wo kaku* or, more formally, as *anza* 安座, cf.[*seiza*](http://en.wikipedia.org/wiki/Seiza) |
| [Agura wo kaku](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/anza/anza.html) |  | 胡座をかく |  | Informal seating position |
| Aichūdan |  | 相中段 |  | Mutual center posture; both opponents in chūdan no kamae ([kendō](http://en.wikipedia.org/wiki/Kendo)) |
| Aida |  | 間 |  | Distance, interval ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/Sound%20files/aida.wav)); also *ma* |
| Aigedan |  | 相下段 |  | Mutual lower posture; both opponents in gedan no kamae ([kendō](http://en.wikipedia.org/wiki/Kendo)) |
| [Ai hanmi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/ai%20hanmi/ai%20hanmi.html) |  | 相半身 |  | Partners having the same foot forward in hanmi (half-facing stance) |
| Aijōdan |  | 相上段 |  | Mutual upper posture; both opponents in jōdan no kamae ([kendō](http://en.wikipedia.org/wiki/Kendo)) |
| [Ai kamae](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/ai%20kamae/ai%20kamae.html) |  | 合構え |  | Harmony posture: closed stance, when each opponent has her/his same foot forward ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| [Aiki](http://en.wikipedia.org/wiki/Aiki_(martial_arts_principle)) |  | 合気 |  | "Meeting of the [ki](http://en.wikipedia.org/wiki/Qi)," impassive state of mind of the combatant |
| [Aikibattō](http://www.aikijo.com/) |  | 合気抜刀 |  | Sword drawing exercise, solo or paired |
| [Aikidō](http://www.aikidofaq.com/) |  | 合気道 |  | A shin or [gendai budō](http://en.wikipedia.org/wiki/Gendai_budo); lit “way of the unification of the spirit”([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/Sound%20files/aikidou.wav)) |
| [Aikidōgi](http://en.wikipedia.org/wiki/Aikidogi) |  | 合気道着 or 合気道衣 |  | [Aikidō](http://en.wikipedia.org/wiki/Aikido) uniform |
| [Aikidōka](http://en.wikipedia.org/wiki/Aikidoka) |  | 合気道家 |  | Practitioner of [aikidō](http://en.wikipedia.org/wiki/Aikido) |
| [Aiki ha](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/aiki%20ha/aiki%20ha.html) |  |  |  | Doctrine of not resisting the push, weight or pull of an opponent |
| Aiki in yo hō |  | 合気陰陽法 |  | "Harmony of mind based on [Yin and Yang](http://en.wikipedia.org/wiki/Ying_and_yang)" |
| [Aiki jō](http://en.wikipedia.org/wiki/Aiki-jō) |  | 合気杖 |  | Stick or staff used in [aikidō](http://en.wikipedia.org/wiki/Aikido) or the set of techniques using that staff |
| [Aiki jujutsu](http://www.fightingarts.com/reading/article.php?id=454) |  | 合気柔術 |  | “Gentle art of the unification of the spirit” |
| Aiki jutsu |  | 合気術 |  | [Aiki jujutsu](http://www.fightingarts.com/reading/article.php?id=454) |
| [Aikiken](http://en.wikipedia.org/wiki/Aiki-ken) |  | 合気剣 |  | Set of sword techniques in [aikidō](http://www.aikidofaq.com/) |
| Aikiken aikidō |  | 合気剣合気道 |  | [Aikidō](http://en.wikipedia.org/wiki/Aikido) versus an opponent armed with a staff or sword |
| [Aikikai](http://www.aikikai.or.jp/eng/index.htm) |  | 合気会 |  | Original organization for [aikidō](http://en.wikipedia.org/wiki/Aikido); short form of Zaidan Hōjin Aikikai; also Aikikai Honbu |
| [Aikiotoshi](http://ca.youtube.com/watch?v=Ma4oRk0e_nw) |  | 合気落し |  | [Aikidō](http://en.wikipedia.org/wiki/Aikido) throw |
| [Aiki taisō](http://members.tripod.com/~jakarta_aikikai/aiki.html) |  | 合気体操 |  | [Aikidō](http://en.wikipedia.org/wiki/Aikido) exercises done alone, without a partner; also aiki undō |
| [Aiki undō](http://members.tripod.com/~jakarta_aikikai/aiki.html) |  | 合気体操 |  | [Aikidō](http://en.wikipedia.org/wiki/Aikido) exercises done alone, without a partner; also aiki taisō |
| [Aikuchi](http://en.wikipedia.org/wiki/Aikuchi) |  | 合い口 or 匕首 |  | Lit "fitting mouth"; [tantō](http://en.wikipedia.org/wiki/Tantō) or very short samurai sword |
| [Ai nuke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/ai%20nuke/ai%20nuke.html) |  | 合抜 |  | "Mutual passing through" ([kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu)): when neither combatant can strike the other, indicative of high skill |
| Aio ryū |  |  |  | [Koryū](http://koryu.com/) [sōjutsu](http://en.wikipedia.org/wiki/Sojutsu) and [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu) |
| Ai satsu |  | 挨拶 |  | Greetings and conversational etiquette, including congratulations, thanks and fellowship |
| Ai tai suru |  | 相対する |  | To face each other |
| Aite |  | 合手 |  | Uniting hand or joining hand; training partner or opponent; opponents facing each other in the same [kamae](http://en.wikipedia.org/wiki/Kamae) ([kendō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/kendō)) |
| Ai tsuki |  | 相突 |  | Mutual thrust ([kendō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/kendō)) |
| [Ai uchi](http://www.aikiweb.com/wiki/AiUchi) |  | 相打ち |  | Simultaneous strike; mutual kill |
| [Aiwan nagashi uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Morote%20haiwan%20uke/jodan_morote_haiwan_uke.jpg) |  | 相腕流し受け |  | Reciprocal arm flowing block; also *morote haiwan uke* |
| Aizu Ikōsai Hisatada |  |  |  | (1452-1538). Founder of [Aizu Kage ryū](http://en.wikipedia.org/wiki/Kage-ryū_(Aizu)), [koryū](http://koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu); also Aizu Hyūga-no-Kami Iko |
| [Aizu Kage ryū](http://en.wikipedia.org/wiki/Kage-ryū_(Aizu)) |  |  |  | [Koryū](http://koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu) |
| [Ajari Yoshiaki](http://www.uswadokai.org/uswkf.html) |  |  |  | (1933- ) Karateka, hachidan, [Wadō ryū](http://en.wikipedia.org/wiki/Wado_Ryu), direct student of [Ōtsuka Hironori](http://www.z-teamkarate.com/grand_master_hironori_otsuka_i.htm) |
| Akahachi Oyakei |  |  |  | Okinawan expert in [bōjutsu](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/bo%20jutsu/bo%20jutsu.html), credited with the kata, *Akahachi no gyakubō* |
| Akai |  | 赤い |  | Red ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/Sound%20files/akai.wav)) |
| Aka obi |  | 赤帯 |  | Red belt, signifying high dan grade |
| [Akamine Eisuke](http://www.ryukyu-kobudo.com/history/akamine_eisuke.htm) |  |  |  | (1925-1999) Okinawan expert of [kobudō](http://en.wikipedia.org/wiki/Okinawan_kobudō) |
| Akiresuken |  | アキレス腱 |  | [Achilles tendon](http://en.wikipedia.org/wiki/Achilles_tendon) |
| Akiyama Shirobei Yoshitoki |  |  |  | Physician and founder (1632) of [Yōshin ryū](http://en.wikipedia.org/wiki/Yoshin_Ryu), [koryū](http://koryu.com/) [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu) |
| Akogare |  | 憧れ |  | "Yearning," as for knowledge or exposure to the martial ways ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/Sound%20files/akogare.wav)) |
| [Akō gishi](http://en.wikipedia.org/wiki/47_Ronin) |  | 赤穂義士 |  | The tale of the 47 [ronin](http://en.wikipedia.org/wiki/Ronin); lit. "loyal [samurai](http://en.wikipedia.org/wiki/Samurai) of [Akō](http://en.wikipedia.org/wiki/Akō%2C_Hyōgo)" |
| [Akō rōshi](http://en.wikipedia.org/wiki/47_Ronin) |  | 赤穂浪士 |  | The tale of the 47 [ronin](http://en.wikipedia.org/wiki/Ronin); lit. "the [Akō](http://en.wikipedia.org/wiki/Akō%2C_Hyōgo) wandering [samurai](http://en.wikipedia.org/wiki/Samurai)" |
| [Aku ga nuketa hito](http://www.apmforum.com/columns/boye60.htm) |  | 灰汁が抜けた人 |  | Someone who thinks of the welfare of others before that of her/himself. |
| [Aku ga tsuyoi](http://www.apmforum.com/columns/boye60.htm) |  | 灰汁が強 |  | "Being strong in lye": someone who is so full of her/himself that s/he is difficult to be near |
| Akuma barai |  | 魔払い |  | "To sweep away the demons"; to forget doubt, fear, distraction, death; [kendō](http://en.wikipedia.org/wiki/Kendo) [kata waza, also *Shihogiri*](http://www.youtube.com/watch?v=U2Y1qskJFYc&feature=PlayList&p=6AE89A7D95C4CD5B&playnext=1&playnext_from=PL&index=3) |
| Amado |  |  |  | Lower neck (target) |
| [Amakuni Yasutsuna](http://en.wikipedia.org/wiki/Amakuni) |  | 天國 安綱 |  | (c. 700) First [Japanese swordsmith](http://en.wikipedia.org/wiki/Japanese_sword#Manufacturing) to use folding process |
| [Amaterasu](http://en.wikipedia.org/wiki/Amaterasu) |  | 天照 |  | [Shintō](http://en.wikipedia.org/wiki/Shinto) goddess of the sun; also *Amaterasu-ōmikami* or *Ōhiru-menomuchi-no-kami* |
| Amefurashi |  | 雨降らし |  | Legendary Japanese childlike monster, lit "rain bringer" |
| [Amenominakanushi](http://eos.kokugakuin.ac.jp/modules/xwords/entry.php?entryID=38) |  | 天御中主 or 天之御中主神 |  | One of the Japanese gods of creation |
| [Amenonuhoko](http://en.wikipedia.org/wiki/Amenonuhoko) |  | 天沼矛 |  | The Japanese mythological [naginata](http://www.naginata.org/) used to raise the primordial land from the sea, wielded by the gods [Izanagi](http://en.wikipedia.org/wiki/Izanagi) and [Izanami](http://en.wikipedia.org/wiki/Izanami), lit "heavenly jeweled spear" |
| [American Bushidokan](http://www.usadojo.com/styles/about-bushidokan.htm) |  |  |  | American [hybrid style](http://en.wikipedia.org/wiki/Hybrid_martial_art) founded in late 1960s by Jim Harrison in Kansas City. |
| [American Freestyle Kickboxing](http://www.panama.s5.com/about_2.html) |  |  |  | American [hybrid style](http://en.wikipedia.org/wiki/Hybrid_martial_art) founded in 1995 by Jason Porter |
| Amichujing |  |  |  | Purification rituals, Okinawan term for [*misogi*](http://en.wikipedia.org/wiki/Misogi) |
| Ami uchi |  | 網打 |  | "Fisherman's throw," forcing the opponent down to the ring by grabbing his arms, spreading the body out, and then pulling him down ([sumō](http://en.wikipedia.org/wiki/Sumo)) |
| Ana |  | 穴 |  | Hole, opening, gap; the hole in each side of a [nunchaku](http://en.wikipedia.org/wiki/Nunchaku) through which the joining cord is tied ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/Sound%20files/ana.wav)) |
| [Anaku](http://www.arts.ualberta.ca/~aoki/Karate-do/Kata/Anaku/anaku.html) |  | 安南空 |  | "Light shining from the north," karate kata ([Shōrin ryū](http://en.wikipedia.org/wiki/Shorin_ryu)) ; also *Ananku, Ananko, Anan, Annanko, Anandai* |
| Anan |  | 安南? |  | Legendary Chinese boxer who taught Matsumura Kosaku and others. His name is given to an Okinawan karate kata |
| [Ananku](http://www.arts.ualberta.ca/~aoki/Karate-do/Kata/Anaku/anaku.html) |  |  |  | "Light shining from the north," karate kata ([Shōrin ryū](http://en.wikipedia.org/wiki/Shorin_ryu)) ; also *Anaku, Ananko, Anan, Annanko* |
| Anazawa ryū |  | 穴澤流 |  | [Koryū](http://koryu.com/) [naginatajutsu](http://en.wikipedia.org/wiki/Naginata-Jutsu) |
| [Angampora](http://en.wikipedia.org/wiki/Angampora) |  |  |  | Sri Lankan grappling and submission system |
| [Angi Uezu](http://www.isshinryu.nxs.net/members/Uezu.htm) |  |  |  | (1935 - ) Okinawan karateka ([Isshin ryū](http://en.wikipedia.org/wiki/Isshin_Ryu)) |
| [Anji no mai no te](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/anji%20no%20mai%20no%20te/anji%20no%20mai%20no%20te.html?v=EdyD-NFJF1Q&feature=related) |  |  |  | "Dance hand of the lords," karate kata |
| Anken |  |  |  | Throwing knife or star; also [*shuriken*](http://en.wikipedia.org/wiki/Shuriken), *byō, daken, fusatsuken, gekiken, onken, sanbukaken, shaken* or *tōken* |
| Anki |  |  |  | Hidden weapons of Okinawa |
| [Annan](http://www.arts.ualberta.ca/~aoki/Karate-do/Kata/Anaku/anaku.html?v=9Nj2ynnUIhg) |  | 安南 |  | "Light shining from the north," karate kata ([Shōrin ryū](http://en.wikipedia.org/wiki/Shorin_ryu)) ; also *Ananku, Ananko, Anan, Annanko* |
| [Annanko](http://www.arts.ualberta.ca/~aoki/Karate-do/Kata/Anaku/anaku.html) |  |  |  | "Light shining from the north," karate kata ([Shōrin ryū](http://en.wikipedia.org/wiki/Shorin_ryu)) ; also *Ananku, Ananko, Anan, Annan* |
| Ansu |  |  |  | Karate kata ([Shōrin ryū](http://en.wikipedia.org/wiki/Shorin_ryu)); also *Wansu* or *Unsu* |
| Antachi waza |  | 半立技 |  | Techniques from a position with *tori* is standing and *uke* is in seiza ([Aikidō](http://www.aikidofaq.com/)) |
| Antei |  | 安定 |  | Balance and stability |
| [Anza](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/anza/anza.html) |  | 安座 |  | Informal cross-legged sitting; cf. *seiza*; also *agura* 胡座 |
| [Anzawa Heijirō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/Anzawa%20Heijiro/Anzawa%20Heijiro.html) |  | 安沢平次郎 |  | (1887 - 1970) Master of [kyudō](http://en.wikipedia.org/wiki/Kyudo) |
| Anzen |  | 安全 |  | Safety |
| Anzen chitai |  | 安全地帯 |  | Comfort zone |
| Aoi |  | 青い |  | Blue or green ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/Sound%20files/aoi.wav)) |
| [Aoki Hiroyuki](http://www.shintaido.org/docs/people_aokisensei.htm) |  | 青木　宏之 |  | Founder of the body movement art, [Shintaidō](http://en.wikipedia.org/wiki/Shintaido) |
| Aomuke no shisei |  | 仰向けの姿勢 |  | Formal supine posture for [uke](http://en.wikipedia.org/wiki/Uke_(martial_arts)) |
| Aosō |  |  |  | Hemplike bark used for the bowstring in [kyūdō](http://en.wikipedia.org/wiki/Kyudo) |
| [Aoyagi](http://www.arts.ualberta.ca/~aoki/Karate-do/Kata/Aoyagi/aoyagi.html?v=qtfL3yVzXus) |  | 青柳 |  | "Green willow," karate kata ( [Shitō ryū](http://en.wikipedia.org/wiki/Shito_ryu)); also *seiryu* |
| Aragaki no kon |  |  |  | [Bō](http://en.wikipedia.org/wiki/Bō) kata |
| Aragaki (Moriyoki) Seiki |  |  |  | (1922 - 1936) Okinawan karateka (Shōrin ryū Seito ) |
| [Aragaki Seishō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/aragaki_seisho.html) |  | 新垣 世璋 |  | (1840 - 1928) Okinawan karateka; also *Aragaki Kamadeunchu* or *Niigaki* |
| [Arakaki Ankichi](http://www.msisshinryu.com/masters/arakaki/) |  | 新垣安吉 |  | (1899 - 1929) Okinawan [Shōrin ryū](http://en.wikipedia.org/wiki/Shorin_ryu) karateka. |
| Arakawa Busen |  |  |  | (1929 - ) Okinawan karateka and expert in [kobudō](http://en.wikipedia.org/wiki/Okinawan_kobudō), student of Taira Shinken and Izumigawa Kanki |
| [Araki Mataemon](http://en.wikipedia.org/wiki/Araki_Mataemon) |  | 荒木又右衛門 |  | (1584 - 1637) [Samurai](http://en.wikipedia.org/wiki/Samurai), founder of Edo branch of [Yagyū Shingan ryū](http://en.wikipedia.org/wiki/Yagyu_Shingan_Ryu) |
| [Araki ryū](http://www.koryu.com/guide/araki.html) |  | 荒木流 |  | [Koryū](http://koryu.com/) [torite kogusoku](http://en.wikipedia.org/wiki/Tojutsu), [tōjutsu](http://en.wikipedia.org/wiki/Tojutsu), [bōjutsu](http://en.wikipedia.org/wiki/Bō), [naginatajutsu](http://en.wikipedia.org/wiki/Naginata-Jutsu), [kusarigamajutsu](http://en.wikipedia.org/wiki/Kusarigama) and others |
| [Ararebō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/ararebou/ararebou.html) |  | あられ棒 |  | Japanese weapon, h ardwood club about 40 cm long with metal ends |
| Arashi |  | 嵐 |  | Storm ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/Sound%20files/arashi.wav)) |
| [Arhat Boxing](http://en.wikipedia.org/wiki/Luohan_(martial_arts)) |  |  |  | Monk Fist Boxing; also *Lohan Boxing* or *Luohan Quan* 羅漢拳 |
| Ariake |  | 有明 |  | Lit "pale moon," taking aim in [kyudō](http://en.wikipedia.org/wiki/Kyudo) so the whole target can be seen on the left of the bow |
| Aribō |  |  |  | Forged iron cane 100 - 130 cm long with a square or octagonal cross-section and a tip thinner than the handle; also *kirikobō* or *gojō* |
| Arigatō |  | 有難う |  | Thank you ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/arigato%20gozaimasu/arigato.wav)) |
| Arigatō gozaimasu |  | 有り难う御座います |  | Semiformal "thank you" ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/arigato%20gozaimasu/arigato%20gozaimasu.wav)) |
| Arigatō gozaimashita |  | 有り難う御座いました |  | Formal "thank you" ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/Sound%20files/arigato_gozaimashita.mp3)) |
| Arima |  | 有馬流 |  | [Koryū](http://koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu), founded by Yamao no Kami Kiminobu |
| [Arnis](http://en.wikipedia.org/wiki/Filipino_Martial_Arts) |  |  |  | [Filipino martial art](http://en.wikipedia.org/wiki/Filipino_martial_arts); also *kali* and *escrima* |
| Arte suave |  |  |  | [Brazilian jiujitsu](http://en.wikipedia.org/wiki/Brazilian_jiujitsu) |
| Arukikata |  | 歩き方 |  | Methods of walking, the way one walks |
| Asade dake |  | 浅手丈? |  | "It's only a flesh wound" |
| Asagasumi |  | 朝霞 |  | Lit "morning mist"; body area under the chin, bottom of chin or chin itself; vital point |
| Asa geiko |  | 朝稽古 |  | Morning training or early morning training, especially in reference to summer training (training on the hottest day of the year) |
| Asahi |  | 旭 or 朝日 |  | Morning sun, sunrise |
| [Asai Tetsuhiko](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/Asai%20Tetsuhiko/Asai%20Tetsuhiko.html) |  | 浅井 哲彦 |  | (1935 - 2006) [Shōtōkan](http://en.wikipedia.org/wiki/Shotokan) karateka, founder of [Japan Karate Shōtōrenmei](http://www.jks-americas.com/) |
| [Asano Naganori](http://en.wikipedia.org/wiki/Asano_Naganori) |  | 浅野長矩 |  | (1667 - 1701) [Daimyō](http://en.wikipedia.org/wiki/Daimyo) whose suicide triggered the events told in the story of the 47 ronin |
| [Asano Shiro](http://www.konjakushin.freeserve.co.uk/master.html) |  | 浅野 史郎 |  | (1939 - ) [Shōtōkan](http://en.wikipedia.org/wiki/Shotokan) karateka |
| [Asato Ankō](http://en.wikipedia.org/wiki/Ankō_Asato) |  | 安里安恒 |  | (1827 - 1906) Okinawan karateka and first sensei of [Funakoshi Gichin](http://en.wikipedia.org/wiki/Hideyuki_Ashihara); also Azato Yasutsune |
| [Asayama Ichiden ryū](http://www.koryu.com/guide/ichiden.html) |  | 浅山一伝流 |  | [Koryū](http://koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu), [iaijutsu](http://en.wikipedia.org/wiki/Iaijutsu), [kamajutsu](http://en.wikipedia.org/wiki/Kama_(weapon)), [bōjutsu](http://en.wikipedia.org/wiki/Bō), [taijutsu](http://en.wikipedia.org/wiki/Taijutsu) ; also *Ichiden ryū* |
| Ase |  | 汗 |  | Sweat ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/Sound%20files/ase.wav)) |
| Ashi |  | 足 |  | Foot ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/Sound%20files/ashi.wav)) |
| Ashi |  | 脚 |  | Leg ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/Sound%20files/ashi.wav)) |
| Ashi ate |  | 足当 |  | Foot strike |
| [Ashi barai](http://en.wikipedia.org/wiki/Foot_sweep) |  | 足払い |  | Foot sweep |
| [Ashibō kake uke](http://mawashido.free.fr/techniq/bases/pieds/ashibokkuk.html) |  | 脚棒掛け受け |  | Leg hooking block, in which leg is raised to the side and swung in a circle to deflect a *chudan sokuto*; also *ashibo uke* |
| Ashi bumi |  | 足踏み |  | "Taking steps," first position assuemd by an archer ([kyudō](http://en.wikipedia.org/wiki/Kyudo)) |
| Ashi fumi |  | 足踏 |  | Foot stamp |
| Ashi fumikae |  | 足踏み替え |  | To change legs; lit "leg exchange" |
| [Ashi gake](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/ashi_gake.html) |  | 足掛 |  | Hooking foot behind attacker's foot or ankle and then pulling towards you; foot block |
| Ashi garu |  | 足軽 |  | Foot soldier, lowest level of [bushi](http://en.wikipedia.org/wiki/Samurai#Etymology_of_samurai_and_related_words) |
| [Ashi garuma](http://www.youtube.com/watch?v=0cCsllLrClY) |  | 足車 |  | Leg wheel ([Kōdōkan](http://en.wikipedia.org/wiki/Kodokan) [jūdō](http://en.wikipedia.org/wiki/Judo)) |
| Ashi gatana |  | 足刀 |  | Foot sword; also called *sokuto* |
| [Ashihara Hideyuki](http://en.wikipedia.org/wiki/Hideyuki_Ashihara) |  | 芦原英幸 |  | (1944 - 1995) Japanese karateka, founder of [Ashihara kaikan](http://en.wikipedia.org/wiki/Ashihara_kaikan) karate. |
| [Ashihara Kaikan](http://en.wikipedia.org/wiki/Ashihara_kaikan) |  | 芦原会館 |  | Karate dō style founded 1980 by [Ashihara Hideyuki](http://en.wikipedia.org/wiki/Hideyuki_Ashihara) (1944 - 1995) |
| [Ashi hishigi](http://ca.youtube.com/watch?v=Uot0CgPkqe8) |  | 足挫 |  | Leg lock |
| [Ashikaga bakufu](http://en.wikipedia.org/wiki/Muromachi_period) |  | 足利幕府 |  | Shogunate of the Ashikaga clan, 1336-1573; time period also known as the Muroachi jidai |
| Ashi katsu |  | 足活 |  | "Foot method" of [kappō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kappo.html) |
| Ashi kitae |  | 足鍛たえ |  | Leg conditioning ([Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu)) |
| [Ashikō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/ashiko/ashiko.html) |  | 足甲 |  | Metal claws worn on the feet to aid in climbing |
| Ashi kōtai |  | 足交代 |  | Literally, "feet alternation," command to switch sides during a drill |
| [Ashikubi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/Sound%20files/ashikubi.wav) |  | 足首 |  | Ankle, literally "neck of the foot" ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/Sound%20files/ashikubi.wav)) |
| [Ashikubi kake uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/ashikube%20kake%20uke/ashikube%20kake%20uke.html) |  | 足首掛受 |  | Ankle-hooking block |
| Ashikubi o mawasu undō |  | 足首を回す運動 |  | Foot and ankle circle, junbi undō (warm-up exercise) ([Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu)) |
| Ashikubi waza |  | 足首技 |  | Ankle-hooking techniques |
| Ashi no kō |  | 足の甲 |  | Instep |
| Ashi no ura |  | 足の裏 |  | Sole of the foot |
| Ashi o mae yoko ni nobasu undō |  | 足を前横に伸ばす運動 |  | Leg lift and turn, [junbi undō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Categories/junbi%20undo/junbi%20undo.html) (warm-up exercise) ([Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu)) |
| Ashi orishiku dachi |  |  |  | Stance on one knee |
| Ashi sabaki |  | 足さばき |  | Footwork |
| Ashi saki o ageru undō |  | 足先を上げる運動 |  | Heel pivot, [junbi undō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Categories/junbi%20undo/junbi%20undo.html) (warm-up exercise) ([Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu)) |
| Ashi tatake |  |  |  | Leg-strike rear takedown ([jūjutsu](http://en.wikipedia.org/wiki/Jujutsu)) |
| [Ashi ura ukemi](http://ca.youtube.com/watch?v=549ux5JWbJ4) |  | 足裏受身 |  | Breakfall onto feet; also "bridgefall" or *toritsu uk* |
| Ashi waza |  | 足技 |  | Foot technique |
| Ashi yubi |  | 足指 |  | Toes |
| Ashi zoko |  | 足底 |  | Sole of the foot; also *teisoku* |
| [Asobi ja nai](http://www.pmakarate.com/concentration.htm) |  | 遊びじゃない |  | “Don’t fool around” |
| Asobi te |  | 遊び手 |  | Playing at martial arts; sport martial arts. |
| Atama |  | 頭 |  | Head ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/Sound%20files/atama.wav)) |
| [Atarashii naginata](http://www.usadojo.com/styles/about-naginata-do-intro.htm) |  | 新しい薙刀 |  | Lit "new naginata"; modern martial art of [naginata](http://en.wikipedia.org/wiki/Naginata) |
| Atatameru |  | 温める |  | To warm oneself through physical exercise |
| Ate |  | 当て |  | Strike ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/Sound%20files/ate.wav)) |
| [Atemi](http://en.wikipedia.org/wiki/Atemi) |  | 当身 |  | Striking |
| Atemi no kokyū |  | 当身の呼吸 |  | The rhythm or feeling of striking |
| Ateru |  | 当てる |  | To strike, hit, touch |
| Ato |  | 後 |  | Back or behind ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/Sound%20files/ato.wav)); also *kō* |
| [Ato aji](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/Ato%20aji.html) |  | 後味 |  | Lit "bad aftertaste"; the sense of an offensive breach of etiquette |
| Ato ashi |  | 後足 |  | Back foot |
| Ato geri |  | 後蹴り |  | Lit "delayed kick"; pausing after chambering leg in a broken rhythm |
| Ato no kehanashi |  | 後の蹴離し |  | Snapping kick using the back of the foot |
| Ato no sen |  | 後の先 |  | Delayed advantage or timing; same as *go no sen* |
| Ato uchi |  | 後打 |  | Delayed strike; feint |
| Ato uchi waza |  | 後打技 |  | Feinting techniques |
| Ato zuki |  | 後突 |  | Delayed punch; breaking the anticipated rhythm of a punch |
| Attate iru |  |  |  | Contact, as in a sport karate match |
| Au |  | 会う |  | To meet; as in to meet an opponent in contest |
| [A-un no kokyū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/a-un%20no%20kokyu/A-un%20no%20kokyu.html) |  | 阿吽の呼吸 |  | Lit "A-Un breathing"; "When one person inhales the other exhales"; metaphor for harmony of thought and action; synchronizing with one's opponent |
| [Aware](http://www.michionline.org/resources/Glossary/A/aware.html) |  | 哀れ |  | A moment or circumstance which arouses a deep sentimental melancholy ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/Sound%20files/aware.wav)) |
| Awase |  | 合せ |  | Blending movement ([aikidō](http://en.wikipedia.org/wiki/Aikido)); combined ([Shōtōkan](http://en.wikipedia.org/wiki/Aikido)) |
| Awase ageuke |  | 合せ揚受け |  | Combined upper block with both arms |
| Awase hiki tsukami |  | 合せ引き掴み |  | Combined pulling grasp as in karate kata [Heian Godan](http://en.wikipedia.org/wiki/Aikido) ([Shōtōkan](http://en.wikipedia.org/wiki/Aikido)) |
| Awase kokouke |  | 合せ虎口受け |  | Combined tiger mouth block as in karate kata [Empi](http://ca.youtube.com/watch?v=3cuRkVB-xwU) ([Shōtōkan](http://en.wikipedia.org/wiki/Aikido)) |
| Awase mawashi kakeuke |  | 合せ回し掛受け |  | Combined roundhouse hooking block as in karate kata [Nijushiho](http://ca.youtube.com/watch?v=cGV2aOPTC-w) ([Shōtōkan](http://en.wikipedia.org/wiki/Aikido)) |
| Awase mawashiuke |  | 合せ回し受け |  | Combined roundhouse block as in karate kata [Kanku Dai](http://ca.youtube.com/watch?v=Zftf4orGIn0) ([Shōtōkan](http://en.wikipedia.org/wiki/Aikido)) |
| Awase morotezuki |  | 合せ諸手突き |  | Double flowing punch ([Gōjū ryū](http://ca.youtube.com/watch?v=qVvAP-NnsRo)) |
| [Awase seiryūtōuke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/awase%20seiryuto%20uke/awase%20seiryuto%20uke.html) |  | 合せ青竜刀受 |  | Combined ox jaw hand block ([Shōtōkan](http://en.wikipedia.org/wiki/Aikido)) |
| Awase shuto ageuke |  | 合せ手刀肋受 |  | Combined knife hand rising block as in karate kata [Chinte](http://ca.youtube.com/watch?v=qVvAP-NnsRo) ([Shōtōkan](http://en.wikipedia.org/wiki/Aikido)) |
| Awasete ippon |  | 合せて一本 |  | Scoring [ippon](http://en.wikipedia.org/wiki/Ippon) by combining two [waza ari](http://www.allwords.com/word-waza-ari.html) |
| Awase uchi |  | 合せ打 |  | Combined strike ([Shōtōkan](http://en.wikipedia.org/wiki/Aikido)) |
| Awase uke |  | 合せ受け |  | Combined block ([Shōtōkan](http://en.wikipedia.org/wiki/Aikido)) |
| Awase waza |  | 合せ技 |  | Combined techniques ([Shōtōkan](http://en.wikipedia.org/wiki/Aikido)) |
| [Awase zuki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/awase%20zuki/awasezuki.html) |  | 合せ突き |  | Flowing punch; U punch; also *morote zuki*; also, a straight punch delivered and withdrawn at high speed. |
| [Ayabe](http://en.wikipedia.org/wiki/Ayabe) |  | 綾部 |  | Site of first [dōjō](http://en.wikipedia.org/wiki/Dojo) of [Ueshiba Morihei](http://en.wikipedia.org/wiki/Morihei_Ueshiba); spiritual center of [Ōmoto](http://en.wikipedia.org/wiki/Oomoto) religion |
| Ayumi |  | 歩み |  | Step or pace ([click to listen)](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/Sound%20files/ayumi.wav) |
| Ayumi ashi |  | 歩み足 |  | Normal, ordinary walking, where the legs move forward alternatively, cf. *tsugiashi* |
| Ayumi dachi |  | 歩み立ち |  | Walking stance ([Itosukai](http://www.karatetoronto.com/masters.htm) [Shitō ryū](http://en.wikipedia.org/wiki/Shito_ryu)) |
| [Azato Ankō](http://www.arts.ualberta.ca/~aoki/Karate-do/History/Azato/Azato.html) |  | 安里 安恒 |  | (1827 - 1906) Okinawan karateka, first sensei of [Funakoshi Gichin](http://en.wikipedia.org/wiki/Aikido); also Asato |
| [Azuchi](http://www.kyudo.com/kyudo-e7.html) |  | 安土 |  | Target bank, an earthen berm against which targets are placed in [kyūdō](http://en.wikipedia.org/wiki/Kyudo) |
| Azuma Takashi |  | 東崇史 |  | (1949 - ) Founder of [Daidōjuku](http://en.wikipedia.org/wiki/Daido_Juku), a hybrid striking and grappling system |

B

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| Ba |  | 馬 |  | Horse ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/sound%20files/ba.wav)) |
| [Backhold wrestling](http://www.electricscotland.com/History/sport/backhold.htm) |  |  |  | Grappling practices in Scotland and Northern England, related to Cornish and Cumbrian-Westmoreland wrestling. |
| [Bafaquan](http://en.wikipedia.org/wiki/Bafaquan) |  | 八法拳 |  | "Eight Methods," style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| [Baguazhang](http://en.wikipedia.org/wiki/Baguazhang) |  | 八卦掌 |  | "[Eight trigram](http://en.wikipedia.org/wiki/Eight_trigram) palm," one of the three best known styles of [internal Chinese boxing](http://en.wikipedia.org/wiki/Neijia); also *pa kua chang* |
| [Ba he Quan](http://en.wikipedia.org/wiki/Fujian_White_Crane) |  | 白鶴拳 |  | "White Crane Fist," style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu); also Fujian White Crane |
| Baida |  | 白打 |  | Chinese name for [atemi](http://en.wikipedia.org/wiki/Atemi) to [vital points](http://www.fightingarts.com/reading/get_articles.php?cat=Pressure%20Points); lit "white strike"; Japanese: *hakuda*; Okinawan: *beida* |
| Baikei |  |  |  | Collateral branch of a ryū; a separate but parallel development of the mainline system |
| [Bai Lian Jiao](http://en.wikipedia.org/wiki/White_Lotus) |  | 白蓮教 |  | "White Lotus Society," Chinese [triad](http://en.wikipedia.org/wiki/Triad_(underground_societies)) organization dating to 13 c. [Uechi ryū](http://en.wikipedia.org/wiki/Uechi-ryū) sensei Bob Campbell suggests that the antecedent to [Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu), Pangainoon or Pwangainuun, was a sub-sect of the White Lotus Society. |
| [Bajiquan](http://en.wikipedia.org/wiki/Bajiquan) |  | 八極拳 |  | "Eight Extremes Fist," style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| [Bajutsu](http://www.bajutsu.com/yoseikan/EN/index_en.htm) |  | 馬術 |  | Art of horsemanship |
| Baka |  | 馬鹿 |  | Stupid, silly, foolish, a fool, an idiot, an ass, a moron, a jerk ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/sound%20files/baka.wav)) |
| Baka o miru |  | 馬鹿を見る |  | "To make a fool of oneself" |
| Bakarashii |  | 馬鹿らしい |  | Ridiculous, such as new kata concocted for showy display in tournament competition |
| Bakbakan |  |  |  | Lit "to fight or brawl," modern Filipino fighting system |
| [Bak Fu Pai](http://www.whitetigerschools.com/) |  | 白虎派 |  | White Tiger Style (Cantonese) of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| [Bak Mei](http://en.wikipedia.org/wiki/Bak_Mei) |  | 白眉 |  | "White Eyebrow," style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) named after one of the legendary [Five Elders](http://en.wikipedia.org/wiki/Five_Elders). |
| Bak Sing Choy Li Fut |  | 北勝蔡李佛 |  | Style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu), sometimes referring to a combination of [Choy Li Fut](http://en.wikipedia.org/wiki/Choy_Li_Fut) and [Northern Shaolin](http://en.wikipedia.org/wiki/Northern_Shaolin) and sometimes to a branch of Choy Li Fut |
| [Bak Siu Lum](http://en.wikipedia.org/wiki/Northern_Shaolin) |  | 北少林 |  | [Northern kung fu](http://en.wikipedia.org/wiki/Northern_kung_fu); styles originating north of the Yangtze River; also *Bei Shaolin* or *Bei Pai* |
| [Bakufu](http://www.wsu.edu:8080/~dee/FEUJAPAN/KAMAKURA.HTM) |  | 幕府 |  | [Samurai](http://en.wikipedia.org/wiki/Samurai) government under a [shōgun](http://en.wikipedia.org/wiki/Shogun) |
| [Balintawok arnis](http://en.wikipedia.org/wiki/Balintawak_Eskrima) |  |  |  | [Filipino martial art](http://en.wikipedia.org/wiki/Filipino_martial_arts) founded by Venancio Aciong Bacon |
| [Balisong](http://en.wikipedia.org/wiki/Balisong_(knife)) |  |  |  | A [Filipino](http://en.wikipedia.org/wiki/Philippines) folding knife, also *butterfly* or [*Batangas*](http://en.wikipedia.org/wiki/Batangas) *knife* |
| Banbutsu ryuten |  | 万物流転 |  | "All things are in a state of flux" |
| [Bandesh](http://www.martialedge.net/encyclopedia/definition/style/view/bandesh/) |  |  |  | Ancient [South Asian fighting system](http://en.wikipedia.org/wiki/Indian_martial_arts) |
| [Bando](http://www.americanbandoassociation.com/) |  |  |  | [Burmese martial art](http://en.wikipedia.org/wiki/Burmese_martial_arts) |
| [Bandōmusha](http://www.freewebs.com/bandomusha/aboutus.htm) |  | 関東武者 |  | Someone of civility, propriety or [dignity](http://books.google.com/books?id=nklvCtM6hvwC&pg=PA27&lpg=PA27&dq=lowry+igen&source=bl&ots=lvx1OBuW-0&sig=2pMkkgR5Ljc79Fs0XdPKJxCqrbU&hl=en&ei=OETvSYWeLKPstgPggKXzAQ&sa=X&oi=book_result&ct=result&resnum=1); a [samurai](http://en.wikipedia.org/wiki/Samurai#Etymology_of_samurai_and_related_words) of the [Kantō region](http://en.wikipedia.org/wiki/Kantō_region) |
| [Bando yoga](http://en.wikipedia.org/wiki/Bando_yoga) |  |  |  | [Yoga](http://en.wikipedia.org/wiki/Yoga) practiced by ancient warriors of northern [Burma](http://en.wikipedia.org/wiki/Burmese_martial_arts) |
| [Bankokuchōki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/nagao%20ryu%20tekkan/tekkan.html) |  | 蛮国蝶器 |  | Forged iron knuckleduster of the [Nagao ryū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/nagao%20ryu%20tekkan/tekkan.html); metal ring with spikes, Japanese weapon; also *tekkan-su* |
| [Bansenshukai](http://en.wikipedia.org/wiki/Bansenshukai) |  | 萬川集海 |  | "Sea of Myriad Rivers Merging," a text on [ninjutsu](http://en.wikipedia.org/wiki/Ninjutsu) written in 1676 by Fujibayashi Masatake |
| [Bansetsu an](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/bansetsu%20an/bansetsu%20an.html) |  | 萬拙庵 |  | "Retreat of the entirely unskilled"; [Furuya Kenshō](http://en.wikipedia.org/wiki/Five_Elders) Sensei posted this phrase outside his [dōjō](http://en.wikipedia.org/wiki/Dojo)/home, translating it as "retreat of the untalented teacher" |
| [Banshay](http://en.wikipedia.org/wiki/Banshay) |  |  |  | Armed [Burmese martial art](http://en.wikipedia.org/wiki/Burmese_martial_arts) |
| [Banzai](http://en.wikipedia.org/wiki/Ten_thousand_years) |  | 万歳 |  | Congratulations, hurrah, long life, literally "ten thousand years" |
| [Banzuke](http://en.wikipedia.org/wiki/Banzuke) |  | 番付 |  | Document of ratings of [sumōtori](http://en.wikipedia.org/wiki/Sumo) |
| Barai |  | 払い |  | Sweep (combination form) |
| -basami |  | 挟み |  | Scissors (combination form) |
| [Bassai](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/Bassai) |  | 披塞 |  | Karate kata, "To penetrate a fortress"; also *Passai* |
| [Bassai Dai](http://www.youtube.com/watch?v=F8I4Q-nNvAY) |  | 披塞大 |  | Karate kata, "To penetrate a fortress, major" |
| [Bassai Sho](http://www.youtube.com/watch?v=kLjbEyvvufg) |  | 披塞小 |  | Karate kata, "To penetrate a fortress, minor" |
| [Bata kusai](http://webexhibits.org/butter/countries-japan.html) |  | バタ臭い |  | Literally, “butter stinker,” a derogatory term for a Westerner |
| [Battō](http://en.wikipedia.org/wiki/Battodo) |  | 抜刀 |  | Sword drawing; drawn or naked blade |
| [Battōjutsu](http://en.wikipedia.org/wiki/Battojutsu) |  | 抜刀術 |  | Art/science of drawing a sword |
| Beikoku |  | 米国 |  | America ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/sound%20files/beikoku.wav)) |
| Beikokujin |  | 米国人k |  | American |
| Bei pai |  | 北派 |  | [Northern kung fu](http://en.wikipedia.org/wiki/Northern_kung_fu); styles originating north of the [Yangtze River](http://en.wikipedia.org/wiki/Yangtze_river) |
| [Bei Shaolin](http://en.wikipedia.org/wiki/Northern_Shaolin) |  | 北少林 |  | [Northern kung fu](http://en.wikipedia.org/wiki/Northern_kung_fu); styles originating north of the [Yangtze River](http://en.wikipedia.org/wiki/Yangtze_river); also *Bak Siu Lum* |
| Benkyō |  | 勉強 |  | Study ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/sound%20files/benkyou.wav)) |
| Benzoku dachi |  |  |  | A leg-crossing transitional stance, one foot crossed diagonally in front of the other, prior to turning |
| Betsuden |  | 別傳 |  | "Separate or special transmission"; secret teaching to the highest or most loyal students |
| Betsuden no maki |  | 別傳の巻 |  | Written scrolls of the *betsuden* |
| [Bersilat](http://www.usadojo.com/styles/about-bersilat.htm) |  |  |  | [Malaysian style of martial arts](http://en.wikipedia.org/wiki/Silat_(Malaysian_martial_arts)), similar to Javanese [Pentjak Silat](http://en.wikipedia.org/wiki/Pentjak_silat) |
| Bi |  | 鼻 |  | Nose; also *hana* ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/sound%20files/bi.wav)) |
| Bigaku |  | 美学 |  | Japanese aesthetics |
| Bikotsu |  | 尾骨 |  | [Coccyx](http://en.wikipedia.org/wiki/Halberd); also *biteikotsu* |
| [Bisentō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/bisentou/bisentou.html) |  | 眉尖刀 |  | [Halberd](http://en.wikipedia.org/wiki/Halberd) with a wide blade; essentially the same as the Chinese [*guandao*](http://en.wikipedia.org/wiki/Guan_dao) |
| [Bishamon](http://en.wikipedia.org/wiki/Vaisravana) or  [Bishamonte](http://en.wikipedia.org/wiki/Vaisravana) |  | 毘沙門 毘沙門天 |  | Japanese god of war, one of the *Shichi Fujukin*, the seven [Shintō](http://en.wikipedia.org/wiki/Shinto) gods of fortune, patron of warriors, guardian of one of the four cardinal points, North; in Sanskrit, *Vaisravana* |
| Biteikotsu |  | 尾てい骨 |  | [Coccyx](http://en.wikipedia.org/wiki/Halberd); a *kyusho mato*; also *bikotsu* |
| Bkyukl Bökh |  |  |  | [Mongolian wrestling](http://en.wikipedia.org/wiki/Mongolian_wrestling) |
| [Black Tiger Kung Fu](http://en.wikipedia.org/wiki/Black_Tiger_Kung_Fu) |  | 黑虎拳 |  | [Northern kung fu](http://en.wikipedia.org/wiki/Northern_kung_fu) style; also *Hei Hu Quan* |
| [Bluming, Jon](http://en.wikipedia.org/wiki/Jon_Bluming) |  |  |  | (1933 - ) Dutch [jūdōka](http://en.wikipedia.org/wiki/Judo) and [Kyokushinkai](http://en.wikipedia.org/wiki/Kyokushinkai) karateka |
| Bo |  | 步 |  | Term for "stance" in [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| [Bō](http://en.wikipedia.org/wiki/Bō) |  | 棒 |  | A long staff; a staff of any length ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/sound%20files/bou.wav)) |
| [Bodhidharma](http://en.wikipedia.org/wiki/Bodhidharma) |  | 達磨 |  | (fl. 526) Legendary Indian monk who travelled to the [Shaolin Temple](http://en.wikipedia.org/wiki/Shaolin_temple), establishing the basis for [kung fu](http://en.wikipedia.org/wiki/Kung_fu); also *Daruma* |
| [Bodhimanda](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/Original%20Sanskrit%20term%20for%20dojo;%20place%20of%20enlightenment,%20lit.%20%22Buddha%20position%22;%20also%20bodhimanda) |  |  |  | Original Sanskrit term for [dōjō](http://en.wikipedia.org/wiki/Dojo); place of enlightenment, lit. "Buddha position"; also *bodhimandala* |
| [Bodhimandala](http://en.wikipedia.org/wiki/Bodhimandala) |  |  |  | Original Sanskrit term for [dōjō](http://en.wikipedia.org/wiki/Dojo); place of enlightenment, lit. "Buddha position"; also *bodhimanda* |
| [Bōdō](http://en.wikipedia.org/wiki/Bō) |  | 棒道 |  | The way of the staff, a [gendai budō](http://en.wikipedia.org/wiki/Samurai) |
| [Bōgu](http://en.wikipedia.org/wiki/Bogu) |  | 防具 |  | The armor used in [kendō](http://en.wikipedia.org/wiki/Dojo) and [naginata-dō](http://en.wikipedia.org/wiki/Naginata) |
| Bōgyo |  | 防御 |  | Defense |
| [Bōgyo Roku Kyodo](http://www.youtube.com/watch?v=Lx2iZQC3lsE) |  |  |  | "Six defense actions," basic drill of [Ryobu kai karate](http://jkr.com/index.php?option=com_content&task=section&id=4&Itemid=56) |
| Boin |  | 母印 |  | Thumbprint, often used on certificates as a means of authentication |
| [Bōjutsu](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/bo%20jutsu/bo%20jutsu.html) |  | 棒術 |  | Art of the staff |
| [Bokator](http://en.wikipedia.org/wiki/Bokator) |  |  |  | Cambodian (Khmer) martial art, pronounced "bok ah tau"; also *Labokatao* |
| Bökh |  |  |  | [Mongolian wrestling](http://en.wikipedia.org/wiki/Mongolian_wrestling) |
| [Bokken](http://en.wikipedia.org/wiki/Bokken) |  | 木剣 |  | Wooden sword; also *bokutō* 木刀 |
| Bokken kake |  | 木剣掛け |  | Lit "wooden sword hook"; a rack for holding [bokken](http://en.wikipedia.org/wiki/Bokken) |
| Bōkō |  | 膀胱 |  | Urinary bladder |
| Boku |  | 木 |  | Tree; wood; wooden ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/sound%20files/boku.wav)) |
| Bokura wa sorezore ni tabidatsu |  |  |  | "We each set out on our own separate journeys"; even though we train together, we ultimately make the journey on our own |
| [Bokuseki](http://en.wikipedia.org/wiki/Bokuseki) |  | 墨跡 |  | Form of Japanese calligraphy, [*shodō*](http://en.wikipedia.org/wiki/Shodo) |
| [Bokusen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/bokusen/bokusen.html) |  | 木扇 |  | Wooden fan; a wooden *tenarashi*, a weapon that looks like a closed folding fan; also *tenarashigata bokusen* |
| [Bokutō](http://en.wikipedia.org/wiki/Bokuto) |  | 木刀 |  | Wooden sword ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/sound%20files/bokutou.wav)); also *bokken* 木剣 |
| Bonnō |  | 煩悩 |  | Worldly desires, evil passions; disturbed feeling, moment when a fighter freezes |
| Bō ryaku |  | 谋略 |  | Strategy |
| Bōryoku |  | 暴力 |  | Violence |
| Bon'yari shita |  | ぼにゃりした |  | Inattentive or absent-minded, dazed, stupid |
| Boshi |  | 拇指 |  | Thumb |
| Boshiken |  | 拇指拳 |  | Thumb tip strike |
| Boshi uchi |  | 拇指打ち |  | A thumb strike |
| [Bō shuriken](http://en.wikipedia.org/wiki/Shuriken) |  | 棒手裏剣 |  | Throwing spikes |
| Bothati |  | बोथटि |  | South Asian spear art on horseback, practiced by the [Nihang](http://en.wikipedia.org/wiki/Nihang) people of the [Punjab](http://en.wikipedia.org/wiki/Punjab_region) as part of their martial art, [Gatkā](http://www.sikhiwiki.org/index.php/Gatka) |
| [Boxe française](http://en.wikipedia.org/wiki/Savate) |  |  |  | French martial art; also *savate*, French boxing, French kickboxing or French footfighting |
| [Brazilian Jiu-Jitsu](http://en.wikipedia.org/wiki/Brazilian_Jiu-Jitsu) |  |  |  | Fighting system emphasizing grappling, derived from the [jūdō](http://en.wikipedia.org/wiki/Carlos_Gracie) of Maeda Mitsuyo, who taught [Carlos Gracie](http://en.wikipedia.org/wiki/Carlos_Gracie) |
| Bu |  | 武 |  | Martial; derived from *tome* 止 and *hoko* 矛 ([polearm](http://en.wikipedia.org/wiki/Polearm) or [halberd](http://en.wikipedia.org/wiki/Halberd)) ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/sound%20files/bu.wav)) |
| [*Bubishi*](http://www.dragon-tsunami.org/Dtimes/Pages/article17.htm) |  | 武備志 |  | Germinal martial arts text |
| Bucho |  | 部長 |  | Division chief |
| [Budō](http://en.wikipedia.org/wiki/Budo) |  | 武道 |  | Martial way |
| Budō dentō bunka |  | 武道伝統文化 |  | Traditional martial arts culture |
| Budō hiketsu |  | 武道秘訣 |  | Lit "the secrets of [budō](http://en.wikipedia.org/wiki/Shotokan)"; the secret techniques of a [ryū](http://en.wikipedia.org/wiki/Ryū_(school)) |
| Budō juhappan |  | 武道十八般 |  | The 18 martial arts and ways cultivated at the [Butokuden](http://home.i-plus.net/butoku/honbu.html) |
| Budōkan |  | 武道館 |  | [Budō](http://en.wikipedia.org/wiki/Shotokan) hall; budō training hall |
| [Budōkan](http://en.wikipedia.org/wiki/Budokan) |  | 武道館 |  | Shortened form of Nippon Budōkan, the large hall in Tōkyō |
| Budō kyōka |  | 武道教科 |  | "Teaching poems about the martial ways" |
| Budō seishin |  | 武道精神 |  | Martial spirit |
| Budōshi |  | 武道士 |  | Colloquially, a person who emulates the spirit of [budō](http://en.wikipedia.org/wiki/Budo) |
| [Budōshoshinshū](http://www.geocities.com/lowly_swordsman/classics.html) |  | 武道初心集 |  | "Elementary readings in the martial ways," a book by [Daidōji Yūzan](http://en.wikipedia.org/wiki/Daidōji_Yūzan) (1639 - 1730) |
| Budō Tetsugaku Giron |  | 武道哲学議論 |  | Martial ways philosophy discussion |
| Bugei |  | 武芸 |  | Martial craft or art |
| [Bugei juhappan](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/Bugei%20juhappan.html) |  | 武芸十八般 |  | The 18 traditional martial arts |
| [Bugei Ryūha Daijiten](http://en.wikipedia.org/wiki/Bugei_Ryuha_Daijiten) |  | 武芸流派大事典 |  | Catalog of [koryū](http://koryu.com/), by Watatani Kiyoshi and Yamada Tadashi |
| Bugeisha |  | 武芸者 |  | Exponent of the [*bugei*](http://en.wikipedia.org/wiki/Bugei) |
| Bujin |  | 武人 |  | Military person; soldier |
| Buji kore kaere meiba |  |  |  | "It is a noteworthy horse that can return its rider to safety" |
| [Bujutsu](http://en.wikipedia.org/wiki/Ten_thousand_years) |  | 武術 |  | Martial art or martial craft; in Chinese, [*wushu*](http://en.wikipedia.org/wiki/Chinese_martial_arts) |
| Bukatsu |  | 部活 |  | Sports or culture club |
| Buke |  | 武家 |  | Military nobility |
| Buke sho hatto |  | 武家諸法度 |  | 1615 law decreeing rules for the [daimyō](http://en.wikipedia.org/wiki/Daimyo) during [Tokugawa shogunate](http://en.wikipedia.org/wiki/Tokugawa_shogunate) |
| Buke temae |  | 武家点前 |  | A specific kind of tea ceremony reserved for bushi, whose techniques included the use of certain tea utensils for defense and attack |
| Buki |  | 武器 |  | A general term for "weapon" |
| Buki'gwa |  |  |  | Okinawan weapons or weapons fighting |
| Bukinashi |  | 武器無 |  | Unarmed |
| Buki no bu |  | 武器の武 |  | Armed attack |
| Buki rei |  | 武器礼 |  | Formal bow to one's weapon, especially in [koryū](http://koryu.com/) |
| Bukiwaza |  | 武器技 |  | Weapons techniques |
| Bukkotsu nage |  | 仏骨投げ |  | Throw grasping the throat and using it for leverage ([Jūjutsu](http://en.wikipedia.org/wiki/Jujutsu), [Shōrinji kempō](http://www.shorinjikempo.or.jp/wsko/)) |
| Bukkyō |  | 仏教 |  | Buddhism ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/sound%20files/bukkyou.wav)) |
| Bukō ryū |  | 武甲流 |  | [Koryū](http://www.koryu.com/) [naginatajutsu](http://en.wikipedia.org/wiki/Nage_waza) |
| [Bukyō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kyouyuu/kyouyuu.html) |  | 武侠 |  | Chivalry, gallantry, heroism |
| Bukyō |  | 武教 |  | Teachings of [Bushidō](http://en.wikipedia.org/wiki/Bushido) |
| Bumon |  | 武問 |  | [Samurai](http://en.wikipedia.org/wiki/Samurai) lineage |
| Bun |  | 文 |  | Academic learning ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/sound%20files/bun.wav)) |
| [Bunbu ichi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/bunbu%20ichi/bunbu%20ichi.html) |  | 文武一 |  | “Pen and sword in accord,”as opposed to the Western, “the pen is mightier than the sword.” |
| [Bunbunbai](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/bunbunbai/bunbunbai.html) |  | ぶんぶんばい |  | Classical Japanese flail weapon |
| [Bunbu ryōdō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/bunbu%20ichi/bunbu%20ichi.html) |  | 文武両道 |  | The united Ways of the pen and the sword; scholar/martial culture synthesis |
| Bungaku |  | 文学 |  | Literature ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/sound%20files/bungaku.wav)) |
| Bunjin |  | 文人 |  | Person of letters |
| Bunka |  | 文化 |  | Culture, civilization ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/sound%20files/bunka.wav)) |
| [Bunkai](http://en.wikipedia.org/wiki/Bunkai) |  | 分解 |  | Lit "having been cut into many parts"; analysis of kata, including applications (*ōyō*) |
| Buryoku |  | 武力 |  | Military might, force of arms |
| [Busai](http://karatejutsu.blogspot.com/2006/03/busai-martial-awareness.html) |  | 武歳 or 武才 |  | Martial intuition, martial mind, martial awareness, correct martial way |
| Bushi |  | 武士 |  | Aristocratic warrior, including the level of the [*samurai*](http://en.wikipedia.org/wiki/Samurai) |
| [Bushidō](http://en.wikipedia.org/wiki/Bushido) |  | 武士道 |  | The way of the warrior; the [samurai](http://en.wikipedia.org/wiki/Samurai) code of conduct ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/sound%20files/bushidou.wav)) |
| [Bushin](http://en.wikipedia.org/wiki/Bushin) |  | 武心 |  | Spiritual level of the martial ways; also *take no kami* |
| Bushi no ichi gon |  | 武士の言 |  | "The word of a [samurai](http://en.wikipedia.org/wiki/Samurai)"; the guarantee of truth |
| Bushi no kagami |  | 武士の鑑 |  | A paragon of the warrior |
| [Bushi no nasake](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/Bushi%20no%20nasake/Bushi%20no%20nasake.html) |  | 武士の情け |  | "The gentleness of the warrior" |
| Bushi no te |  | 武士の手 |  | "The hand of the warrior" |
| Busho |  | 不精 |  | Lazy |
| Busō |  | 武装 |  | Armaments, literally, "martial dressing" |
| [But Marma Atti](http://en.wikipedia.org/wiki/But_Marma_Atti) |  |  |  | South Indian striking art |
| [Butoku](http://kiyojuteryu.org:1084/soke/articles/butoku.shtml) |  | 武徳 |  | Martial virtue |
| [Butokuden](http://home.i-plus.net/butoku/history.html) |  | 武徳殿 |  | Headquarters of the [Dai Nippon Butokukai](http://www.dnbk.org/) |
| Butokukan |  | 武德合 |  | Training hall of the martial virtues |
| [Butokukan karate](http://jabka.org/) |  | 武德合空手 |  | Karate style originating as *Shinpuren* in Japan |
| Butoku sai |  | 武徳祭 |  | Martial arts festival |
| Butsukari |  | 打つ借り |  | Stopping the opponent's charge (in trainining) and swinging him/her down |
| [Butsukari](http://ejmas.com/jcs/2005jcs/jcsart_koizumi_1205.html) |  | ぶつかり |  | Training through repeated movements ([jūdō](http://en.wikipedia.org/wiki/Judo), [sumō](http://sumou.com/index.php?cmd=Butsukarigeiko&PHPSESSID=45f9f7a5683330bfb597d730b1e9e2cb), [aikidō](http://en.wikipedia.org/wiki/Aikido)) |
| Butsumetsu |  | 仏滅 |  | [Floating rib](http://en.wikipedia.org/wiki/Floating_rib) |
| Butsutekishigen |  | 物的資源 |  | Lectures |
| [Butterfly sword](http://en.wikipedia.org/wiki/Butterfly_sword) |  | 蝴蝶双刀 |  | Short [Chinese sword](http://en.wikipedia.org/wiki/Chinese_swords) usually used in pairs; also hudie shuang dao |
| Buun |  | 武運 |  | Fortune in war |
| Buyōkiseru |  | 武用煙管 |  | A tobacco pipe constructed and reinforced as a weapon |
| Buyu |  | 武友 |  | Martial friends |
| Byō |  |  |  | Throwing knife or star; also [*shuriken*](http://en.wikipedia.org/wiki/Shuriken), *anken, daken, fusatsuken, gekiken, onken, sanbukaken, shaken* or *tōken* |
| Byōbūdaoshi |  | 屏風倒 |  | Lit "to topple a folded screen," throw sweeping the front foot while pushing chin in opposite direction; stamp on the calf or achilles tendon while standing hip to hip |

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| [Caijia Quan](http://en.wikipedia.org/wiki/Rat_Kung_Fu) |  | 蔡家拳 |  | [Kung fu](http://en.wikipedia.org/wiki/Kung_fu) style: Rat kung fu; also [Choy Gar](http://en.wikipedia.org/wiki/Choy_gar) 蔡家 or Choy Family Fist |
| [Caltrop](http://en.wikipedia.org/wiki/Caltrop) |  |  |  | Spiked antipersonnel weapon. In Japanese, *makibishi* or *tetsubishi* |
| [Cambo](http://en.wikipedia.org/wiki/Sambo_(martial_art)) |  | самбо |  | Modern Russian grappling art, names is an acronym for САМозащита Без Оружия ("self defense without weapons"); also *Sambo* or *Sombo* |
| [Canadian Zenkuren Wado Karate Association](http://www.canadajkfwadokai.org/home.php) |  |  |  | [Wadō ryū](http://en.wikipedia.org/wiki/Wado_Ryu) organization led by Norma Foster, shichidan, and recognized by the [JKF](http://www.karatedo.co.jp/jkf/jkf-eng/e_index.htm) |
| [Capoeira](http://en.wikipedia.org/wiki/Capoeira) |  |  |  | Brazilian-African martial art with dance-like movements and rhythms, usually practiced with traditional musical accompaniment |
| Cau liem |  |  |  | Vietnamese [kama](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/kama/kama.html) (sickle) |
| Cha |  | 茶 |  | Tea; brown ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/Sound%20files/cha.wav)) |
| Chadai |  | 茶代 |  | Mat fee paid when visiting a [dōjō](http://en.wikipedia.org/wiki/Dojo), normally paid to a senior student discretely before class begins |
| [Chadō](http://en.wikipedia.org/wiki/Chado) |  | 茶道 |  | The way of tea; the tea ceremony; also *sadō* or *cha no yu* |
| Chairo |  | 茶色 |  | Brown ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/Sound%20files/chairo.wav)) |
| [Chajin](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chajin/chajin.html) |  | 茶人 |  | "Person of tea," someone accomplished in the way of the Japanese tea ceremony, [Chadō](http://en.wikipedia.org/wiki/Chado) |
| Chakuchi |  | 着地 |  | Landing after a jump; alight to ground |
| Chakuchi ashi |  | 着地足 |  | "Replacement foot"; stepping where one foot takes the place of another |
| [Chakugan](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chakugan/chakugan.html) |  | 着眼 |  | To pay attention; point of visual focus |
| Chakuriki |  | 借力 |  | To reverse or return an opponent's strength or [*ki*](http://en.wikipedia.org/wiki/Qi) |
| Chakuriki no heihō |  | 借力の兵法 |  | The strategy of borrowing strength from another source, like one's opponent |
| [Chakuza](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chakuza/chakuza.html) |  | 着座 |  | Act of kneeling and settling into *seiza*; command to sit in [seiza](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Seiza/seiza.html) |
| Ch'an |  | 禅 |  | Chinese name for [Zen](http://en.wikipedia.org/wiki/Shotokan) |
| [Chanko nabe](http://en.wikipedia.org/wiki/Chankonabe) |  | ちゃんこ鍋 |  | Japanese stew that is a staple for [sumō](http://en.wikipedia.org/wiki/Sumotori) wrestlers; also *chanko sumō* |
| Chanko sumō |  | ちゃんこ 相撲 |  | [Chanko nabe](http://en.wikipedia.org/wiki/Sumotori) |
| [Channan](http://www.fightingarts.com/reading/article.php?id=127) |  | 長安 |  | Lit. "perpetual peace"; thought to be the foreruuner of the [Pinan](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/P/Pinan%20kata.html) series |
| [Cha no yu](http://en.wikipedia.org/wiki/Japanese_tea_ceremony) |  | 茶の湯 |  | Tea ceremony |
| Cha obi |  | 茶帯 |  | Brown [belt](http://en.wikipedia.org/wiki/Obi_(sash)) |
| [Changquan](http://en.wikipedia.org/wiki/Changquan) |  | 长拳 |  | Long fist, style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| [Chaquan](http://en.wikipedia.org/wiki/Chaquan) |  | 查拳 |  | Cha fist, style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| [Chashitsu](http://en.wikipedia.org/wiki/Tea_house) |  | 茶室 |  | "Tea room," hut for [sadō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/sado/sado.html), the Japanese tea ceremony |
| [Chashitsutō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chashitsutou/chashitsutou.html) |  | 茶室 刀 |  | "Tea room sword," short [bokutō](http://en.wikipedia.org/wiki/Bokuto) (wooden sword) carried in a [chashitsu](http://en.wikipedia.org/wiki/Tea_house) (tea room), where conventional weapons such as the [katana](http://en.wikipedia.org/wiki/Katana) were prohibited |
| [Chatan Yara](http://www.newsfinder.org/site/more/chatan_yara/) |  | 北谷屋良 |  | (1870? - ?) Okinawan karate master whose name survives in several kata |
| Chaya |  | 茶屋 |  | Japanese teahouse (also [*chashitsu*](http://en.wikipedia.org/wiki/Chashitsu)茶室) or tea dealer; euphemism for Edo period brothel |
| [Chayon ryū](http://www.kimsookarate.com/) |  |  |  | Eclectic modern martial art founded 1968 by Kim Soo |
| [Cheena Adi or Cheena di](http://en.wikipedia.org/wiki/Cheena_di) |  |  |  | "Chinese punch" or "Chinese hit," ancient Sri Lankan fighting system |
| [Cheibi gad-ga](http://sports.indiapress.org/cheibi_gad_ga.php) |  |  |  | [East Indian](http://en.wikipedia.org/wiki/Indian_martial_arts) stick fighting |
| Chen Genpin |  |  |  | (1587 - c. 1671) Chinese [internal arts](http://en.wikipedia.org/wiki/Internal_kung_fu) master who taught in Japan in the 17th c and is a legendary founder of [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu); also *Ch'en Yuanbin* or *Chen Yuan Ping* |
| [Chen shi taijiquan](http://en.wikipedia.org/wiki/Chen_style_tai_chi_chuan) |  | 陈氏太極拳 |  | Chen style tai chi chu'an |
| Ch'en Yuanbin |  |  |  | (1587 - c. 1671) Chinese [internal arts](http://en.wikipedia.org/wiki/Internal_kung_fu) master who taught in Japan in the 17th c and is a legendary founder of [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu); also *Chen Genpin*or *Chen Yuan Ping* |
| [Chi](http://en.wikipedia.org/wiki/Five_elements_(Japanese_philosophy)#Chi) |  | 地 |  | Earth (one of the [Five Elements](http://en.wikipedia.org/wiki/Five_elements_(Japanese_philosophy))); ground; region ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/Sound%20files/chi.wav)) |
| Chi |  | 血 |  | Blood ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/Sound%20files/chi.wav)) |
| [Chi](http://en.wikipedia.org/wiki/Qi) |  | 気 |  | Chinese pronunciation of *ki*; also *qi* |
| [Chibana Chosin](http://okinawakobudo.com/?page_id=50) |  | 知花朝信 |  | (1885 - 1969) Okinawan karateka, founder of [Kobayashi Shōrin ryū](http://en.wikipedia.org/wiki/Kobayashi_Shorin-ryu). |
| [Chiburi](http://en.wikipedia.org/wiki/Chiburi) |  | 血振り |  | The action of removing blood from a blade in [iaidō](http://en.wikipedia.org/wiki/Iaido) |
| Chichi |  | 乳 |  | Breast ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/Sound%20files/chichi.wav)); also nyū |
| Chichigiribō |  | 乳切棒 |  | Lit "chest cut staff," classical Japanese weapon, a hardwood staff that reached from the ground to the chest, approximately the length of a [jō](http://en.wikipedia.org/wiki/Jō), a kobuki or minor weapon in use from the [Kamakura period](http://en.wikipedia.org/wiki/Kamakura_period) (1192-1332) on; also *chigirikibō* |
| Chidori ashi |  | 千鳥足 |  | Crossover step, as in the karatedō kata Naihanchi, also *kani ashi*; stagger or reel as if drunk; "thousand feet" (type of [tai sabaki](http://en.wikipedia.org/wiki/Tai_sabaki)); sliding the feet moving sideways ([Shōrinji kempō](http://www.shorinjikempo.or.jp/wsko/)) |
| [Chidorigane](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chidorigane/chidorigane.html) |  | 千鳥鉄 |  | "Plover iron," classical Japanese composite weapon compised of a winged weight chained to a metal pipe |
| Chigai |  | 違い |  | Difference, discrepancy |
| Chigau |  | 違う |  | "It's different," "No" |
| [Chigiriki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chigirikijutsu/chigirikijutsu.html) |  | 乳切木 or 千切木 or  愛木     or 知義理木 |  | Classical Japanese composite weapon composed of a short bamboo shaft and chain with a spiked ball |
| Chigirikibō |  | 乳切木棒 |  | Classical Japanese weapon, a hardwood staff that reached from the ground to the chest, approximately the length of a [jō](http://en.wikipedia.org/wiki/Jō), a kobuki or minor weapon in use from the [Kamakura period](http://en.wikipedia.org/wiki/Kamakura_period) (1192-1332) on; also *chichigiribō* |
| [Chigirikijutsu](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chigirikijutsu/chigirikijutsu.html) |  | 乳切木術 |  | Art of the [chigiriki](http://www.youtube.com/watch?v=mDP1hLAnIhQ), a composite weapon |
| Chiisai |  | 小さい |  | Small or little ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/Sound%20files/chiisai.wav)) |
| [Chi ishi](http://www.shuriway.co.uk/hojoundo.html) |  | 力石 |  | [Hojo undō](http://en.wikipedia.org/wiki/Hojo_undo) device, stone weight attached to a stick; also *chikara ishi* |
| Chikai |  | 近い |  | Near or close; to close with an opponent ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/Sound%20files/chikai.wav)) |
| Chikama |  | 近間 |  | Short distance, one of three ranges of [maai](http://en.wikipedia.org/wiki/Maai) in [kendō](http://en.wikipedia.org/wiki/Kendo); close enough to engage without taking a step; "too short" |
| [Chikara](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chikara/chikara.wav) |  | 力 |  | Physical strength; power; capability; influence ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/Sound%20files/chikara.wav)); also *ryoku* |
| Chikara gami |  | 力紙 |  | Sheets of paper used to wipe the face and body of a [sumōtori](http://en.wikipedia.org/wiki/Sumotori) |
| Chikara ishi |  | 力石 |  | [Hojo undō](http://en.wikipedia.org/wiki/Hojo_undo) device, stone weight attached to a stick; also *chi ishi* |
| Chikara kurabe |  | 力比べ |  | Public contests of wrestling or strength in ancient Japan |
| [Chikara no kata](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/CHIKATA.pdf) |  | 力の形 |  | “Power kata” ([Shintani Wadōkai](http://www.worldcongresskarate.com/)) (click to listen to [*chikara*](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/Sound%20files/chikara.wav)) |
| Chikara no kyojaku |  | 力の強弱 |  | The hardness and softness of power; the correct application of power |
| Chikara o nuku |  | 力を抜く |  | Lit "more skill, less force"; let go of strength/tension; relax |
| Chika yoru |  | 近寄る |  | To shorten the distance to the opponent |
| Chi ku |  | 吃苦 |  | "Eat bitter"; endure suffering, especially in training (Chinese) |
| Chikubi |  | 乳首 |  | Nipple (target) ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/Sound%20files/chikubi.wav)) |
| Chikujō jutsu |  | 築城術 |  | The art of castle building ([source](http://www.furyu.com/onlinearticles/Defs1.html)) |
| [Chi kung](http://en.wikipedia.org/wiki/Qigong) |  | 氣功 |  | Cultivation of [qi](http://en.wikipedia.org/wiki/Qi), internal energy (Chinese) |
| Chikutō |  | 竹刀 |  | Bamboo practice sword; [*shinai*](http://en.wikipedia.org/wiki/Shinai) |
| Chi mei |  |  |  | Mortal blow |
| Chimugukuru |  |  |  | Okinawan term for the secrets of the martial arts |
| Chinchaku |  | 沈着 |  | Composure, calmness |
| Chinen Sanda |  |  |  | (1846 - 1928) Okinawan master of [kobudō](http://en.wikipedia.org/wiki/Okinawan_kobudō); also *Chinen Pechin* or *Yamane no Chinen* |
| Chinen Sanjin Andaya Pechin |  |  |  | (1797 - 1881) Okinawan master of [kobudō](http://en.wikipedia.org/wiki/Okinawan_kobudō), the sensei and uncle of Chinen Sanda (Chinen Pechin); also *Aburaiya Yamagusuku* |
| Chinen Sanra |  |  |  | (1852 - 1925) Okinawan karateka, sensei of [Chitose Tsuyoshi](http://www.dragon-tsunami.org/Dtimes/Pages/article33.htm) |
| Chin Genpin |  |  |  | (1587 - ? ) Chinese [kung fu](http://en.wikipedia.org/wiki/Kung_fu) master who taught Isojai Jiroemen and Miura Yojiuemon at the Azabu monastery in Kokushoji. Also *Ch'en Yanbin* or *Yuan Ping* |
| Chinkon |  | 鎮魂 |  | Calming the spirit |
| [Chinkon kishin](http://www.budodojo.com/chinkon-kishin.htm) |  | 鎮魂帰神 |  | "To calm the spirit and return to the divine," a [Shintō](http://en.wikipedia.org/wiki/Shinto) credo and a meditative exercise, practiced especially in [aikidō](http://en.wikipedia.org/wiki/Aikido) |
| [Chinkuchi](http://www.msisshinryu.com/articles/safreed/chinkuchi.shtml) |  | チンクチ |  | Focused, controlled energy or ki |
| [Chin na](http://en.wikipedia.org/wiki/Qinna) |  | 擒拿 |  | Chinese techniques of joint-locking; also *qinna* |
| Chi no kata |  |  |  | Kata of [Kojo ryū](http://www.kojosho.com/spring2003/page1.html) karate jutsu |
| [Chi no kokyū](http://theaikidodojo.com/articles/chinkon.htm) |  | 地の呼吸 |  | "Breath of earth," [aikidō](http://en.wikipedia.org/wiki/Aikido) breathing exercise |
| Chinpu gata |  |  |  | Kata of [Kojo ryū](http://www.kojosho.com/spring2003/page1.html) Karate jutsu |
| Chinsu |  | 鎭衆 |  | "Crane nest," karate kata of [Tōte Sakugawa](http://en.wikipedia.org/wiki/Sakugawa_Kanga) |
| Chinte |  | 鎭定 |  | Karate kata of [Tōte Sakugawa](http://en.wikipedia.org/wiki/Sakugawa_Kanga) |
| [Chinte](http://en.wikipedia.org/wiki/Chinte) |  | 珍手 |  | “Unusual hands” or “rare hands” or “crazy hands.” Karate kata practiced in [Shitō ryū](http://en.wikipedia.org/wiki/Shito_ryu) and [Shōtōkan](http://en.wikipedia.org/wiki/Shorin-ryu). |
| [Chinto](http://www.arts.ualberta.ca/~aoki/Karate-do/Kata/Chinto/chinto.html) |  | 鎮闘 |  | Karate kata practiced in [Shitō](http://en.wikipedia.org/wiki/Shito_ryu), [Shōrin](http://en.wikipedia.org/wiki/Shorin-ryu), [Wadō](http://en.wikipedia.org/wiki/Wado_Ryu), [Isshin ryū](http://en.wikipedia.org/wiki/Isshin_Ryu). In [Shōtōkan](http://en.wikipedia.org/wiki/Shorin-ryu), known as *Gankaku*. |
| Chi nugui |  | 血拭い |  | Classical actions of removing blood from sword, as distinguished from the symbolic [chiburi](http://en.wikipedia.org/wiki/Chiburi) |
| Chio ken |  | 地王拳 |  | Methods of defense against a continuous attack commencing with a kick |
| Chisa katana |  | 小さ刀 |  | [Japanese sword](http://en.wikipedia.org/wiki/Nihonto) that is shorter than a [*katana*](http://en.wikipedia.org/wiki/Katana)but longer than a [*wakizashi*](http://en.wikipedia.org/wiki/Wakizashi) |
| Chisei |  | 知声 |  | Knowing voice, a kind of [kiai](http://en.wikipedia.org/wiki/Kiai) |
| [Chi sao](http://ca.youtube.com/watch?v=GiQRlr5NCwk) |  | 黐手 |  | "Sticky hands" practice in [Wing Chun](http://en.wikipedia.org/wiki/Wing_chun) [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| Chi shi |  | 力石 |  | Strength training device used especially in [Gōjū ryū](http://en.wikipedia.org/wiki/Goju_Ryu) karate-dō; also *chi ishi* |
| Chitai |  | 地帯 |  | Zone or area |
| Chitai no keriwaza |  | 帯の蹴り技 |  | Kicking zone |
| Chitai no uchiwaza |  | 帯の打技 |  | Striking zone |
| Chitai no katamawaza |  | 帯の固め技 |  | Grappling zone |
| Chitai no newaza |  | 帯の寝技 |  | Ground fighting zone |
| Chitai no buki waza |  | 帯の武器技 |  | Individual weapon zone |
| [Chitō ryū](http://en.wikipedia.org/wiki/Chito_Ryu) |  | 千唐流 |  | Karate style founded by [Dr. Chitose Tsuyoshi](http://www.dragon-tsunami.org/Dtimes/Pages/article33.htm), born in Okinawa |
| [Chitose Tsuyoshi](http://www.dragon-tsunami.org/Dtimes/Pages/article33.htm) |  | 千歳剛直 |  | (1898 - 1984) Founder of [Chitō ryū](http://en.wikipedia.org/wiki/Chito_Ryu) karate |
| Chitte |  |  |  | [Shōrin ryū](http://en.wikipedia.org/wiki/Shorin_ryu) karate kata |
| Chi wa mizu yori mo koshi |  | 血は水よりも濃し |  | Lit "blood is thicker than water" |
| Chō |  | 跳 |  | Jump ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/Sound%20files/chou.wav)) |
| Chō |  | 腸 |  | Intestines ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/Sound%20files/chou.wav)) |
| Chōbō |  | 長棒 |  | Long [staff](http://en.wikipedia.org/wiki/Bō) |
| Chōdo kake |  |  |  | Stand for a sword or arrows |
| Chōhō |  | 谍报 |  | Espionage |
| [Choi Lei Fut](http://en.wikipedia.org/wiki/Choi_Lei_Fut) |  | 蔡李佛 |  | Style of Southern [kung fu](http://en.wikipedia.org/wiki/Kung_fu); also *Choy Li Fut, Choy Lay Fut, Choy Ley Fut, Choi Lei Faht, Tsai Li Fo* |
| [Choi Yong Sul](http://www.dragon-tsunami.org/Dtimes/Pages/article33.htm) |  | 崔龍述 최용술 (Korean) |  | (1904 - 1986) Korean martial artist, founder of [hapkido](http://en.wikipedia.org/wiki/Hapkido) |
| Choji abura |  | 丁字油 |  | Clove oil, used as a rust preventative for katana blades |
| Choji dachi |  |  |  | Old name for "T stance," *teiji dachi* |
| [Chokaro](http://en.wikipedia.org/wiki/Elder_Zhang_Guo) |  | 張果老 |  | One of the legendary [sennin](http://en.wikipedia.org/wiki/Xian_(Daoist)), usually shown wtih a white mule; in Chinese, *Elder Zhang Guo* |
| Chokkan |  | 直観 |  | Lit "intuition"; to know the proper response without thinking ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/Sound%20files/chokkan.wav)) |
| Chokkaku |  | 直角 |  | At right angles; right angle ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/Sound%20files/chokkaku.wav)) |
| Chokko suru |  |  |  | To go directly, as in moving against an opponent |
| Choku |  | 直 |  | Direct or straight ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/Sound%20files/choku.wav)) |
| [Chokugen ryū onaginatajutsu](http://www.youtube.com/watch?v=8mdzTFpfndY) |  | 直元流大長刀術 |  | [Koryū](http://www.koryu.com/) specializing in a very large [naginata](http://www.naginata.org/) |
| Chokuritsu |  | 直立 |  | Natural stance, *shizentai*, *musubi dachi* |
| Chokusen |  | 直線 |  | Direct/straight line |
| Chokutō |  | 直刀 |  | Straight sword |
| [Choku zuki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/choku%20zuki/choku%20zuki.html) |  | 直突き |  | Direct thrust, straight punch, often performed in [*hachiji dachi*](http://en.wikipedia.org/wiki/Hachiji_dachi); sometimes *kara zuki* |
| Chōnan |  |  |  | Auxiliary kata for [Shintani Wadōkai](http://www.worldcongresskarate.com/); unclear whether name is *Chonan* or *Chōnan* |
| [Chōnan](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/CHONAN.pdf) |  | 長男 |  | Eldest son ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/Sound%20files/chounan.wav)) |
| Chon gake |  | ちょん掛け |  | Sweeping leg from inside to outside while pulling the arm, considered dangerous and banned from sport karate |
| [Chonmage](http://en.wikipedia.org/wiki/Chonmage) |  | 丁髷 |  | The topknot worn by [bushi](http://en.wikipedia.org/wiki/Samurai#Etymology_of_samurai_and_related_words) |
| Chōsen |  | 朝鮮 |  | Korea |
| Choshi |  | 調子 |  | Rhythm; tone; pitch; time; vein; mood; way; manner; style; condition; state of health |
| Choshi waza |  | 調子技 |  | Techniques that harmonize with attacker's momentum |
| Chotan ichimi |  | 長短一味 |  | "Long and short are one"; sword strategy |
| Chototsu |  |  |  | *Kyoshi mato* (vital point target) between the eyes |
| Chotto |  | 一寸 ちょっと |  | A little; just a bit; "Hey!" |
| Cho Tzu Ho |  | 周子和 |  | Chinese teacher of [Uechi Kanbun](http://en.wikipedia.org/wiki/Uechi_Kanbun); also *Shūshiwa* |
| Chōwa |  | 調子 |  | Accommodation; harmony |
| Chōwasuru |  |  |  | To harmonise with an opponent |
| [Chow Gar Kuen](http://en.wikipedia.org/wiki/Chow_Gar) |  |  |  | Style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu): a form of [Southern Praying Mantis](http://en.wikipedia.org/wiki/Southern_Praying_Mantis) |
| Chōyaku |  | 跳躍 |  | Jumping (type of [tai sabaki](http://en.wikipedia.org/wiki/Tai_sabaki)) |
| Chōyaku hangeki |  | 跳躍反撃 |  | Counterattack which involves jumping |
| Chōyaku jutsu |  | 跳躍術 |  | Training in leaping and jumping |
| [Choy Gar](http://en.wikipedia.org/wiki/Choy_gar) |  | 蔡家 |  | Style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu): Rat kung fu; also *Caijia Quan* |
| [Choy Li Fut](http://www.plumblossom.net/ChoyLiFut/history.html) |  | 蔡李佛 |  | Style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) featuring [Five Animal](http://en.wikipedia.org/wiki/Five_Animal) techniques, also *Choi Lei Fut, Choy Lay Fut, Choi Leit Fut, Choy Lay Fut, Choy Ley Fut, Choi Lei Faht, Tsai Li Fo, Choy Lee Fut, Choy Lee Fat* |
| Cho Zen Ho |  | 周子和 |  | Legendary practitioner of Tiger style kung fu and teacher of [Uechi Kanbun](http://en.wikipedia.org/wiki/Kanbun_Uechi): also *Zhou Zi Her, Cho Zen Ho, Cho Tzu Ho, Shūshiwa* |
| Chū |  | 忠 |  | Loyalty ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/Sound%20files/chuu.wav)) |
| Chū |  | 中 |  | Middle ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/Sound%20files/chuu.wav)); also *naka* |
| [Ch'uan fa](http://en.wikipedia.org/wiki/Chinese_boxing) |  | 拳法 |  | Chinese boxing; "way of the fist"; also *Ken Fat* (Cantonese) |
| Ch'uan shu |  |  |  | Fist art |
| Chūdan |  | 中段 |  | Middle level |
| [Chūdan age hiza geri](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chudan%20age%20hiza%20geri/chudan%20age%20hiza%20geri.html) |  | 中段揚膝蹴り |  | Middle level rising knee strike |
| Chūdan barai uke |  | 中段払い受け |  | Middle level sweeping block |
| Chūdan choku zuki |  | 中段直突き |  | Middle level straight punch |
| [Chūdan empi uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chudan%20empi%20uke/chudan%20empi%20uke.html) |  | 中段猿臂受け |  | Middle level elbow block |
| [Chūdan gyakuzuki](http://ca.youtube.com/watch?v=ZmOAfYK9lPw) |  | 中段逆突き |  | Middle level reverse punch |
| [Chūdan hasami zuki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chudan%20hasami%20zuki/chudan%20hasami%20zuki.html) |  | 中段鋏突き |  | Middle level scissors punch |
| [Chūdan mawashi hiza geri](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chudan%20mawashi%20hiza%20geri/chudan%20mawashi%20hiza%20geri.html) |  | 中段回し膝蹴り |  | Middle level roundhouse knee strike |
| [Chūdan mikazuki geri](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chudan%20mikazuki%20geri/chudan%20mikazuki%20geri.html) |  | 中段三日月蹴り |  | Middle level crescent moon kick |
| [Chūdan kagi zuki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chudan%20kagi%20zuki/chudan%20kagi%20zuki.html) |  | 中段鈎突き |  | Middle level hook punch |
| [Chūdan keitō uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/keito%20uke/keito%20uke.html) |  | 中段鶏頭受け |  | Middle level chicken head wrist block |
| [Chūdan mawashi empi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chudan%20mawashi%20empi/chudan%20mawashi%20empi.html) |  | 中段回し猿臂 |  | Middle level roundhouse elbow (strike) |
| [Chūdan mae geri](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chudan%20mae%20geri/chudan%20mae%20geri.html) |  | 中段前蹴り |  | Middle level front kick |
| [Chūdan morote zuki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chudan%20morote%20zuki/chudan%20morote%20zuki.html) |  | 中段諸手突き |  | Middle level two-handed punch |
| Chūdan no kamae |  | 中段の構え |  | Middle level stance or middle level guard; in [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu), the tip of the sword is aimed at the throat |
| [Chūdan oi zuki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chudan%20oi%20zuki/chudan%20oi%20zuki.html) |  | 中段追い突き |  | Middle level lunge punch; also *jun zuki* ([Wadō ryū](http://en.wikipedia.org/wiki/Wado_Ryu)) |
| [Chūdan ryōshō tsukami uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/ryosho%20tsukami%20uke/ryosho%20tsukami%20uke.html) |  | 中段両掌掴み受 |  | Middle level both hands grasping block |
| [Chūdan shuto uke](http://ca.youtube.com/watch?v=gIP6Cml16kk) |  | 中段手刀受け |  | Middle level knife hand block |
| Chūdan teisho furi uchi |  | 中段底掌振打ち |  | Middle level palm heel circular strike (as in the kata [Chinto](http://ca.youtube.com/watch?v=xzWNg1xUtZQ)) |
| Chūdan uchi |  | 中段打ち |  | Middle level strike |
| Chūdan uchi uke |  | 中段内受け |  | Middle level inside block |
| Chūdan ude uke |  | 中段内腕け |  | Middle level forearm block |
| [Chūdan ura mikazuki geri](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chudan%20ura%20mikazuki%20geri/chudan%20ura%20mikazuki%20geri.html) |  | 中段裏三日月蹴り |  | Middle level reverse crescent moon kick |
| [Chūdan ushiro empi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chudan%20ushiro%20empi/chudan%20ushiro%20empi.html) |  | 中段後ろ猿臂 |  | Middle level back elbow (strike) |
| [Chūdan ushiro geri](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chudan%20ushiro%20geri/chudan%20ushiro%20geri.html) |  | 中段後ろ蹴り |  | Middle level back kick |
| [Chūdan ushiro hasami zuki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chudan%20ushiro%20hasami%20zuki/chudan%20ushiro%20hasami%20zuki.html) |  | 中段後ろ鋏突き |  | Middle level reverse scissor punch |
| [Chūdan yoko empi uchi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chudan%20yoko%20tettsui%20uchi/chudan%20yoko%20tettsui%20uchi.html) |  | 中段横猿臂打ち |  | Middle level side elbow strike |
| [Chūdan yoko geri kekomi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chudan%20yoko%20geri%20kekomi/chudan%20yoko%20geri%20kekomi.html) |  | 中段横蹴り蹴込み |  | Middle level side thrust kick |
| [Chūdan yoko tettsui uchi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chudan%20yoko%20tettsui%20uchi/chudan%20yoko%20tettsui%20uchi.html) |  | 中段横鉄槌打ち |  | Middle level side hammefist strike, as in Pinan Sandan (karate-dō) |
| Chūdan yoko uchi |  | 中段横打ち |  | Middle level side strike |
| Chūdan zuki |  | 中段突き |  | Middle level punch |
| Chūden |  | 中伝 |  | Middle transmission (of the categories *shoden, chūden, okuden*); middle scroll |
| Chūgi |  | 忠義 |  | Loyalty |
| Chūgoku |  | 中国 |  | "Middle country," China |
| Chūgoku bujutsu |  | 中国武術 |  | Chinese martial arts; [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| Chūgoshi |  | 中腰 |  | Half-rising posture on one knee |
| Chūjitsu |  | 忠実 |  | Loyalty, fidelity ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/Sound%20files/chuujitsu.wav)) |
| Chūjō ryū |  | 中条流 |  | [Koryū](http://koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu), founded by Chūjō Nagahide c. 1400 |
| Chukitsu |  |  |  | Atemi point in the fold of the elbow |
| [Chuo Jiao](http://en.wikipedia.org/wiki/Chuo_Jiao) |  | 戳腳 |  | Poking Feet, style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| Chūsei |  | 中世 |  | Period between late [Heian](http://en.wikipedia.org/wiki/Heian_period) and Momoyama |
| Chūshin |  | 中心 |  | Center; core; center of movement and balance ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/Sound%20files/chuushin.wav)) |
| Chūshin dori no heihō |  | 中心取りの兵法 |  | Strategy of taking the center |
| [*Chūshingura*](http://en.wikipedia.org/wiki/Chūshingura) |  | 忠臣蔵 |  | Fictionalized story of the 47 [ronin](http://en.wikipedia.org/wiki/Ronin) |
| Chūshin ryoku |  | 中心力 |  | To develop power by keeping one's *taesen* (vertical center of gravity) upright. |
| Chūshinsen |  | 中心線 |  | The body centerline |
| Chusoku |  | 中足 |  | Ball of foot; sole of foot |
| Chuto |  |  |  | Kyūsho point between the eyes; also *uto* or *miken* |
| Chūto hanpa |  | 中途半端 |  | Something done halfway, unfinished, incomplete, half-measure; wishy-washy, half-baked; not-child, not adult; room to improve (like life) |
| [Chu-wakizashi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/wakizashi.html) |  | 中脇差 |  | Short sword between 17.7" and 21.3" long |
| Closed stance |  |  |  | Having the same leg forward as your opponent |
| [Couture, Randy "The Natural"](http://en.wikipedia.org/wiki/Randy_Couture) |  |  |  | (1963- ) American [MMA](http://en.wikipedia.org/wiki/Mixed_martial_arts) fighter |
| [Co Vo Dao](http://www.qwankido.ca/co%20vo%20dao.htm) |  |  |  | Traditional weapons of the [Vietnamese martial arts](http://en.wikipedia.org/wiki/Vietnamese_martial_arts) |
| [Cung Le](http://en.wikipedia.org/wiki/Cung_Le) |  |  |  | (1972 - ) Vietnamese-American kickboxer and MMA fighter |
| [Cuong Nhu](http://www.cuongnhu.com/Founder.aspx) |  |  |  | Modern [Vietnamese martial art](http://en.wikipedia.org/wiki/Vietnamese_martial_arts) |
| Cut kick |  |  |  | In [muay thai](http://en.wikipedia.org/wiki/Muay_thai), a 45 degree kick targeting the leg; in [Taekwondo](http://en.wikipedia.org/wiki/Taekwondo), a skipping side kick |

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| Dabira |  | 段平 |  | Japanese broadsword; big, wide sword; also *danbira* |
| [Dachengquan](http://en.wikipedia.org/wiki/Dachengquan) |  | 大成拳 |  | Great Achievement Boxing, style of [internal kung fu](http://en.wikipedia.org/wiki/Internal_kung_fu): ; also *Yi Quan* |
| [Dachi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/tachi/tachi.html) |  | 立ち |  | Stance (combination form); on its own, pronounced *Tachi* |
| [Dadao](http://en.wikipedia.org/wiki/Dadao) |  | 大刀 |  | Chinese [saber](http://en.wikipedia.org/wiki/Saber) or great sword |
| Dai |  | 大 |  | Major, great, large ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/Sound%20files%20D/dai.wav)) |
| Daichi |  | 台地 |  | Plateau |
| Daichō |  | 大腸 |  | Colon ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/Sound%20files%20D/daichou.wav)) |
| Daidankin |  | 大臀筋 |  | [Gluteus maximus](http://en.wikipedia.org/wiki/Gluteus_Maximus) |
| Daidōji Yūzan |  | 大道寺友山 |  | (1639 - 1730) [Samurai](http://en.wikipedia.org/wiki/Samurai) and military strategist, author of [Budōshoshinshu](http://www.geocities.com/lowly_swordsman/classics.html) |
| [Daidōjuku](http://en.wikipedia.org/wiki/Daido_Juku) |  | 大道塾 |  | [Hybrid](http://en.wikipedia.org/wiki/Hybrid_martial_art) full-contact and grappling system and association; also *Kudō*; lit "Big Way School" |
| Daidō ryū |  |  |  | [Koryū](http://www.koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu), kyūba, [sōjutsu](http://en.wikipedia.org/wiki/Sojutsu) and kajutsu, founded by Goto Tamauemon Tadayoshi (1644 - 1736) |
| Daigaku |  | 大学 |  | University ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/Sound%20files%20D/daigaku.wav)) |
| Daigakusei |  | 大学生 |  | University student; undergraduate ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/Sound%20files%20D/daigakusei.wav)) |
| Daijōbu desu |  | 大丈夫です |  | "Alright; I am alright," "It's alright" ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/Sound%20files%20D/daijoubu.wav)) |
| [Dai katana](http://en.wikipedia.org/wiki/Daitō_(long_sword)) |  | 大刀 |  | Long sword; also *daitō* or *taitō* |
| Dai kinniku |  | 大筋肉 |  | Major muscles |
| Daikō |  | 代講 |  | Substitute or assistant teacher |
| Daikō |  | 乃公 |  | I (ego) (boastful first-person pronoun) |
| Dai kyō soku kei |  | 大強速軽 |  | "Big strong fast smooth" |
| [Daikyū](http://www.taots.co.uk/content/view/19/28/) |  | 大弓 |  | Japanese longbow or war bow |
| [Daimyō](http://en.wikipedia.org/wiki/Daimyo) |  | 大名 |  | Feudal lord |
| [Daimyō tobiguchi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/daimyou%20tobiguchi/daimyou%20tobiguchi.html) |  | 大名鳶口 |  | Lit "daimyō's kite's beak," fire ax or fire hook adapted for use as a weapon by [samurai](http://en.wikipedia.org/wiki/Samurai) and [daimyō](http://en.wikipedia.org/wiki/Daimyo) |
| [Dai Nippon Butokukai](http://www.dnbk.org/) |  | 大日本武徳会 |  | Imperial Japan Martial Association |
| Dai Nippon Butokukai Budō Senmon Gakkō |  | 大日本武徳会 武道専門学校 |  | Imperial Japan Martial Association Specialized [Budō](http://en.wikipedia.org/wiki/Budo) School, founded in 1895 by the Japanese government to preserve traditional Japanese martial ways. Its headquarters is the Butokuden. |
| Dai Nippon Iaidō Renmei |  | 大日本居合道連盟 |  | Imperial Japan [Iaidō](http://en.wikipedia.org/wiki/Iaido) Federation |
| Dairi |  | 代理 |  | Proxy, representative, agent, substitute, alternate |
| Daisaku |  | 代作 |  | Something made by a pupil in the name of his master, with permission and guidance |
| Dai sempai |  | 代先輩 |  | Highest ranking student under the sensei |
| Dai sensei |  | 大先生 |  | Great teacher; *jūdan* |
| Daisharin |  | 大車輪 |  | All-out effort; frenzied activity |
| [Daishō](http://en.wikipedia.org/wiki/Daisho) |  | 大小 |  | Two swords of the [samurai](http://en.wikipedia.org/wiki/Samurai), the [katana](http://en.wikipedia.org/wiki/Katana) and the [wakizashi](http://en.wikipedia.org/wiki/Wakizashi); literally, "big and small" ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/Sound%20files%20D/daishou.wav)) |
| Daishō no heihō |  | 大小の兵法 |  | "Large and small" strategy; to use the correct response, neither overkill nor underestimation |
| Daitai |  | 大腿 |  | Thigh, also *momo* 腿 |
| Daitengu |  | 大天狗 |  | Great or large [tengu](http://en.wikipedia.org/wiki/Tengu), Japanese mythical supernatural creatures; sometimes tengu are represented as ghosts of the dead and daitengu as the ghosts of the knowledgeable, as opposed to the ignorant |
| [Daitō](http://en.wikipedia.org/wiki/Daitō_(long_sword)) |  | 大刀 |  | Longsword, over 2 shaku. Also, *katana tachi*. |
| [Daito ryū aiki jujutsu](http://www.daito-ryu.org/) |  | 大東流合気柔術 |  | Antecedent to [aikidō](http://en.wikipedia.org/wiki/Aikido) |
| Daken |  | 打剣 |  | Throwing knife or star; also [*shuriken*](http://en.wikipedia.org/wiki/Shuriken), *anken, byō, fusatsuken, gekiken, onken, sanbukaken, shaken* or *tōken* |
| Dakentaijutsu |  | 打拳体術 |  | The art of striking with the body, atemi |
| [Daki age](http://judoinfo.com/dakiage.htm) |  | 抱上 |  | Lit "high lift," [Kōdōkan](http://en.wikipedia.org/wiki/Kodokan) [jūdō](http://en.wikipedia.org/wiki/Judo) throw |
| Dakikubi |  | 抱き首 |  | Lit "embrace neck," near-decapitating cut by the [kaishakunin](http://en.wikipedia.org/wiki/Kaishakunin), the second to someone performing [seppuku](http://en.wikipedia.org/wiki/Seppuku) |
| Dame |  | 駄目 |  | Wrong, no good, impossible, must not do |
| Damatte keiko |  | 黙って稽古 |  | “Zen instructions for setting aside extraneous concerns and entering completely into practice”—or, “Shut up and train” |
| [Dan](http://en.wikipedia.org/wiki/Dan_rank) |  | 段 |  | [Black belt](http://en.wikipedia.org/wiki/Black_belt_(martial_arts)) grade ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/Sound%20files%20D/dan.wav)) |
| Danchu |  |  |  | [Kyūsho](http://en.wikipedia.org/wiki/Kyusho-jitsu) point at top of [sternum](http://en.wikipedia.org/wiki/Sternum) |
| [Dan-i](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/dan-i/dan-i.html) |  | 段位 |  | Japanese rank system of [dan](http://en.wikipedia.org/wiki/Dan_rank) and kyū |
| [Dan kumite](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/dan%20kumite/dan%20kumite.html) |  | 段組手 |  | Upper level yakusoku kumite (prearranged sparring) ([Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu)) |
| [Danpatsu shiki](http://www.magma.ca/~sumo/danpatsu.htm) |  | 断髪式 |  | Ceremony of cutting off the topknot of a retiring [sumōtori](http://en.wikipedia.org/wiki/Sumotori) |
| Danryoku |  | 弾力 |  | Resilience, elasticity, flexibility |
| [Dansen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/dansen/dansen.html) |  | 團扇 or 団扇 |  | Round or oval war fan |
| Dan shinsa |  | 段審査 |  | [Black belt](http://en.wikipedia.org/wiki/Black_belt_(martial_arts)) examination |
| Danyaku |  | 弾薬 |  | Ammunition |
| [Daruma](http://en.wikipedia.org/wiki/Bodhidharma) |  | 達磨 |  | Legendary Indian monk who brought [Ze n](http://en.wikipedia.org/wiki/Zen) and the foundations of kung fu to [Shaolin](http://en.wikipedia.org/wiki/Shaolin_Monastery); also *Bodhidharma* or *Tamo* ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/Sound%20files%20D/daruma.wav)) |
| Dattō |  | 出刀 |  | Remove sword from [obi](http://en.wikipedia.org/wiki/Obi_(sash)), cf. *osame to* |
| De |  | 出 |  | Advanced or forward; advancing ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/Sound%20files%20D/de.wav)) |
| [Deai](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/deai/deai.html) |  | 出合い |  | Encounter; sensing an impending attack and launching a preemptive one; utilizing an opening created an intention to attack |
| Deai osae |  | 出会い押え |  | Suppressive and smothering attack |
| [Deai osae uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/Deai%20osae%20uke/deai%20osae%20uke.html) |  | 出会い押え受け |  | Stepping in pressing block |
| [Deashi barai](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/de%20ashi%20barai/de%20ashi%20barai.html?v=VFgPK3l5d9U&feature=related) |  | 出足払 |  | Advanced foot sweep ([Kōdōkan](http://en.wikipedia.org/wiki/Kodokan) [jūdō](http://en.wikipedia.org/wiki/Judo)) |
| De geiko |  | 出稽古 |  | Advanced training |
| Dehana waza |  | 出端技 |  | To strike as the beginning of an opponent's movement; attack using initial move of opponent; also *debana waza* |
| [Demura Fumio](http://www.doshinmartialarts.com/demura.html) |  | 出村文男 |  | (1938 - ) Japanese [Shitō ryū](http://en.wikipedia.org/wiki/Shito_ryu) karateka |
| Den |  | 傳 |  | Transmission (of knowledge), as in *okuden* ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/Sound%20files%20D/den.wav)) |
| Denbu |  | 臀部 |  | Buttocks; haunches |
| Denko |  |  |  | [Kyūsho](http://en.wikipedia.org/wiki/Kyusho-jitsu), between seventh and eighth ribs |
| Densho |  | 伝書 |  | Technique scroll; recorded teachings |
| Dento |  |  |  | [Kyūsho](http://en.wikipedia.org/wiki/Kyusho-jitsu), [bregma](http://en.wikipedia.org/wiki/Bregma) of the skull |
| Dento |  | 伝統 |  | Tradition |
| Dentōteki |  | 伝統的 |  | Traditional; conventional |
| [Deshi](http://www.ittendojo.org/articles/phil-5.htm) |  | 弟子 |  | Student, apprentice or disciple of a [dō](http://en.wikipedia.org/wiki/Dō_(Way)) ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/Sound%20files%20D/deshi.wav)); a student of a school is a *seito* or *gakusei* |
| Deshite |  | 出し手 |  | "Presenting the fists"; punching |
| [Dhyāna](http://en.wikipedia.org/wiki/Dhyana) |  | ध्यान (Sanskrit) |  | [Hindu](http://en.wikipedia.org/wiki/Hinduism) forerunner of [Zen](http://en.wikipedia.org/wiki/Zen) |
| [Dim mak](http://en.wikipedia.org/wiki/Dim_mak) |  | 點脈 |  | Chinese art of attacking vital points, lit "press artery"; also *dim mok* or *dian mai* |
| [Ditangquan](http://en.wikipedia.org/wiki/Ditangquan) |  | 地躺拳 |  | Ground-Prone Fist, Ground Tumbling Boxing, style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| Do |  | 土 |  | Earth, soil ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/Sound%20files%20D/do.wav)); Earth as one of the [Five Elements](http://en.wikipedia.org/wiki/Five_elements_(Japanese_philosophy)) is 地 *chi* or *tsuchi* |
| [Dō](http://www.fightingarts.com/reading/article.php?id=82) |  | 道 |  | The way; road (also *michi*) ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/Sound%20files%20D/dou.wav)) |
| Dō |  | 胴 |  | Trunk, waist, chest, body; torso armor or breastplate in [kendō](http://en.wikipedia.org/wiki/Kendo) armor ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/Sound%20files%20D/dou.wav)) |
| Dō |  | 動 |  | Movement, activity ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/Sound%20files%20D/dou.wav)) |
| [Doce pares](http://en.wikipedia.org/wiki/Doce_Pares) |  |  |  | [Filipino martial art](http://en.wikipedia.org/wiki/Filipino_martial_arts) focusing on the short stick |
| [Dōchū no sei](http://www.michionline.org/resources/Glossary/D/do_chu_no_sei.html) |  | 動中の静 |  | Stillness in motion; calm in the midst (*chu*) of action, the ideal state for combat; also *dō chū sei* |
| Dōchū kōgai |  |  |  | Small wooden stick up to 15 cm long containing a knife or spike |
| Dōchūzashi |  | 道中差 |  | Japanese short sword; "dōchū" literally means "while on the street" or "while on a journey," so the dōchūzashi was as short sword inserted into the sash while travelling |
| [Dōgi](http://en.wikipedia.org/wiki/Dogi) |  | 道着 or 道衣 |  | Uniform of the way |
| Dōgu |  | 道具 |  | The armor used in [kendō](http://en.wikipedia.org/wiki/Dojo) and [naginata-dō](http://en.wikipedia.org/wiki/Naginata) ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/Sound%20files%20D/dougu.wav)); also *bōgu* |
| Dōhai |  | 同輩 |  | Equal; peer; someone equal in rank; contemporary |
| [Dohyō](http://en.wikipedia.org/wiki/Dohyo) |  | 土俵 |  | Ring for a [sumō](http://en.wikipedia.org/wiki/Sumo) match |
| Dō itashimashite |  | どういたしまして |  | You're welcome ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/Sound%20files%20D/dou%20itashimashite.wav)) |
| [Dojang](http://en.wikipedia.org/wiki/Dojang) |  | 도장 |  | Training hall for [Korean martial arts](http://en.wikipedia.org/wiki/Korean_martial_arts) |
| [Dō jime](http://www.youtube.com/watch?v=_T5VGhDGShE) |  | 胴絞 |  | Body strangle or leg scissors; prohibited in [jūdō](http://en.wikipedia.org/wiki/Judo) but legal in [Brazilian jiu-jitsu](http://en.wikipedia.org/wiki/Brazilian_Jiu-Jitsu) |
| [Dōjō](http://en.wikipedia.org/wiki/Dojo) |  | 道場 |  | Place of the way ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/Sound%20files%20D/doujou.wav)) |
| Dōjō arashi |  | 道場嵐 |  | "Dōjō storming": visiting [dōjō](http://en.wikipedia.org/wiki/Dojo) to make challenges to fight; also *dōjō yaburi* |
| Dōjō cho |  | 道場長 |  | Director of a [dōjō](http://en.wikipedia.org/wiki/Dojo) |
| [Dōjō kun](http://www.iskf.com/dojokun.html) |  | 道場訓 |  | Rules of the [dōjō](http://en.wikipedia.org/wiki/Dojo) |
| Dōjō yaburi |  | 道場破リ |  | Storming another [dōjō](http://en.wikipedia.org/wiki/Dojo); lit "dōjō busting"; also *dōjō arashi* |
| [Dōka](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/douka/douka.html) |  | 道歌 |  | Poetry of the way |
| [Dōkan](http://everydaymind.wordpress.com/2009/03/11/dokan-) |  | 道環 |  | "The ring of the way"; repetition, constant practice |
| Dokko |  |  |  | [Atemi](http://en.wikipedia.org/wiki/Atemi) point in the hollow below the ears and behind the jaw; the mastoid process |
| [Dokko](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/dokko/dokko.html) |  | 独鈷 |  | Small hand weapon derived from the Indian [*vajra*](http://en.wikipedia.org/wiki/Vajra) primarily used against weak points |
| [Dokkōdō](http://en.wikipedia.org/wiki/Dokkōdō) |  | 独行道 |  | "The Path of Aloneness," short work written by [Miyamoto Musashi](http://en.wikipedia.org/wiki/Miyamoto_Musashi) a week before he died; also *Dokukōdō* |
| [Dokkogata shuriken Dokko shuriken](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/dokko%20shuriken/dokko%20shuriken.html) |  | 独鈷形手裏剣 独鈷手裏剣 |  | Small hand weapon resembling a [*dokko*](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/dokko/dokko.html), but thinner |
| Dokosen |  |  |  | [Kyūsho](http://en.wikipedia.org/wiki/Kyusho-jitsu), side of neck; also *shofu* |
| Dokukōdō |  | 独行道 |  | "The Path of Aloneness," short work written by [Miyamoto Musashi](http://en.wikipedia.org/wiki/Miyamoto_Musashi) a week before he died; also *Dokkōdō* |
| [Dokusan](http://www.joansutherland.net/Pages/Talks%20and%20Essays/dokusan.htm) |  | 獨參 |  | Private meeting between a [Zen](http://en.wikipedia.org/wiki/Zen) master and disciple |
| Dō kyaku |  | 動脚 |  | Moving leg |
| Dōkyō |  | 道教 |  | Japanese [Taoism](http://en.wikipedia.org/wiki/Taoism), lit "teachings of the way" |
| Dokyu |  |  |  | Japanese repeating crossbow |
| [Dometrich, William J.](http://www.chito-ryu.com/index2.html) |  |  |  | (1935 - ) American [Chito ryū](http://en.wikipedia.org/wiki/Zen) karateka, 8th dan |
| [Dōmo](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/Domo/domo.wav) |  | どうも |  | Many; much; informal phrase for "thank you" |
| Dōmo arigato gozaimashita |  | どうも有り難う ございました |  | Polite form of thanks, "Thank you very much" |
| Donga |  |  |  | Traditional stick fighting martial art practiced by the [Nguni tribe](http://en.wikipedia.org/wiki/Zen) in South Africa; also *Nguni stick fighting* |
| Donto hō |  | 呑吐息 |  | Breathing technique |
| [Do Pi](http://en.wikipedia.org/wiki/Do_Pi_Kung_Fu) |  | 道派 |  | "Style of the way," style of Southern [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| Dori |  | 取り |  | Grapple; grab; grasp; pull |
| Doryoku |  | 努力 |  | Effort ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/Sound%20files%20D/doryoku.wav)) |
| Dōsa |  | 動作 |  | Exercise; exercise; movements |
| Dōshin |  | 同心 |  | [Tokugawa period](http://en.wikipedia.org/wiki/Tokugawa_period) law enforcement official |
| Dōshu |  | 道守 |  | Keeper of the [way](http://www.fightingarts.com/reading/article.php?id=82), also *michi mori* |
| Dōshu |  | 道主 |  | Leader or master of the way |
| Dōtoku |  | 道徳 |  | Morality ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/Sound%20files%20D/doutoku.wav)) |
| Dō uchi |  | 胴打ち |  | Cut to the body, strike the trunk |
| Dōzo |  | どうぞ |  | Kindly; please; please go ahead ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/D/Sound%20files%20D/douzo.mp3)) |
| Dozukuri |  | 胴造り |  | "Setting the body," second of seven steps in shooting sequence ([kyudō](http://en.wikipedia.org/wiki/Kyudo)) |
| [Draeger, Donn](http://en.wikipedia.org/wiki/Donn_F._Draeger) |  |  |  | (1922 - 1982) American widely regarded as the foremost Western expert of Japanese fighting methods |
| [Drunken Monkey Kung Fu](http://en.wikipedia.org/wiki/Drunken_Monkey) |  |  |  | Style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| [Duan Quan](http://en.wikipedia.org/wiki/Duan_Quan) |  | 短拳 |  | Short range boxing, style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| Du mai |  | 督脈 |  | Governing vessel, one of the meridians in acupuncture/acupressure |

E

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| [Eagle Claw Style](http://en.wikipedia.org/wiki/Yingzhaoquan) |  | 鷹爪派 |  | Northern kung fu style; also *Ying Zhao Pai* or *Yingzhaoquan* |
| Ebi gaeshi |  | 蝦返し |  | "[Shrimping](http://www.youtube.com/watch?v=e5umBWsf_NA)," a countermeasure in groundfighting ([Brazilian jiu-jitsu](http://en.wikipedia.org/wiki/Brazilian_Jiu-Jitsu) and [jūdō](http://en.wikipedia.org/wiki/Judo)) |
| [Ebigeri](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/E/ebigeri.html) |  | 海老蹴り |  | Back kick with both hands on the floor or ground |
| [Ebi jime](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/E/ebi%20jime/ebi%20jime.html) |  | 蝦絞め |  | Shrimp choke; also *tsukkomi jime* |
| [Edo](http://en.wikipedia.org/wiki/Edo) |  | 江戸 |  | Ancient name for Tōkyō |
| [Edo jidai](http://en.wikipedia.org/wiki/Edo_period) |  | 江戸時代 |  | Edo period, the time of the [Tokugawa shogunate](http://en.wikipedia.org/wiki/Tokugawa_shogunate), 1600-1867 |
| [Edo period](http://en.wikipedia.org/wiki/Edo_period) |  | 江戸時代 |  | The time of the [Tokugawa shogunate](http://en.wikipedia.org/wiki/Tokugawa_shogunate), 1600-1867 |
| Eiki kujiki |  | 鋭気挫き |  | To break the opponent's spirit |
| Eimeiroku |  |  |  | Official recording of students in a school lineage |
| [Eishin ryū](http://en.wikipedia.org/wiki/Musō_Jikiden_Eishin-ryū) |  | 英信流 |  | [Battōjutsu](http://en.wikipedia.org/wiki/Battojutsu) [ryū](http://en.wikipedia.org/wiki/Ryū_(school)) founded c 1590 by Hayashizaki Jinsuke Minamoto no Shigenobu (1546 - 1621); also *Musō Jikiden Eishin-ryū* |
| Ekika |  | 腋窩 |  | Armpit |
| Ekikyō |  | 易経 |  | "The Book of Changes," classic Chinese text; in Chinese, [*I Ching*](http://en.wikipedia.org/wiki/I_ching) |
| [Eku](http://en.wikipedia.org/wiki/Eku) |  | 櫂 |  | Oar or paddle, [Kobudō](http://en.wikipedia.org/wiki/Okinawan_kobudō) weapon; also *ueku, kai, kai bo, ekudi* |
| [Ekudi](http://en.wikipedia.org/wiki/Eku) |  | 櫂 |  | Oar or paddle, [Kobudō](http://en.wikipedia.org/wiki/Okinawan_kobudō) weapon; also *ueku, kai, kai bo, eku* |
| [Embu](http://www.koryu.com/library/dskoss10.html) |  | 演武 |  | Martial arts demonstration; also *enbu* |
| Embujō |  | 演武場 |  | Place where martial arts demonstrations are held |
| [Embusen](http://en.wikipedia.org/wiki/Embusen) |  | 演武線 |  | Line of kata |
| [Emeiquan](http://en.wikipedia.org/wiki/Emeiquan) |  | 峨嵋拳 |  | Kung fu style: Fist of [Emei Mountain](http://en.wikipedia.org/wiki/Mount_Emei) |
| [Emmei ryū](http://wiki.samurai-archives.com/index.php?title=Emmei_Ryu) |  | 円明流 |  | [Kenjutsu](http://en.wikipedia.org/wiki/Ryū_(school)) ryū |
| E mokuroku |  | 絵目録 |  | Illustrated scroll |
| [Empi *or* enpi](http://en.wikipedia.org/wiki/Enpi_(elbow_strike)) |  | 猿臂 |  | Elbow, lit "monkey elbow"; note, outside of karate, 肘 *hiji* is the general term for elbow |
| [Empi](http://ca.youtube.com/watch?v=3cuRkVB-xwU) *or* enpi |  | 燕飛 |  | Karate kata, lit “Flying swallow” |
| Empi ate |  | 猿臂当て |  | Elbow strike |
| [Empi mae ate](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/E/empi%20mae%20ate/empi%20mae%20ate.html) |  | 猿臂前当て |  | Forward elbow strike |
| [Empi mawashi ate](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/E/empi%20mawashi%20ate/empi%20mawashi%20ate.html) |  | 猿臂回わし当て |  | Roundhouse elbow strike |
| [Empi shita ate](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/E/empishitaate.html) |  | 猿臂下当て |  | Downward elbow strike |
| Empi soto ate |  | 猿臂外当て |  | Sideways elbow strike; also *soto empi ate* |
| Empi uchi |  | 猿臂打ち |  | Elbow strike |
| [Empi uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chudan%20empi%20uke/chudan%20empi%20uke.html) |  | 猿臂受 |  | Elbow block |
| Empi waza |  | 猿臂技 |  | Elbow technique |
| En |  | 円 |  | Circle ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/E/Sound%20files%20E/en.wav)) |
| [Enbu](http://www.koryu.com/library/dskoss10.html) |  | 演武 |  | Martial arts demonstration; also *embu* |
| Enkyoku |  | 婉曲 |  | The winding way; indirect or roundabout path; circumlocution; euphemism |
| En no irimi |  | 円の入身 |  | Circular entry |
| [Enoeda Keinosuke](http://en.wikipedia.org/wiki/*Enoeda_Keinosuke) |  | 榎枝 慶之輔 |  | (1935-2003) [Shōtōkan](http://en.wikipedia.org/wiki/Shotokan) Karateka, nickname "The Tiger of Shōtōkan" |
| [Enoji dachi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/E/enojidachi.html) |  | えの字立 |  | Stance with back foot on the ball? |
| [Enryo](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/E/enryo/enryo.html) |  | 遠虜 |  | Exercise of restraint or deference; hesitation; to remain stoically reserved; having embraced death one no longer fears it; holding back ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/E/Sound%20files%20E/enryo.wav)) |
| Enshin |  | 遠心 |  | Centrifugal |
| [Enshin kaikan](http://en.wikipedia.org/wiki/Enshin) |  | 円心会館 |  | Style of full contact karate founded in 1988 by [Ninomiya Jōkō](http://en.wikipedia.org/wiki/Joko_Ninomiya) |
| Enshin ryoku |  | 遠心力 |  | Centrifugal force generated by a technique |
| Enshin ryū |  | 圆心流 |  | [Koryū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/E/Koryū) iaijutsu |
| Enshū |  | 演習 |  | Drill or exercise |
| [Ensō](http://en.wikipedia.org/wiki/Enso) |  | 円相 |  | Painted ink circle of [Zen](http://en.wikipedia.org/wiki/Zen); also *ichi ensō* |
| En undō |  | 円運動 |  | Circular movement |
| [Enzan no metsuke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/E/Enzan%20no%20metsuke/enzan%20no%20metsuke.html) |  | 遠山の目付け |  | Lit "Looking at the far mountain"; looking at your opponent to take in everything |
| Eri |  | 襟 |  | Collar or lapel ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/E/Sound%20files%20E/eri.wav)) |
| Eri dori |  | 襟取り |  | Grabbing the collar |
| Eri jime |  | 襟絞め |  | Strangulation using the lapel |
| Eri katsu |  | 襟活 |  | Resuscitation involving manipulations near the lapel |
| Eri katsu |  | 襟活 |  | Lapel method of [kappō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kappo.html) |
| Eri seoi nage |  | 襟背负投 |  | Lapel throw |
| Eri tori |  | 襟捕リ |  | Lapel grab |
| Eri dori waza |  | 襟取り技 |  | Defence against an opponent who grabs the collar or lapel |
| [Esho funi](http://www.sgilibrary.org/search_dict.php?id=1606) |  | 依正不二 |  | Non-duality of life and environment |
| Etsunen geiko |  | 越年稽古 |  | Traditional training to celebrate the [New Year](http://en.wikipedia.org/wiki/Japanese_new_year) |

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| [Fanziquan](http://en.wikipedia.org/wiki/Fanziquan) |  | 翻子拳 |  | "Tumbling Fist," style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| Fari Gadka |  |  |  | [South Asian martial art](http://en.wikipedia.org/wiki/Indian_martial_art) using a cane stick (Gadka) and a small leather shield (Fari). |
| [Feng Shou](http://en.wikipedia.org/wiki/Feng_Shou) |  | 風手 |  | [Internal kung fu](http://en.wikipedia.org/wiki/Internal_kung_fu) style: Hand of the Wind |
| [Fight Quest](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/F/Fight%20Quest/fight%20quest.html) |  |  |  | Martial arts documentary TV show that aired 2008-2009 on the [Discovery Channel](http://dsc.discovery.com/) |
| [Fists of the Five Ancestors](http://www.wuzuwhitecrane.com/about.htm) |  | 少林五祖拳 |  | Southern style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu); also *Ngo cho kun, Ngor chor kun, Wu zhu quan* |
| [Five Animals](http://en.wikipedia.org/wiki/Five_Animals) |  | 五形 |  | System or set of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) styles: [Tiger](http://en.wikipedia.org/wiki/Tiger_Kung_Fu), [Crane](http://en.wikipedia.org/wiki/Fujian_White_Crane_Kung_Fu), [Leopard](http://en.wikipedia.org/wiki/Leopard_Kung_Fu), [Snake](http://en.wikipedia.org/wiki/Snake_Kung_Fu) and [Dragon](http://en.wikipedia.org/wiki/Dragon_Kung_Fu) |
| [Forty-seven ronin](http://en.wikipedia.org/wiki/Forty-seven_Ronin) |  | 四十七士 |  | National legend of Japan, also known as the *Akō rōshi* ([Akō](http://en.wikipedia.org/wiki/Akō%2C_Hyōgo) Wandering [Samurai](http://en.wikipedia.org/wiki/Samurai)) 赤穂浪士 or the *Genroku akō jiken* (Genroku Akō Incident) 元禄赤穂事件. Fictionalized as *Chūshingura.* |
| [Freestyle wrestling](http://en.wikipedia.org/wiki/Freestyle_wrestling) |  |  |  | Style of Olympic amateur wrestling; cf [*Greco-Roman wrestling*](http://en.wikipedia.org/wiki/GRECO-ROMAN_WRESTLING) |
| [French boxing](http://en.wikipedia.org/wiki/Savate)  [French kickboxing  French footfighting](http://en.wikipedia.org/wiki/Savate) |  |  |  | French martial art; also *savate, la boxe française* |
| Fū |  | 風 |  | Wind; also *kaze* ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/F/Sound%20files/fuu.wav)) |
| Fuantei |  | 浮安定 |  | Instability or lack of balance ([jūdō](http://en.wikipedia.org/wiki/Judo)); also *kuzushi* |
| Fuboku |  |  |  | "Floating log" immobilization ([jūjutsu](http://en.wikipedia.org/wiki/Jujutsu)) |
| [Fude](http://living-in-japan.japan-hiways.com/20080327/japanese-fude-brush-pen/) |  | 筆 |  | Calligraphy brush ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/F/Sound%20files/fude.wav)); also *hitsu* |
| [Fudō](http://en.wikipedia.org/wiki/Fudo) |  | 不動 |  | Shingon [Mikkyō](http://en.wikipedia.org/wiki/Mikkyo) god not swayed by the external and therefore immoveable; also *Fudō myō-ō* or, in Sanskrit, *Acala* |
| [Fudō dachi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/F/Fudo%20dachi/fudo%20dachi.html) |  | 不動立 |  | Immovable or rooted stance |
| Fudōken |  | 不動拳 |  | Clenched fist; immovable fist |
| [Fudō Myō-ō](http://en.wikipedia.org/wiki/Fudo) |  | 不動明王 or 不動妙王 |  | Buddhist divinity of wisdom and fire; also *Fudō* |
| [Fudōshin](http://en.wikipedia.org/wiki/Fudoshin) |  | 不動心 |  | Immovable mind |
| Fudō shisei |  | 不動姿勢 |  | Position with feet together |
| [Fudōtai](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/F/fudo%20tai/fudo%20tai.html) |  | 不動体 |  | Immovable body |
| [Fueki ryūkō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/F/Fueki%20ryuko/fueki%20ryuko.html) |  | 不易 流行 |  | “Constancy and change,” haiku term: the enduring patterns in the ever-changing stream of nature. |
| [Fūga](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/F/Fuga/fuga.html) |  | 風雅 |  | Refined mode of living; refinement; *furyū* |
| [Fujian White Crane](http://en.wikipedia.org/wiki/Fujian_White_Crane) |  | 白鶴拳 |  | Style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu); also *Bai He Quan* |
| [Fu Jow Pai](http://en.wikipedia.org/wiki/Fu_Jow_Pai) |  | 虎爪派 |  | "Tiger Claw System," style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| Fukai |  |  |  | To hold strongly |
| Fuki bari jutsu |  |  |  | The art of launching needles from pipe |
| Fukkin |  | 腹筋 |  | Abdominal muscles |
| Fukkin undō |  | 腹筋運動 |  | Abdominal exercises |
| Fukko |  | 伏虎 |  | Kneeling |
| Fūko |  | 風虎 |  | Windy tiger |
| Fuku |  | 腹 |  | Abdomen or belly ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/F/Sound%20files/fuku.wav)); also *hara* |
| Fukubu |  | 腹部 |  | Abdomen |
| Fukumi bari |  | 含み針 |  | Needles or small arrows |
| Fukumi bari jutsu |  | 含針術 |  | The art of blown needles |
| Fukuno Shichirouemon Masakatsu |  | 福野七郎右衛門正勝 |  | Founder of [Ryoi Shintō Ryū](http://www.rsrjujutsu.com/index.php?option=com_content&task=view&id=12&Itemid=27) [koryū](http://www.koryu.com/) [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu), also called Fukuno Ryū |
| Fukurahagi |  | 脹ら脛 |  | Calf (of leg) |
| Fukuru shinai |  | 袋竹刀 |  | Training sword made of a split bamboo stick inside a leather or doeskin bag, lit "bag shinai" |
| Fuku shidoin |  | 副指導員 |  | Assistant instructor |
| Fukushiki kokyū |  | 腹式呼吸 |  | Abdominal breathing |
| Fukuto |  |  |  | [Atemi](http://en.wikipedia.org/wiki/Internal_kung_fu) point on the lower part of the leg |
| Fukyū |  | 普及 |  | Promotion, diffusion, spread |
| Fukyū gata |  | 普及型 |  | Promotional, basic forms; the kata series [Taikyoku](http://en.wikipedia.org/wiki/Taikyoku_shodan) and Gekisai in [Gōjū ryū](http://en.wikipedia.org/wiki/Gōjū-ryū) karate-dō |
| Fumi |  | 踏み |  | Step ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/F/Sound%20files/fumi.wav)) |
| Fumiashi |  | 踏み足 |  | Step with change of feet |
| Fumi dashi |  |  |  | An action involving one foot sliding forward |
| Fumi kiri |  | 踏み切り |  | Cutting kick |
| Fumi komi |  | 踏み込み |  | Stamp on the floor at the moment of a strike. |
| Fumi komi age uke |  | 踏み込み肋受け |  | Rising block stepping in ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Fumi komi shuto uke |  | 踏み込み手刀受け |  | Knife hand block stepping in ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Fumi komi geri |  | 踏み込み蹴り |  | Stamping kick |
| Fumi komu |  | 踏み込も |  | To invade or step inside the opponent's space |
| Fumi konde |  | 踏み込んで |  | With a step forward |
| Fumi uchi |  | 踏み打ち |  | Techniques executed while you step forward |
| Fumu |  | 踏む |  | To step or tread ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/F/Sound%20files/fumu.wav)) |
| [Funakoshi Gichin](http://en.wikipedia.org/wiki/Gichin_Funakoshi) |  | 船越 義珍 |  | (1868-1957) Founder of [Shōtōkan](http://en.wikipedia.org/wiki/Shotokan) karate |
| [Funakoshi Yoshitaka](http://en.wikipedia.org/wiki/Gigō_Funakoshi) |  | 船越 義豪 |  | (1906-1945) Third son of [Funakoshi Gichin](http://en.wikipedia.org/wiki/Gichin_Funakoshi), sometimes called Gigō |
| [Fundo gusari](http://en.wikipedia.org/wiki/Kusari-fundo) |  | 分銅鎖 |  | Japanese chain weapon with small weights on both ends; also *kusari fundo* |
| [Funi](http://www.sgilibrary.org/search_dict.php?id=1606) |  | 不二 |  | Non-duality: not one, not two |
| [Funkotsu saishin](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/F/funkotsu%20saishin/funkotsu%20saishin.html) |  | 粉骨砕身 |  | To put in all your energy |
| [Funpon shugi](http://www.aisf.or.jp/~jaanus/deta/e/edehon.htm) |  | 粉本主義 |  | The principle that copying a model was the fundamental way to learn, especially in calligraphy or painting. |
| Funsen |  | 奮戦 |  | Battle bravely; hard fighting |
| Fūrabo |  |  |  | A person that roams about unattached, like a cloth swept by the wind |
| Furi |  | 振 |  | To swing ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/F/Sound%20files/furi.wav)) |
| Furibo |  |  |  | Four-foot Japanese club covered with iron; heavy training club used in [Jikishinkage ryū](http://en.wikipedia.org/wiki/Kashima_Shinden_Jikishinkage-ryū) to develop proper technique and stamina |
| Furiken uchi |  | 振拳打ち |  | Roundhouse strike |
| Furi kosa barai |  | 振交差払い |  | Circular cross sweep as in the karate kata [Nijushiho](http://ca.youtube.com/watch?v=cGV2aOPTC-w) ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Furimi |  | 振り身 |  | Dodging techniques |
| [Fū Rin Ka Zan](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/F/Fu%20rin%20ka%20zan/fu%20rin%20ka%20zan.html) |  | 風林火山 |  | Wind, forest, fire, mountain: motto of the [Takeda](http://en.wikipedia.org/wiki/Takeda_clan) clan |
| Furi oroshi uchi |  | 振り下ろし打ち |  | Downward swinging strike |
| Furisute |  | 振り捨て |  | Swing, shake; discard, throw away |
| Furi uchi |  | 振り打ち |  | Swing strike ([Gōjū ryū](http://en.wikipedia.org/wiki/Gōjū-ryū)) or hook strike |
| Furi zuki |  | 振突き |  | Flat punch; circular punch |
| Fūrushiki |  | 風呂敷 |  | A cloth traditionally used to store and carry robes |
| [Fūryū](http://www.michionline.org/resources/Glossary/F/furyu.html) |  | 風流 |  | Wordless ephemeral beauty that can only be experienced in the moment, for in the next instant, it will disappear ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/F/Sound%20files/fuuryuu.wav)) |
| Fusatsuken |  | 不殺剣 |  | Throwing knife or star; also [*shuriken*](http://en.wikipedia.org/wiki/Shuriken), *anken, byō, daken, gekiken, onken, sanbukaken, shaken* or *tōken* |
| Fusei no shisei |  |  |  | Going to ground position |
| Fushi |  | 節 |  | Knuckle or joint ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/F/Sound%20files/fushi.wav)) |
| Fuson |  | 不遜 |  | Disrespect, arrogance, insolence |
| Futaijikō |  | 付帯事項 |  | Supplementary item |
| Futa kokyu ippuku |  |  |  | Breathe in and out twice, then breathe in once and start waza |
| Futari geiko |  | 二人稽古 |  | Two person drill |
| [Futanren](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/F/Futanren/futanren.html) |  | 不鍛練 |  | Inadequate training |
| [Fut Gar](http://en.wikipedia.org/wiki/Fut_Gar) |  | 佛家 |  | "Buddha palm," Southern style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| Futomomo |  | 太腿 |  | [Quadriceps](http://en.wikipedia.org/wiki/Quadriceps), thigh; also *momo, daitai* |
| Futsu geiko |  |  |  | Form of practice in which practitioners of all levels alternate repeating techniques shown by the sensei |
| Futsu no mitama no tsurugi |  |  |  | Divine sword of Japanese mythology, possessed by the gods Takemikazuchi no mikoto and Futsunishi no mikoto |
| Fūzei |  | 風情 |  | Artistic feelings, sensibilities and outlooks; taste, elegance, appearances ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/F/Sound%20files/fuzei.wav)) |
| [Fuzhou](http://en.wikipedia.org/wiki/Fuzhou) |  | 福州 |  | City in [Fujian/Fukien province](http://en.wikipedia.org/wiki/Fujian), China; also *Foochow, Fushow, Fuh-Chau* |

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| Gaiden |  | 外傳 |  | Lit "outside teaching," techniques or knowledge developed outside of the vision of the founder of the [ryū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/ryu/ryu.html) |
| [Gaijin](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/gaijin/gaijin.html) |  | 外人 |  | Foreigner ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/Sound%20files/gaijin.wav)) |
| Gai shaku taku |  | 外尺沢 |  | Back of the wrist |
| [Gaiwan](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/wan/wan.html) |  | 外腕 |  | Forearm; outer arm |
| Gakuga |  | 楽画 |  | Talents which can be taught or those produced by diligent training |
| [Gama Sennin](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/Gama/Gama.html) |  | 蝦蟇仙人 |  | "Toad Immortal," one of the legendary [sennin](http://en.wikipedia.org/wiki/Xian_(Daoist)), usually depicted as a white three-legged toad. |
| [Gamae](http://en.wikipedia.org/wiki/Kamae) |  | 構え |  | Battle stance; posture (combination form) |
| Gaman |  | 我慢 |  | Patience, endurance, perseverance, tolerance, self-control, self-denial |
| [Gambatte](http://karatejutsu.blogspot.com/2006/05/guest-post-ganbaru.html) |  | 頑張って |  | "Hold out"; "persevere"; "do your best"; "good luck"; also *ganbatte* |
| Gan |  | 眼 |  | Eye or eyeball ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/Sound%20files/gan.wav)) |
| Gan |  | 顔 |  | Face, look or countenance ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/Sound%20files/gan.wav)) |
| [Ganbaru](http://karatejutsu.blogspot.com/2006/05/guest-post-ganbaru.html) |  | 頑張る |  | Exhortation to stand firm, hang in there, try harder, bear up |
| [Ganbatte](http://karatejutsu.blogspot.com/2006/05/guest-post-ganbaru.html) |  | 頑張って |  | Exhortation to hold out, persevere, do your best; also *gambatte* |
| Ganchu |  |  |  | Atemi point between the fifth and sixth rib |
| Ganka |  | 眼窩 |  | Eye socket |
| [Gankaku](http://www.arts.ualberta.ca/~aoki/Karate-do/Kata/Chinto/chinto.html) |  | 岩鶴 |  | [Shōtōkan](http://en.wikipedia.org/wiki/Shotokan) karate kata, lit. “Crane on a rock.”. |
| Gankaku dachi |  | 岩鶴立 |  | Crane on a rock stance; also, *tsuru dachi* |
| Gankō |  | 眼孔 |  | Eye socket |
| Gankyū |  | 眼球 |  | Eyeball |
| Ganmen |  | 顔面 |  | Face |
| Ganmen geri |  | 顔面蹴り |  | Kick to the face |
| Ganmen shutō |  | 顔面小刀 |  | Face knife hand |
| Ganriki |  | 眼力 |  | Sharp, penetrating gaze at an opponent that discerns his/her intentions and can be used to dominate or control him/her; one of two types of [*metsuke*](http://www.geocities.com/westsidekendo/training/metsuke.htm) in [Daito ryū](http://www.daito-ryu.org/); insight; power of observation |
| Ganshiki |  | 眼識 |  | Insight, discernment, penetration |
| Gan soku tan riki |  | 眼足胆力 |  | Four key elements of [kendō](http://en.wikipedia.org/wiki/Kendo): sight, footwork, courage and power |
| Garami |  | 絡み |  | Lock, grappling technique (combination form) |
| Garyōtensei |  | 画竜点睛 |  | Lit "painting the eyes on the dragon"; finishing touches |
| Gasshuku |  | 合宿 |  | Training camp ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/Sound%20files/gasshuku.wav)) |
| [Gasshō no kamae](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/gassho%20rei/gassho%20rei.html) |  | 合掌の構え |  | Prayer posture, with palms held together |
| [Gasshō rei](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/gassho%20rei/gassho%20rei.html) |  | 合掌礼 |  | Formal bow with hands held together |
| Gatame |  | 固め |  | Locking or holding (combination form) |
| [Gatkā](http://en.wikipedia.org/wiki/Gatka) |  | ਗਤਕ (Punjabi) |  | Punjabi martial art |
| Gawa |  | 側 |  | Side (combination form) |
| Gedan |  | 下段 |  | Lower |
| [Gedan awase teishō uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/gedan%20awase%20teisho%20uke/gedan%20awase%20teisho%20uke.html) |  | 下段合せ底掌受 |  | Lower combined palm heel block ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| [Gedan barai](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/gedan%20barai/gedan%20barai.html) |  | 下段払い |  | Lower sweep; lower block |
| Gedan choku zuki |  | 下段直突き |  | Lower straight punch; straight punch to the groin |
| [Gedan haiwan uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/gedan%20haiwan%20uke/gedan%20haiwan%20uke.html) |  | 下段背腕受 |  | Lower back arm block |
| [Gedan jūji uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/gedan%20juji%20uke/gedan%20juji%20uke.html) |  | 下段十字受 |  | Lower cross block |
| Gedan kake uke |  | 下段掛受け |  | Downward hooking block ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Gedan kekomi |  | 下段蹴込み |  | Thrust kick to groin ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| [Gedan kote uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/gedan%20kote%20uke/gedan%20kote%20uke.html) |  | 下段小手受 |  | Lower forearm block ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Gedan ni oshidasu |  | 下段に押出す |  | Downward thrust |
| Gedan no kamae |  | 下段之構 |  | Low posture |
| Gedan oshidashi |  | 下段押し出し |  | Lower level thrust |
| [Gedan seiryūtō uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/gedan%20seiryuto%20uke/gedan%20seiryuto%20uke.html) |  | 下段青竜刀受 |  | Lower ox jaw hand block ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Gedan shutō osae |  | 下段手刀腕受け |  | Lower level knife hand press, as in the [Shōtōkan](http://en.wikipedia.org/wiki/Shotokan) karate kata [Gojushiho Dai](http://ca.youtube.com/watch?v=KIkw5Se8UbU) |
| Gedan soto uke |  | 下段外受け |  | Lower outside block, from inside to outside |
| [Gedan sukui uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/gedan%20sukui%20uke/gedan%20sukui%20uke.html) |  | 下段掬受け |  | Lower scooping block ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| [Gedan teisoku osae uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/gedan%20teisoku%20osae%20uke/gedan%20teisoku%20osae%20uke.html) |  | 下段低足押え受け |  | Lower level sole of the foot pressing block |
| Gedan zuki |  | 下段突き |  | Lower level punch, especially to the groin |
| Gedan uchi barai |  | 下段内払い |  | Lower inside pushing block, from outside to inside |
| Gedan uchi komi |  | 下段内込 |  | Lower level strike |
| Gedan uke |  | 下段受け |  | Lower level block |
| Gedan zuki |  | 下段突 |  | Lower level punch |
| Geidō |  | 芸道 or 藝道 |  | The way of art |
| Geijutsu |  | 芸術 |  | Art ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/Sound%20files/geijutsu.wav)) |
| Geijutsuka |  | 芸術家 |  | Artist ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/Sound%20files/geijutsuka.wav)) |
| Geki |  | 撃 |  | Beat, attack, conquer; fire, shoot, charge, rush ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/Sound%20files/geki.wav)) |
| Gekigan |  |  |  | Japanese flail weapon, ball and chain |
| Gekiken |  | 撃剣 |  | Fencing, [kendō](http://en.wikipedia.org/wiki/Kendo), also *gekken*; throwing star, also [*shuriken*](http://en.wikipedia.org/wiki/Shuriken), *anken,* *byō, daken, fusatsuken, gekiken, onken, sanbukaken, shaken* or *tōken* |
| Gekiken kōgyō |  | 撃剣興行 |  | Public demonstrations of martial arts |
| Gekisai |  | 撃砕 |  | Kata series ([Gōjū ryū](http://en.wikipedia.org/wiki/Gōjū-ryū)) |
| Gekken |  | 撃剣 |  | Old name for [kendō](http://en.wikipedia.org/wiki/Kendo) or [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu); also *gekiken* |
| Gekon |  |  |  | Atemi point just below the lower lip |
| [Genbukan](http://en.wikipedia.org/wiki/Genbukan) |  | 玄武館 |  | Modern Japanese fighting system, founded 1984 by Tanemura Shoto |
| [Gendai budō](http://en.wikipedia.org/wiki/Gendai_budo) |  | 現代武道 |  | Modern martial way |
| Gendo ittchi |  | 言動一致 |  | Concurrent practice of actions and words |
| Genki desu ka |  | 元気ですか |  | "How are you?" ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/Sound%20files/genkidesuka.wav)) |
| Genkotsu |  | 拳骨 |  | Fist |
| Genkotsu |  |  |  | Attacking vital points |
| Genri |  | 原理 |  | Principle, theory or fundamental truth |
| [Gensei ryū](http://www.genseiryu.jp/eng/e-karatedo/e-karatedo1.html) |  | 玄制流 |  | Karate style developed by Seiken Shukumine (1925-2001); lit "to control the universe" or "to pursue the deep truth and mke it clear through form" |
| Genshi |  |  |  | To be in tune with the attack, so that the next move can be predicted |
| Geri |  | 蹴り |  | Kick, when used in combination with others, e.g. *maegeri* 前蹴 |
| Gi |  | 技 |  | Technique, skill, craft ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/Sound%20files/gi.wav)) |
| Gi |  | 義 |  | Right conduct or righteousness ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/Sound%20files/gi.wav)) |
| Gima Shinken |  | 儀間真謹 |  | (1896 -1989) Okinawan karateka |
| Gimu |  | 義務 |  | Duty; responsibility ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/Sound%20files/gimu.wav)) |
| [Giri](http://en.wikipedia.org/wiki/Giri_(Japanese)) |  | 義理 |  | Duty or obligation |
| Giwa dan |  | 義和団 |  | The Boxers of the [Boxer Rebellion](http://en.wikipedia.org/wiki/Boxer_rebellion) |
| Glasgow kiss |  |  |  | Scottish slang for a [headbutt](http://en.wikipedia.org/wiki/Headbutt) |
| Go |  | 五 |  | Five ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/Sound%20files/go.wav)) |
| [Go](http://www.daytongo.net/Artgo.html) |  | 碁 |  | Ancient Japanese board strategy game ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/Sound%20files/go.wav)) |
| Go |  | 後 |  | The condition of being behind the opponent with respect to time and space ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/Sound%20files/go.wav)) |
| [Godai](http://en.wikipedia.org/wiki/Five_elements_(Japanese_philosophy)) |  | 五大 |  | Lit 'big five"; Indian five elements: earth, water, fire, wind and void |
| [Go dō shin](http://shitokai.com/go-do-shin.php) |  | 五道心 |  | Five ways of the spirit ([Shitō ryū](http://en.wikipedia.org/wiki/Shito_ryu)) |
| [Gogyō](http://en.wikipedia.org/wiki/Five_elements_(Japanese_philosophy)) |  | 五行 |  | Theory of the Chinese five elements: wood, fire, earth, metal and water; also *Gogyō setsu* |
| [Gogyō setsu](http://en.wikipedia.org/wiki/Five_elements_(Japanese_philosophy)) |  | 五行说 |  | Theory of the five elements; also *Gogyō* |
| [Gōhō](http://www.shorinji.co.uk/kempo/goho.html) |  | 剛法 |  | "Hard method"; in [Shorinji Kemp](http://www.shorinjikempo.or.jp/wsko/wh-shorinji/index.html)[ō](http://www.shorinji.co.uk/kempo/goho.html), strikes and techniques closely related to strikes like blocks, the complement of [jūhō](http://www.shorinji.co.uk/kempo/juho.html), which is comprised of throw, locks, pins and related techniques |
| Gohon kumite |  | 五本組手 |  | Five step sparring |
| [Gōjū ryū](http://en.wikipedia.org/wiki/Gōjū-ryū) |  | 剛柔流 |  | “Hard soft style,” one of five main Japanese karate dō ryū, founded by [Miyagi Chōjun](http://en.wikipedia.org/wiki/Chojun_miyagi) |
| [Gojushiho Dai](http://ca.youtube.com/watch?v=KIkw5Se8UbU) |  | 五十四歩大 |  | Karate kata, lit “Fifty-four steps, major" ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| [Gojushiho Sho](http://ca.youtube.com/watch?v=ggSdKBcMSBQ) |  | 五十四歩小 |  | Karate kata, lit “Fifty-four steps, minor" ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Gokaku geiko |  | 互角稽古 |  | Practice between people of equal skill |
| Gokenki |  | 吳賢貴 |  | Chinese expert in [White Crane](http://en.wikipedia.org/wiki/Fujian_White_Crane), a tea merchant who lived in Naha and taught [Miyagi Chōjun](http://en.wikipedia.org/wiki/Chojun_miyagi) |
| Gōki |  | 剛気 |  | Fortitude, bravery, stoutheartedness |
| Gokoku |  |  |  | Resuscitation point between the thumb and index finger |
| Gokui |  | 極意 |  | The essence or core of things, secrets, esoterica, arcana; the way to go to acquire ultimate skills or techniques; in [Yagyū Shinkage ryū](http://en.wikipedia.org/wiki/Yagyu_shinkage_ryu), one of the okugi techniques |
| Go kurosama deshita |  | 御苦労様でした |  | "I appreciate your efforts," "It was a great hardship" |
| Gomen nasai |  | 御免なさい |  | "Pardon me" or "Excuse me" |
| [Gomokuroku](http://www.judoinfo.com/ranks.htm) |  | 後目録 |  | "Afterwards register," upper middle grade in menkyo rank system |
| Gomuyumi |  | ゴム弓 |  | Lit "rubber bow"; practice bow in [kyūdō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/Shōtōkan) |
| Go no sen |  | 後の先 |  | Delayed advantage: active waiting; "waiting for the kill" |
| Gorei |  | 号令 |  | Command; count for repeated techniques |
| [Go Rin no Sho](http://en.wikipedia.org/wiki/Book_of_five_rings) |  | 輪書 |  | *Book of Five Rings*, written by [Musashi Miyamoto](http://en.wikipedia.org/wiki/Miyamoto_Musashi) |
| Goshaku bō |  | 五尺棒 |  | Five-foot [bō](http://en.wikipedia.org/wiki/Bō) |
| Gōshi |  | 郷士 |  | Farmer warriors; warriors who held and worked the land |
| Goshin |  | 護身 |  | Self defense |
| Goshin jutsu |  | 護身術 |  | Art of self defense ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/Sound%20files/goshinjutsu.wav)) |
| [Goshū gogaku](http://shitokai.com/goshu-gokaku.php) |  | 五習五学 |  | Five practices of learning, conceived by [Mabuni Kenwa](http://shitokai.com/shitoryu.php) ([Shitō ryū](http://en.wikipedia.org/wiki/Shito_ryu)) |
| [Gosoku ryū](http://www.ikakarate.com/gosokuryu/gosokuryu.html) |  | 剛速流 |  | Karate [ryū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/ryu/ryu.html) founded by [Kubota Takayuki](http://www.doshinmartialarts.com/kubota.html) |
| [Gouquan](http://en.wikipedia.org/wiki/Dog_Kung_Fu) |  | 狗拳 |  | Southern style of kung fu: Dog Fist |
| [Gracie, Royce](http://en.wikipedia.org/wiki/Royce_Gracie) |  |  |  | (1966 - ) Brazilian [MMA](http://en.wikipedia.org/wiki/Mixed_martial_arts) fighter |
| [Greco-Roman wrestling](http://en.wikipedia.org/wiki/Greco-Roman_wrestling) |  |  |  | Style of Olympic amateur wrestling that prohibits attacks to legs; cf [freestyle wrestling](http://en.wikipedia.org/wiki/Free_style_wrestling) |
| Gu |  | 具 |  | Tool ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/Sound%20files/gu.wav)) |
| Guai shoko |  |  |  | [Atemi](http://en.wikipedia.org/wiki/Atemi) point on the back of the fist |
| [Guandao](http://en.wikipedia.org/wiki/Guandao) |  | 关刀 |  | Chinese [halberd](http://en.wikipedia.org/wiki/Halberd); also *kwandao*, *yan yue dao* 偃月刀, *hun qiu da dao* 春秋大刀 |
| Gunbaisha |  | 軍配者 |  | Practitioner of battlefield divination |
| Gunpo |  | 軍法 |  | Law of war |
| Gunryaku tenmon chimon |  | 軍略天門地門 |  | Battlefield strategy using weather and terrain |
| Gusukama |  |  |  | Okinawan karateka and sensei to [Itosu Ankō](http://en.wikipedia.org/wiki/Ankō_Itosu) |
| [Gusukama Shinpan](http://www.karateblogger.com/stari/articles/shinpan_gusukuma.htm) |  |  |  | (1890 - 1954) Okinawan karateka and student of [Itosu Ankō](http://en.wikipedia.org/wiki/Ankō_Itosu) |
| Gutal |  |  |  | Leather boots worn in [Mongolian wrestling](http://en.wikipedia.org/wiki/Mongolian_wrestling) |
| Gyaku |  | 逆 |  | Reverse; opposite ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/Sound%20files/gyaku.wav)) |
| Gyaku age uke |  | 逆肋受け |  | Reverse rising block (rising block executed with arm opposite to forward leg) |
| Gyaku ashi |  | 逆足 |  | Reverse foot |
| Gyaku hanmi |  | 逆半身 |  | Reverse half-facing position |
| Gyaku jūjijime |  | 逆十字締め |  | Reverse cross choke |
| [Gyaku mawashi geri](http://www.youtube.com/watch?v=eAays0zNXfA) |  | 逆回し蹴り |  | Reverse roundhouse kick |
| [Gyaku nekoashi dachi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/GYAKU%20NEKOASHI-DACHI) |  | 逆猫足立 |  | Reverse cat stance (rear heel is up and front heel in down) |
| Gyaku te |  | 逆手 |  | Underhand, backhand or reverse grip; unexpected twist |
| Gyaku te dori |  | 逆手取り |  | Reverse hand grab, as in the karate kata [Gankaku](http://ca.youtube.com/watch?v=-7IxomweIx8) ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| [Gyakuzuki](http://ca.youtube.com/watch?v=ZmOAfYK9lPw) |  | 逆突き |  | Reverse punch |
| [Gyakuzuki dachi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/gyakuzuki%20dachi/gyakuzuki%20dachi.html) |  | 逆突き立 |  | In [Wadō ryū](http://en.wikipedia.org/wiki/Wado_ryu), a version of zenkutsu dachi in which the front foot is turned in slightly. |
| Gyakuzuki tsukkomi |  | 逆突突込 |  | Reverse leaning punch |
| Gyakuzuki tsukkomi dachi |  | 逆突突込立ち |  | Reverse leaning punch stance |
| [Gyōji](http://en.wikipedia.org/wiki/Gyōji) |  | 行司 |  | [Sumō](http://en.wikipedia.org/wiki/Sumo) referee |
| [Gyoza](http://en.wikipedia.org/wiki/Cauliflower_ear) |  | 餃子 |  | Dumpling; Japanese slang for a [cauliflower ear](http://en.wikipedia.org/wiki/Cauliflower_ear) |

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| --- | --- | --- | --- | --- |
| Habiki |  | 刃引 |  | Bated sword; metal-bladed sword, sharp or bated |
| [Hachi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/hachi/hachi.html) |  | 八 |  | Eight ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/hachi.wav)); eight is a special number in Japanese martial arts, with connotations of infinity |
| [Hachiji dachi](http://en.wikipedia.org/wiki/Hachiji_dachi) |  | 八字立 |  | Stance with feet set like the [kanji](http://en.wikipedia.org/wiki/Kanji) for eight, 八; also *shizentai*, "natural stance" |
| [Hachimaki](http://en.wikipedia.org/wiki/Hachimaki) |  | 鉢巻 |  | Japanese head wrap or head scarf worn as a symbol of perseverance or effort |
| [Hachimon](http://www.arts.ualberta.ca/~aoki/Karate-do/Kata/Hachimon/hachimon.html) |  | 八門 |  | "Eight gates," karate kata ([Japan Karate Shōtōrenmei](http://www.jks-americas.com/)) |
| [Hachiwari](http://www.e-budokai.com/collection/hachiwari.htm) |  | 鉢割 |  | Helmet splitter, [samurai](http://en.wikipedia.org/wiki/Samurai) weapon; also *kabutowari* |
| [Hacho](http://www.slideshare.net/praeness/asymmetry-in-japanese-art) |  | 破調? |  | Asymmetrical balance; intentional unevenness; broken rhythm |
| Hada |  | 肌 |  | Skin ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/hada.wav)) |
| Hadashi |  | 肌足 |  | Barefoot |
| [Hade](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kebakebashii/kebakebashii.html) |  | 派手 |  | Too loud or garish, gaudy or showy ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/hade.wav)) |
| Hade |  | 羽手 |  | Attacking vital points unarmed, another name for [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu) |
| [Hagaijime](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/hagaijime/hagaijme.html) |  | 羽交い締め |  | Restraining technique similar to a [full nelson](http://en.wikipedia.org/wiki/Full_nelson#Full_nelson); pinioning; binding arms behind back |
| [Hagakure](http://en.wikipedia.org/wiki/Hagakure) |  | 叶隠 |  | *In the Shadow of Leaves*, guidebook for [samurai](http://en.wikipedia.org/wiki/Samurai) by [Yamamoto Tsunetomo](http://en.wikipedia.org/wiki/Yamamoto_Tsunetomo) |
| Hai |  | はい |  | Yes ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/hai.wav)) |
| Haibu |  | 背部 |  | Back, back area, back rib area (a primary target in sport karate) |
| Haibu yori |  | 背部より |  | From behind |
| [Haishu](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/haishu/haishu.html) |  | 背手 |  | Back hand |
| [Haishu awase uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/haishu%20awase%20uke/haishu%20awase%20uke.html) |  | 背手合せ受 |  | Backhand combined block, the opening block in the karatedō kata [Gankaku](http://ca.youtube.com/watch?v=-7IxomweIx8) ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)), known in other karatedō [ryū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/ryu/ryu.html) as *Chinto*; also *ryō shō jōdan sokumen awase uke*. |
| [Haishu jūji uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/haishu%20juji%20uke/haishu%20juji%20uke.html) |  | 背手十字受 |  | Backhand cross block ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)); also *jūji uke* |
| [Haishu uchi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/haishu/haishu.html) |  | 背手打ち |  | Strike with back of hand |
| [Haishu uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/haishu%20uke/haishu%20uke.html) |  | 背手受け |  | Block with back of hand, as in the opening move of [Heian Yondan](http://ca.youtube.com/watch?v=HrAiTCcatbY) ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| [Haisoku](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/haisoku/haisoku.html) |  | 背足 |  | Instep, literally, "reverse foot" |
| [Haitō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/haito.html) |  | 背刀 |  | “Back sword”; ridge hand or inner knife hand |
| [Haitōrei](http://en.wikipedia.org/wiki/Haitorei_edict) |  | 廃刀令 |  | [Meiji government](http://en.wikipedia.org/wiki/Meiji_government) edict banning the wearing of swords in public |
| [Haitō uchi](http://en.wikipedia.org/wiki/Haitōrei_Edict) |  | 背刀打ち |  | Ridge hand strike |
| [Haitō uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/haito%20uke/haito%20uke.html) |  | 背刀受け |  | Ridge hand block |
| [Haiwan](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/wan/wan.html) |  | 背腕 |  | Back arm |
| [Haiwan nagashi uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/haiwan%20nagashi%20uke/haiwan%20nagashi%20uke.html) |  | 背腕流し受 |  | Back arm sweeping block ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| [Haiwan sokumen jōdan yoko uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/haiwan%20uke/haiwan%20uke.html) |  | 背腕側面上段横受 |  | Upper level block to side with back arm, as in left arm block in opening of [Heian Nidan](http://ca.youtube.com/watch?v=VApwsBSx7mg) ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| [Haiwan uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/haiwan%20uke/haiwan%20uke.html) |  | 背腕受け |  | Back arm block |
| Hajiki uke |  | 弾き受け |  | Rising block, as in the karate kata Seichin ([Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu)) |
| Hajime |  | 始め |  | Begin ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/hajime.wav)) |
| Hajime kara |  | 初めから |  | From the beginning |
| [Hakama](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/hakama/hakama.html) |  | 袴 |  | Divided skirt ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/hakama.wav)) |
| [Hakkaku bō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/bou/bou.html) |  | 八角棒 |  | Octagonal [bō](http://en.wikipedia.org/wiki/Bō) |
| Hakkeyoi |  | はっけよい |  | “Keep at it”; "Get moving!", called out by the [gyōji](http://en.wikipedia.org/wiki/Gyōji) (referee) to commence a [sumō](http://en.wikipedia.org/wiki/Sumo) match |
| [Hakkō ryū](http://en.wikipedia.org/wiki/Hakkō-ryū) |  | 八光流 |  | Gendai [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu), related to [Daitō ryū](http://en.wikipedia.org/wiki/Daito-ryu), founded 1938 by Okuyama Ryuho (1901-1987) |
| [Haku Chō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/haku%20chou/haku%20chou.html) |  | 白鳥 |  | "White bird," karatedō kata |
| Hakuda |  | 白打 |  | Unarmed close combat techniques; lit "white strike"; atemi; striking vital points; Okinawan name for [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| Hakude |  | 白手 |  | Another name for [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu) |
| Hakujin |  | 白人 |  | Caucasian ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/hakujin.wav)) |
| Hakutsuru |  | 白鶴 |  | [White crane](http://en.wikipedia.org/wiki/Fujian_White_Crane); karatedō kata ([Shōrin ryū](http://en.wikipedia.org/wiki/Shorin_ryu)) |
| Halh |  |  |  | A type of [Mongolian wrestling](http://en.wikipedia.org/wiki/Mongolian_wrestling) that requires grabbing the opponent's legs |
| Hamon |  | 破門 |  | Formal expulsion from a [ryū](http://en.wikipedia.org/wiki/Ryu) |
| Han |  | 半 |  | Half ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/han.wav)) |
| Hana |  | 花 |  | Flower; also *ka* ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/hana.wav)) |
| Hana |  | 鼻 |  | Nose; also *bi* ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/hana%20(nose).wav)) |
| Hana ji tome |  | 鼻血止 |  | Nosebleed stop; method of [kappō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kappo.html) |
| Hanare |  | 離れ |  | The release of an arrow in [kyūdō](http://en.wikipedia.org/wiki/Kyudo); the metaphor of release in its own or proper time |
| [Hanashiro Chomo](http://www.fightingarts.com/reading/article.php?id=100) |  |  |  | (1869 -1945) Okinawan karateka, student of [Itosu Ankō](http://en.wikipedia.org/wiki/Ankō_Itosu) |
| Han bai |  |  |  | [Vietnamese martial art](http://en.wikipedia.org/wiki/Vietnamese_martial_arts) |
| [Hanbō](http://en.wikipedia.org/wiki/Hanbo) |  | 三棒 |  | Short staff, usually about three *shaku* |
| [Hane goshi](http://www.youtube.com/watch?v=TTLgAT_uEis&NR=1) |  | 跳腰 |  | Springing hip throw ([Kōdōkan jūdō](http://en.wikipedia.org/wiki/Judo)) |
| Hangeki |  | 反撃 |  | Counterattack |
| [Hangetsu](http://www.youtube.com/watch?v=2ebJlhR6Tns) |  | 半月 |  | “Half-moon,” karate kata ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| [Hangetsu dachi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/hangetsu%20dachi/hangetsu%20dachi.html) |  | 半月立 |  | Half-moon stance |
| [Hanka fuza](http://www.aisf.or.jp/~jaanus/deta/h/hankafuza.htm) |  | 半跏趺坐 |  | Half-lotus sitting position; also *hanka* 半跏, *hankaza* 半跏坐, *hanfuza* 半趺坐, *daibosatsuza* 大菩薩坐, and *bosatsuza* 菩薩坐 |
| Han kōkutsu dachi |  | 半後屈立 |  | "Half back stance," shortened and raised *kōkutsu dachi* |
| [Hanmi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/hanmi/hanmi.html) |  | 半身 |  | Half-facing: hips and head facing to the front, but the torso slightly rotated |
| Hanmi handachi |  | 半身半立 |  | Half-standing stance; technique executed with defender seated and attacher standing ([aikidō](http://en.wikipedia.org/wiki/Aikido)) |
| [Hanmi no nekoashi dachi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/nekoashi%20dachi/nekoashi%20dachi.html) |  | 半身の猫足立 |  | Half-facing cat stance |
| [Hansei](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Hansei/hansei.html) |  | 反省 |  | Self-reflection |
| Hansha undō |  | 反射運動 |  | Reflex action |
| Hansha sayō |  | 反射作用 |  | Reflex action |
| Hanshaku bō |  | 半尺棒 |  | Six-inch stick; also *te no uchi*, *yawara*, *shoshinbō* and *kobuton* |
| [Hanshi](http://shitokai.com/shogo.php) |  | 範士 |  | Teaching distinction above both *renshi* and *kyōshi*; also, *shihan* 師範. |
| Hantai |  | 反対 |  | Opposed |
| Hanten |  | 半転 |  | Half turn |
| Hanza handachi |  | 半座半立 |  | Person sittng versus person standing |
| Han zenkutsudachi |  | 半前屈立 |  | Short front stance; also *sho zenkutsu dachi*, sometimes *moto dachi* |
| [Hapkido](http://en.wikipedia.org/wiki/Hapkido) |  | 合氣道 (Japanese)  합기도 (Korean) |  | [Korean martial art](http://en.wikipedia.org/wiki/Internal_kung_fu) that uses strikes, kicks, throws and joint locks |
| Happaken |  | 八葉拳 |  | Double open-handed strike |
| Happō |  | 八方 |  | Eight directions |
| [Happō giri](http://en.wikipedia.org/wiki/Happo-giri) |  | 八方切り |  | Eight fundamental cuts |
| [Happō kumite](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/happo%20kumite/happo%20kumite.html) |  | 八方組手 |  | Defense against eight opponents in a circle |
| [Happō no kuzushi](http://www.fightingarts.com/reading/article.php?id=140) |  | 八方の崩し |  | Destroying an opponent's balance ([kuzushi](http://www.judoinfo.com/kuzushi.htm)) in any of eight directions |
| Happō sho |  | 八方初 |  | "Hand in eight directions," karate kata created by [Mabuni Kenwa](http://en.wikipedia.org/wiki/Kenwa_Mabuni) |
| [Hara](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/hara.wav) |  | 腹 |  | Stomach ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/hara.wav)) |
| Hara ga suwaru |  | 腹が据わる |  | "To have guts"; lit "the stomach sits" |
| [Haragei](http://www.fightingarts.com/reading/article.php?id=64) |  | 腹芸 |  | Stomach arts developing [ki](http://en.wikipedia.org/wiki/Qi) |
| Harai |  | 払い |  | Sweep ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/harai.wav)); also *barai* e.g. *gedan barai* |
| Harai no gi |  | 祓の儀 |  | Opening purification ceremony; also *ō harai no gi* 大祓の儀 |
| Harai te |  | 払い手 |  | Sweeping hand |
| Harai waza |  | 払い技 |  | Sweeping techniques |
| [Hara kiri](http://en.wikipedia.org/wiki/Hara_kiri) |  | 腹切り |  | Honorable death of suicide; also, more formally, *seppuku* 切腹 |
| [Haramaki](http://en.wikipedia.org/wiki/Haramaki) |  | 腹巻 |  | Stomach wrap, a part of [samurai](http://en.wikipedia.org/wiki/Samurai) class attire (there are modern versions) |
| Harawata |  | 腸 |  | Intestines ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/harawata.wav)) |
| [Hasami uchi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chudan%20hasami%20zuki/chudan%20hasami%20zuki.html) |  | 鋏打 |  | Scissor strike made with both hands striking *tettsui* inward |
| Hasami uke |  | 鋏受 |  | Scissor block |
| Hasami zuki |  | 鋏突き |  | Scissor punch |
| Hashaku bō |  | 八尺棒 |  | Eight-foot [bō](http://en.wikipedia.org/wiki/Bō) |
| [Hassell, Randall G.](http://www.theshotokanway.com/randallhassellinterview.html) |  |  |  | American karateka, hachidan [Shōtōkan](http://en.wikipedia.org/wiki/Shotokan) karate, and martial arts author and [publisher](http://www.tamashiipress.com/). |
| Hasso |  | 八相 |  | [Kendō](http://en.wikipedia.org/wiki/Kendo) stance, literally "eight forms/appearances" [of Buddha] |
| Hasso kamae |  | 八相構え |  | Eight forms posture |
| Hatsu geiko |  | 初稽古 |  | First training of the year; also *keiko hajime* 稽古始め |
| [Hattori Hanzō](http://en.wikipedia.org/wiki/Hattori_Hanzo) |  | 服部半蔵 |  | (1541 - 1596) [Ninja](http://en.wikipedia.org/wiki/Ninja) and head of clan from [Iga](http://en.wikipedia.org/wiki/Iga_Province) |
| Hayai |  | 速い |  | Fast or swift ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/hayai.wav)) |
| Hayaku |  | 速く |  | Quickly or rapidly |
| Hazumi |  | 弾み |  | Momentum, spur of the moment |
| Hazushi te |  | 外手 |  | Pulling-away hand, as in [Heian Shodan](http://ca.youtube.com/watch?v=PYke_bqSW5k) ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Hazushi uke |  | 外受け |  | Removing block |
| [Headbutt](http://en.wikipedia.org/wiki/Headbutt) |  | 頭突き |  | Strike with the head; in Japanese, *zuzuki* 頭突き |
| Hei |  | 平 |  | Peaceful, calm, steady; level, even ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/hei.wav)) |
| [Heian](http://en.wikipedia.org/wiki/Heian_series) |  | 平安 |  | “Peaceful, tranquil”; karate kata series ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)); in Japanese history, [period 794-1185](http://en.wikipedia.org/wiki/Heian_period) |
| Heian shodan |  | 平安初段 |  | “Peaceful, tranquil one” karate kata ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Heian nidan |  | 平安二段 |  | “Peaceful, tranquil two” karate kata ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Heian sandan |  | 平安三段 |  | “Peaceful, tranquil three” karate kata ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Heian yondan |  | 平安四段 |  | “Peaceful, tranquil four” karate kata ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Heian godan |  | 平安五段 |  | “Peaceful, tranquil five” karate kata ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Heifuku kumiuchi |  | 平服組打 |  | Fighting in everyday clothing |
| [Hei Hu Quan](http://en.wikipedia.org/wiki/Black_Tiger_Kung_Fu) |  | 黑虎拳 |  | [Northern kung fu](http://en.wikipedia.org/wiki/Northern_kung_fu) style: Shaolin Shandong Black Tiger |
| Heihō |  | 兵法 |  | Methods of strategy; also *hyōhō* |
| Heijōshin |  | 平常心 |  | Lit "constant stable spirit"; peace of mind |
| [Heijō shin kore dō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Heijo%20shin%20kore%20do/heijo%20shin%20kore%20do.html) |  | 平常心これ道 |  | "The ordinary conscience is the Way" |
| Heikōshite |  | 並行して |  | Parallel ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/heikoushite.wav)) |
| [Heikō dachi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Heiko%20dachi/heiko%20dachi.html) |  | 並行立ち |  | Parallel stance |
| [Heikō tate shutō uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20heiko%20tate%20shuto%20uke/jodan%20heiko%20tate%20shuto%20uke.html) |  | 並行縦手刀受 |  | Parallel vertical swordhand block |
| Heikō zuki |  | 並行突 |  | "Parallel punch," double punch |
| Heisei |  | 平静 |  | Serenity, calm, tranquility |
| [Heisei](http://en.wikipedia.org/wiki/Heisei) |  | 平成 |  | Current era name in Japan (1989 - ) |
| [Heishugata](http://en.wikipedia.org/wiki/Gōjū-ryū#Kihongata) |  | 閉手形 |  | “Closed hand kata,” a classification of [Gōjū](http://en.wikipedia.org/wiki/Gōjū-ryū) karate kata, cf. *Kaishugata* and *Kihongata* |
| [Heisoku dachi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/heisoku_dachi.html) |  | 閉足立 |  | Feet together stance |
| Henka waza |  | 変化技 |  | Technique variations |
| Hensōjutsu |  | 変装術 |  | Methods of disguise |
| Hibuki |  | 秘武器 |  | Secret weapon |
| Hicchū |  | 必中 |  | Hitting the target ([kyūdō](http://en.wikipedia.org/wiki/Kyudo)); *seisha hicchū*, correct and right-minded shooting, is distinguished from shooting that is merely skillful, *nosha hicchū* |
| Hichōjutsu |  | 飛鳥術 |  | Practice of leaping and jumping |
| Hidari |  | 左 |  | Left ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/hidari.wav)); also *sa* |
| [Hidari jigotai](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/hidari%20jigotai/hidari%20jigotai.html) |  | 左自護体 |  | Left defensive posture ([jūdō](http://en.wikipedia.org/wiki/Judo) and [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu)) |
| Hidari mawari |  | 右回り |  | Counterclockwise |
| [Hidari shizentai](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/hidari%20shizentai/hidari%20shizentai.html) |  | 左自然体 |  | Left natural stance. Left foot forward, body facing 45 degrees. |
| Hidari waki |  | 左脇 |  | Left side posture ([kendō](http://en.wikipedia.org/wiki/Kendo)) |
| Hiden |  | 秘傳 |  | Esoteric traditions and methods |
| Hiden mokuroku |  | 秘傳奥儀目録 |  | Transmission scroll of secrets; also *shoden mokuroku* ([Daitō ryū](http://en.wikipedia.org/wiki/Daito_ryu) [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu)) |
| Hiden ogi |  | 秘傳奥義 |  | Transmission scroll of inner mysteries, third level in [Daitō ryū](http://en.wikipedia.org/wiki/Daito_ryu) [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu) |
| Hifu |  | 皮膚 |  | Skin ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/hifu.wav)) |
| [Higaonna Kanryō](http://en.wikipedia.org/wiki/Kanryō_Higaonna) |  | 東恩納寛量 |  | (1853 -1916) Okinawan karateka ; in Japanese, Higashionna. |
| [Higaonna Morio](http://www.iogkf.it/lion.htm) |  | 東恩納盛男 |  | (1938 - ) Okinawan [Gōjū ryū](http://en.wikipedia.org/wiki/Gōjū-ryū) karateka |
| Higashi |  | 東 |  | East ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/higashi.wav)) |
| Higi |  | 秘技 |  | Secret technique, ritual or ceremony |
| [Higo koryu](http://www.koryu.com/guide/higoko.html) |  | 肥後古流 |  | [Koryū](http://koryu.com/) [naginatajutsu](http://en.wikipedia.org/wiki/Naginata) |
| Higurumaken |  | 火車拳 |  | Fire [shuriken](http://en.wikipedia.org/wiki/Ninja) |
| Hihō |  | 秘法 |  | Hidden teachings |
| Hiji |  | 肘 |  | Elbow ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/hiji.wav)) |
| [Hiji age ate](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20tate%20empi%20uchi/jodan%20tate%20empi%20uchi.html) |  | 肘揚当て |  | Rising elbow strike; strike to both elbows of an attacker attempting a two-handed choke |
| Hiji ate |  | 肘当て |  | Elbow strike |
| Hiji dori |  | 肘取り |  | Grip on elbow |
| Hiji garami |  | 肘絡み |  | Elbow lock or [elbow wrap](http://www.expertvillage.com/video/118153_mune-tsuki-hiji-garami-intermediate.htm) ([Aikidō](http://www.aikidofaq.com/)) |
| Hiji gatame |  | 肘固め |  | Elbow lock |
| Hiji kime |  | 肘決め |  |  |
| Hiji makikomi |  | 肘巻込 |  | Elbow entanglement or winding |
| Hiji nage |  | 肘投げ |  | Elbow throw |
| Hiji ori |  | 肘折 |  | Elbow break |
| [Hiji oroshi uchi](http://www.youtube.com/watch?v=dNqyRu_KAfA) |  | 肘下ろし打 |  | Swinging elbow strike |
| [Hiji osae](http://www.youtube.com/watch?v=QYbkXcp_K6U) |  | 肘押え |  | Elbow press |
| Hiji shime |  | 肘締め |  | Elbow lock |
| Hiji suri uke |  | 肘摺り受け |  | Sliding elbow block |
| [Hiji uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/E/empi%20uke/empi%20uke.html) |  | 肘受 |  | Elbow block (also *empi uke*) |
| Hiji waza |  | 肘技 |  | Elbow techniques |
| Hiki giwa |  | 引き際 |  | The moment when the opponent is about to retreat. It is a representative example of an opportunity for striking. |
| Hikitate geiko |  | 引立-稽古 |  | Practice in which a senior guides a junior through practice |
| Hikite |  | 引き手 |  | Pulling hand, the hand that returns to the waist when striking or blocking with the other |
| Hiki waza |  | 引技 |  | A waza where the player strikes while retreating |
| [Hinawajū](http://ca.youtube.com/watch?v=7B27w8CJWYM) |  | 火縄銃 |  | Matchlock musket |
| Hineri kaeshi |  | 捻り返し |  | Twist counter as in karate kata [Kanku Sho](http://ca.youtube.com/watch?v=ZMdGiRYHBPk) ([Shōtōkan](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Shōtōkan)) |
| Hini |  | 品位 |  | Grace, dignity, nobility, quality |
| Hinkaku |  | 品格 |  | Dignity, good manners and strength of character |
| Hinomaru |  | 日の丸 |  | Disc of the sun; symbol of Japan; also the [rising sun flag](http://en.wikipedia.org/wiki/Hinomaru) of Japan ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/hinomaru.wav)) |
| Hinshitsu |  | 品質 |  | Quality |
| [Hirabasami](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/hirabasami/hirabasami.html) |  | 平挟 |  | "Tiger's mouth" or "tiger's mouth strike"; claw hand; scissors hand or full scissors hand |
| [Hirabasami uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/hirabasami%20uke/hirabasami%20uke.html) |  | 平挟受 |  | Tiger's mouth block |
| [Hiragana](http://en.wikipedia.org/wiki/Hiragana) |  | 平仮名 |  | One system of [kana](http://en.wikipedia.org/wiki/Aikido), Japanese syllabary |
| [Hiraken](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/hiraken/hiraken.html) |  | 平拳 |  | Flat fist made with the second knuckles of all four fingers, similar to the leopard punch of [kung fu](http://en.wikipedia.org/wiki/Leopard_Kung_Fu) |
| [Hiraken zuki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/hiraken/hiraken.html) |  | 平拳突き |  | Flat fist punch |
| Hiraki |  | 開き |  | Opening, gap |
| [Hiraki sagari ashi](http://www.shorinji.co.uk/kenshi/umpoho.html) |  | 開退足 |  | Retreating foot movement changing stance ([Shōrinji Kempō](http://en.wikipedia.org/wiki/Shorinji_kempo)) |
| Hira [shuriken](http://en.wikipedia.org/wiki/Shuriken) |  | 平手裏剣 |  | Flat throwing blades, usually star-shaped |
| Hirate |  | 平手 |  | Flat hand, level hand |
| Hirate de utsu |  | 平手で打つ |  | Open hand strike, slap |
| Hirate osae uke |  | 平手押え受 |  | Forehand pressing block as in karate kata [Kanku Sho](http://ca.youtube.com/watch?v=ZMdGiRYHBPk) ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| [Hiroi hachiji dachi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/hiroi%20hachiji/hiroi%20hachiji.html) |  | 広い八字立 |  | Wide [hachiji dachi](http://en.wikipedia.org/wiki/Hachiji_dachi), as in the opening of some versions of [Kūshankū](http://www.arts.ualberta.ca/~aoki/Karate-do/Kata/Kushanku/Kushanku.html?v=eY6xqUxBv9U) |
| Hishiryo |  | 非思量 |  | Thinking without thinking; consciousness beyond thought |
| Hisōken |  | 秘槍拳 |  | Thumb tip strike |
| Hitai |  | 額 |  | Forehead; also *gaku* ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/hitai.wav)) |
| Hito e mi |  | 一重身 |  | Term referring to a ready posture similar to the *hanmi* but where the rear leg is moved further right or left away from the center line. Used by [Ueshiba Morihei](http://en.wikipedia.org/wiki/Morihei_Ueshiba) primarily to refer to the foot position in the basic jo stance ([aikidō](http://en.wikipedia.org/wiki/Aikido)). |
| Hito iki |  | 一息 |  | Single breath. The interval between two breaths is a vulnerable moment, and it gives the opponent an opportunity to attack. Therefore, it is important to perform waza in a single breath. |
| Hito kokyu ippuku |  |  |  | Breathe in and out once, then breathe in once, then start waza |
| Hitori geiko |  | 独り稽古 |  | Practice alone |
| Hitori ryōhō |  | 独り療法 |  | Self-healing arts or massage |
| Hitori waza |  | 独技 |  | "Invisible partner practice" |
| [Hitosashi ipponken](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/O/Oniken/oniken.html) |  | 人差し一本拳 |  | One knuckle punch using forefinger; also *oniken* |
| Hitosashiyubi ipponken |  | 人差し指一本拳 |  | Forefinger fist; also *ippon ken* |
| Hitotsu no tachi no heihō |  | 一の太刀の兵法 |  | Strategy of a sword stroke serving as both attack and defense |
| Hitsu |  | 筆 |  | Brush, handwriting ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/hitsu.wav)) |
| [Hitsuzendō](http://en.wikipedia.org/wiki/Hitsuzendo) |  | 筆禅道 |  | "Way of the brush"; school of Japanese [Zen](http://en.wikipedia.org/wiki/Zen) calligraphy |
| Hiza |  | 膝 |  | Knee ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/hiza.wav)) |
| Hiza ate |  | 膝当 |  | Knee strike ([jūdō](http://en.wikipedia.org/wiki/Judo) [atemi](http://en.wikipedia.org/wiki/Atemi)) |
| Hiza gashira |  | 膝頭 |  | [Patella](http://en.wikipedia.org/wiki/Patella) |
| Hiza gashira ate |  | 膝頭当 |  | Knee strikes |
| Hiza garoshi |  | 膝過労死 |  | Knee-killing; attacking opponent’s knee |
| Hiza gatame |  | 膝固め |  | Bending the opponent's arm over one's knee |
| [Hiza guruma](http://www.youtube.com/watch?v=Doxd3cqrsn0&feature=related) |  | 膝車 |  | "Knee wheel" throw ([Kōdōkan jūdō](http://en.wikipedia.org/wiki/Kodokan_Judo)) |
| [Hiza geri](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chudan%20age%20hiza%20geri/chudan%20age%20hiza%20geri.html) |  | 膝蹴り |  | Knee kick, knee strike |
| Hiza kansetsu |  | 膝関節 |  | Knee joint |
| Hiza mawashigeri |  | 膝回し蹴り |  | Roundhouse knee strike |
| Hiza no sara |  | 膝の皿 |  | [Patella](http://en.wikipedia.org/wiki/Patella) |
| Hiza o mawasu undō |  | 膝を回す運動 |  | Knee circle, a junbi undō ( warm-up exercise) ([Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu)) |
| Hiza tate ashi dachi |  | 膝縦足立 |  | Kneeling stance |
| Hizō |  | 脾臓 |  | [Spleen](http://en.wikipedia.org/wiki/Spleen) |
| Hizō uchi |  | 脾臓打 |  | Spleen strike |
| Hō |  | 法 |  | Method ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/hou%20(method).wav)) |
| Hō |  | 方 |  | Direction; side ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/hou.wav)) |
| Hobaku |  | 捕縛 |  | Arresting or binding techniques |
| Hodokosu |  | 施す |  | Perform; giving of ourselves ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/hodokosu.wav)) |
| [Hōgen](http://www.chicagookinawakenjinkai.com/Hogen.html) |  | 方言 |  | General Japanese term for "dialect," but also the term Okinawans use for their native language. |
| [Hojōjutsu](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/hojojutsu/hojojutsu.html) |  | 捕縄術 |  | Japanese art of restraint with a cord or rope; also *nawajutsu* |
| Hojo undō |  | 補助運動 |  | In [Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu), coordination exercises |
| [Hojo undō](http://en.wikipedia.org/wiki/Hojo_undo) |  | 補助運動 |  | Supplementary exercises. Includes *chi shi* (weighted levers; concrete weights attached to wooden poles); *ishi sashi* (stone hand-held weights in the shape of padlocks), *makiage kigu* (wrist roller; weight, rope, wooden handle); [*makiwara*](http://en.wikipedia.org/wiki/Makiwara); *nigiri game* (gripping jars; ceramic jars filled with sand); *tetsu geta* (iron geta); *yari bako* (bowl of sand struck with fingers). |
| [Hojutsu](http://www.youtube.com/watch?v=3b6fwFG1ITM) |  | 炮術 |  | [Koryū](http://koryu.com/) gunnery |
| [Hōki ryū](http://en.wikipedia.org/wiki/Hoki-ryū) |  | 伯耆流 |  | [Koryū](http://koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu) |
| [Hokkai join](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/hokkaijoin.html) |  | 法界定印 |  | Traditional [kendō](http://en.wikipedia.org/wiki/Kendo) hand formation in meditation |
| Hoko |  | 矛 |  | Early Japanese spear that was replaced by the *yari*; halberd ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/hoko.wav)) |
| Hokosaki |  | 矛先 or 鋒 |  | Advance; aim of attack; spearhead ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/hokosaki.wav)) |
| Hokosaki hoko |  | 鋒 |  | Point of sword |
| Hokosaki kissaki |  | 釯 |  | Point of sword |
| Hokosaki kitsusaki |  | 铓 |  | Point of sword |
| [Hokushin Itto ryū](http://wiki.samurai-archives.com/index.php?title=Hokushin_Itto_Ryu) |  | 北辰一刀流 |  | [Koryū](http://koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu) |
| [Hokuto ryū](http://en.wikipedia.org/wiki/Hokutoryu_jujutsu) |  |  |  | "Northern Star Style," modern Finnish system of [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu) founded in 1970s by Auvo Niiniketo |
| Honbu/hombu |  | 本部 |  | Headquarters; headquarters [dōjō](http://en.wikipedia.org/wiki/Dojo) |
| Hone |  | 骨 |  | Bone ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/hone.wav)) |
| [Hong Cha](http://en.wikipedia.org/wiki/Hong_Cha) |  |  |  | Style of Southern [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| Hon katsu |  | 本活 |  | "Chest method" of [kappō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kappo.html) |
| Honmono |  | 本物 |  | Real thing, genuine article ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/honmono.wav)) |
| [Honshin](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Honshin/honshin.html) |  | 本心 |  | True feelings |
| [Hontai Yoshin ryū](http://www.koryu.com/guide/hontai.html) |  | 本体揚心流 |  | [Koryū](http://koryu.com/) [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu), [bōjutsu](http://en.wikipedia.org/wiki/Bojutsu) and [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu) |
| [Hop Gar](http://en.wikipedia.org/wiki/Lama_(martial_art)) |  | 俠家 |  | Southern style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| [Houquan](http://en.wikipedia.org/wiki/Monkey_Kung_Fu) |  | 猴拳 |  | Monkey style [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| [Hōzōin ryū Takada-ha sojutsu](http://www.koryu.com/guide/hozoin.html) |  | 宝蔵院流高田派 |  | [Koryū](http://koryu.com/) [sōjutsu](http://en.wikipedia.org/wiki/Sojutsu) |
| [Hsing I Chu'an](http://en.wikipedia.org/wiki/Xingyiquan) |  | 形意拳 |  | "Form/Intent Boxing, "major style of [internal kung fu](http://en.wikipedia.org/wiki/Internal_kung_fu); also *Xingyiquan* or *Hsing-yi* |
| [Huaquan](http://en.wikipedia.org/wiki/Huaquan) |  | 華拳 |  | "China Fist," style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| [Hughes, Matt](http://en.wikipedia.org/wiki/Matt_Hughes_(fighter)) |  |  |  | (1973 - ) American [MMA](http://en.wikipedia.org/wiki/Mixed_martial_arts) fighter |
| Hulunbuir |  |  |  | A type of [Mongolian wrestling](http://en.wikipedia.org/wiki/Mongolian_wrestling) |
| [Human Weapon](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Human%20Weapon/human%20weapon.html) |  |  |  | Weekly martial arts documentary TV show on The History Channel originally aired in 2007 |
| [Hung Fut](http://en.wikipedia.org/wiki/Hung_Fut) |  | 洪佛 |  | "Hung and Buddha" style of Southern [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| [Hung Gar](http://en.wikipedia.org/wiki/Hung_Gar) |  | 洪家 |  | Southern style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| Hu Quan |  | 虎拳 |  | "Shadow Boxing of the Tiger" or "Tiger Stake," style of Southern (Fujian) [kung fu](http://en.wikipedia.org/wiki/Kung_fu); also *Hus Sin Chuan* or *Hu Xing Quan* |
| Hu Sin Chuan |  | 虎形拳 |  | "Shadow Boxing of the Tiger" or "Tiger Stake," style of Southern (Fujian) [kung fu](http://en.wikipedia.org/wiki/Kung_fu); also *Hu Xing Quan* or *Hu Quan* |
| Hu Xing Quan |  | 虎形拳 |  | "Shadow Boxing of the Tiger" or "Tiger Stake," style of Southern (Fujian) [kung fu](http://en.wikipedia.org/wiki/Kung_fu); also *Hu Sin Chuan* or *Hu Quan* |
| [Hwarang-do](http://en.wikipedia.org/wiki/Hwarang_Do) |  | 화랑도 |  | "Way of flowering manhood"; [Korean martial discipline](http://en.wikipedia.org/wiki/Internal_kung_fu) |
| Hyaku |  | 百 |  | One hundred ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/hyaku.wav)) |
| Hyogen |  | 表現 |  | Expression |
| Hyōhō |  | 兵法 |  | Methods of strategy; also *heihō* |
| [Hyōhō Niten Ichi ryū](http://www.koryu.com/guide/niten.html) |  | 兵法二天一流 |  | [Koryū](http://koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu) founded by [Miyamoto Musashi](http://en.wikipedia.org/wiki/Miyamoto_Musashi) |
| Hyōshi |  | 拍子 |  | Timing, rhythm |
| [Hyōteki](http://www.youtube.com/watch?v=leL00CWJpvM) |  | 標的 |  | Cable target; using belt to aid focus of techniques |

I

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| I |  | 胃 |  | Stomach ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/Sound%20files/i.wav)) |
| I |  | 意 |  | Mind, intention, will, meaning ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/Sound%20files/i.wav)) |
| I |  | 威 |  | Dignity; authority ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/Sound%20files/i.wav)) |
| Iai |  | 居合 |  | Drawing of one's weapon from its place of rest or bringing it to bear; also *nukitsuke*; lit "a place where you are"; sitting down |
| [Iaidō](http://en.wikipedia.org/wiki/Iaido) |  | 居合道 |  | "The way of mental presence and immediate reaction"; the way of drawing and cutting with the sword. |
| Iaidō wo kiwameru |  | 居合道を極める |  | Get to the perfection of [iaidō](http://en.wikipedia.org/wiki/Iaido) ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/Sound%20files/iaidouwokiwameru.wav)) |
| [Iai goshi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/iai%20goshi/iai%20goshi.html) |  | 居合腰 |  | "Relationship hip," posture with one knee on the ground and the other foot flat |
| Iai goshi dachi |  | 居合腰立 |  | "Relationship hip stance," with one knee on the ground and the other foot flat |
| Iai hiza |  | 居膝 |  | Sitting posture, kneeling on one calf, allowing quick draw of sword while sitting |
| [Iaijutsu](http://en.wikipedia.org/wiki/Iaijutsu) |  | 居合術 |  | The art of drawing and cutting with the [sword](http://en.wikipedia.org/wiki/Katana) |
| Iainuki |  | 居合い抜き |  | While on one knee, drawing a sword and cutting one's opponent |
| Iaitō |  | 居合刀 |  | Blunted practice sword for [iaidō](http://en.wikipedia.org/wiki/Iaido) |
| Ibuche |  |  |  | Okinawan term for[*ibuki*](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/ibuki/Ibuki%20Breathing.htm) |
| [Ibuki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/ibuki/Ibuki%20Breathing.htm) |  | 息吹 |  | A breathing method featuring a long exhalation, followed by a short cough to clear lungs; in Okinawan, *ibuche*; see [a-un no kokyū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/a-un%20no%20kokyu/A-un%20no%20kokyu.html) |
| Ichi |  | 一 |  | One ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/Sound%20files/ichi.wav)) |
| Ichiban |  | 一番 |  | First; best |
| Ichichi |  | 五 or 伍 |  | Okinawan for "five" |
| Ichidai |  | 一代 |  | A generation; lifetime; age |
| Ichidai sōden |  | 一代相伝 |  | Method of transmitting a the teachings of a [ryū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/ryu/ryu.html) to a head instructor only for the life of that instructor |
| Ichido |  | 一度 |  | Once ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/Sound%20files/ichido.wav)) |
| Ichi enso |  | 一円相 |  | Zen ink circle, also [ensō](http://en.wikipedia.org/wiki/Enso); Honmon Enshin Ryū practice of coming to terms with one's ultimate death |
| [Ichi-go ichi-e](http://en.wikipedia.org/wiki/Ichi-go_ichi-e) |  | 一期一会 |  | One encounter, one opportunity |
| Ichi hyōshi |  | 一拍子 |  | In an instant; in one breath; in one moment; without hesitation |
| Ichi ki tō sen no musha |  | 一騎当千の武者 |  | A match for a thousand, a matchless warrior |
| Ichikyo |  | 一教 |  | First teaching; also *ikkyo* |
| Ichimai |  | 一枚 |  | Lit "one sheet of paper"; space between one's controlled technique and one's opponent. |
| Ichimonji |  | 一文字 |  | In the shape of the character for "one," in a straight line |
| Ichimonji suburi |  | 一文字素振り |  | The practice of cutting (generally in air); to make one precise and all-ending cut. |
| [I Ching](http://en.wikipedia.org/wiki/I_ching) |  | 易经 |  | "The Book of Changes," classic Chinese text; in Japanese, *Ekikyō* |
| Ichi no hyōshi no heihō |  | 一拍子兵法 |  | Lit "the combative strategy of the rhythm of one": completing a movement and technique in one exhalation; to condition the mind and body to seize an opportunity and act without conscious thought |
| Ichi rei |  | 一礼 |  | Lit "one bow," the tenth *omote* level [jōjutsu](http://en.wikipedia.org/wiki/Jodo) kata of [Shindō Musō ryū](http://www.shindomusoryu.com/) |
| Ichi rei no kamae |  | 一礼の構え |  | Formal kobujutsu bowing posture |
| Ichi riki |  | 一力 |  | Lit "one strength," a chudan level [jōjutsu](http://en.wikipedia.org/wiki/Jodo) kata of [Shindō Musō ryū](http://www.shindomusoryu.com/) |
| Ichitaita |  | 一対多 |  | Lit "one against many"; multiple attackers against one defender |
| Idō |  | 移動 |  | Movement |
| [Idō geiko](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/ido%20geiko/ido%20geiko.html) |  | 移動稽古 |  | Moving practice or moving basics ([Kyokushinkai](http://en.wikipedia.org/wiki/Kyokushinkai)) |
| Idori waza |  | 居取技 |  | Kneeling or seated techniques; also *suwari waza* |
| Iegara |  | 家柄 |  | Family background, family standing, filial lineage ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/Sound%20files/iegara.wav)) |
| [Iemoto](http://en.wikipedia.org/wiki/Iemoto) |  | 家元 |  | Lit "family foundation," head of a school |
| [Igen](http://books.google.com/books?id=nklvCtM6hvwC&pg=PA27&lpg=PA27&dq=lowry+igen&source=bl&ots=lvx1OBuW-0&sig=2pMkkgR5Ljc79Fs0XdPKJxCqrbU&hl=en&ei=OETvSYWeLKPstgPggKXzAQ&sa=X&oi=book_result&ct=result&resnum=1) |  | 威厳 |  | Dignity; cf. *i* 威 ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/Sound%20files/igen.wav)) |
| I hyōshi no uchi |  | 一拍子の打ち |  | Lit "to hit with a single rhythm"; flowing continuously from drawing to striking with the weapon |
| [Iizuka Kunisaburo](http://ejmas.com/jcs/jcsart_svinth_0702.htm) |  |  |  | (1875 - 1958) [Jūdō](http://en.wikipedia.org/wiki/Judo) [jūdan](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/judan/judan.html) |
| Ijiki |  |  |  | Okinawan word for being full of strength (ki) |
| [Ijime](http://www.lclark.edu/~krauss/advwrf99/causeeffect/akikocause.html) |  | 苛め |  | Bullying |
| Ijimekko |  | 苛めっ娘 |  | Bully |
| Ijōshi |  | 検索死 |  | An unnatural or violent death |
| Ika ni shinu ka |  |  |  | How to die well |
| [Ikebana](http://en.wikipedia.org/wiki/Kado) |  | 生け花 |  | Japanese flower arrangement; also *kad*ō 華道 |
| [Ikedori](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/ikedori/ikedori.html) |  | 生け捕り |  | Lit "to view alive" or "to capture alive"; *ikedori* is much older than its modern equivalent, *shakkei*; a facet of Japanese architecture often present in [dōjō](http://en.wikipedia.org/wiki/Dojo) |
| [Iki](http://www.aisf.or.jp/~jaanus/) |  | 粋 |  | Aesthetic ideal, lit "spirit" or "life" ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/Sound%20files/iki%20(aesthetics).wav)) |
| Iki |  | 息 |  | Breath ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/Sound%20files/iki.wav)) in physical aspects, cf more esoteric *kokyū* |
| Iki komi |  |  |  | Pulling the opponent to the ground without throwing; sometimes, *sutemi waza*, sacrifice technique |
| Ikinari |  | 行き成り |  | Suddenly, without warning, without telegraphing |
| Ikioi |  | 勢い |  | Force, vigor, vigour, energy, spirit, life, authority, influence, power, tendency ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/Sound%20files/ikioi.wav)) |
| Ikite |  |  |  | Lit "living hand"; a relaxed hand, open or with no tension, but ready |
| Ikiuchi |  | 息打ち |  | Lit "striking in a single breath"; striking in the time it takes to inhale or exhale |
| Ikizumari |  | 行き詰まり |  | Deadlock or standoff |
| [Ikkajo](http://www.youtube.com/watch?v=SrASNrLi7uI) |  | 一ケ条 |  | "First teaching," unbalancing and pinning technique ([aikidō](http://en.wikipedia.org/wiki/Aikido)) |
| Ikken kissatsu |  | 一拳必殺 or 一拳乞察? |  | One punch death blow, to kill with one attack; to kill one's ego; also *ikken hissatsu* |
| Ikkini |  | 一気に |  | In one breath; instantly ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/Sound%20files/ikkini.wav)) |
| Ikki tōsen |  | 一騎当千 |  | "One man who is worth a thousand" |
| [Ikkiri jūgiri](http://www.fightingarts.com/reading/article.php?id=578) |  | 一切り十切り |  | Lit "One cut, ten cuts"; obligation to repay injury or kindness tenfold |
| Ikkōgeki shimasu ni ikkazoe |  | 一攻撃 |  | Lit, "One count, one movement"; counting out movements of a kata |
| Ikko hanko |  | 一箇半箇 |  | Lit, "One man or half a man"; [Zen](http://en.wikipedia.org/wiki/Aikido) term for a true successor |
| [Ikkyo](http://www.youtube.com/watch?v=SrASNrLi7uI) |  | 一教 |  | "First teaching," unbalancing and pinning technique ([aikidō](http://en.wikipedia.org/wiki/Aikido)); also *ichikyo* |
| [I Liq Chu'an](http://en.wikipedia.org/wiki/I_Liq_Chuan) |  | 意力拳 |  | "Mind-Body Art," style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| In |  | 陰 |  | [Yin](http://en.wikipedia.org/wiki/Yin_and_yang) ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/Sound%20files/in.wav)) |
| In |  | 咽 |  | Throat ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/Sound%20files/in.wav)) |
| In |  |  |  | Symbolic hand gesture similar to Indian [mudrā](http://en.wikipedia.org/wiki/Mudra) |
| Inazuma |  | 稲妻 |  | Lightning flash |
| Inibuki |  | 息吹 |  | Internal, quiet, soft breathing, as opposed to *yo ibuki* |
| Inkajō |  | 印可状 |  | Authority to pass on tradition; rank of the seal |
| [Inkan](http://en.wikipedia.org/wiki/Inkan) |  | 印鑑 |  | Japanese name seal or stamp ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/Sound%20files/inkan.wav)) |
| Innō katsu |  | 陰嚢活 |  | "Scrotum method" of [kappō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kappo.html); also *kōgan katsu* 睾丸活 |
| [International Martial Arts Federataion](http://www.youtube.com/watch?v=SrASNrLi7uI) |  | 国際武道院 |  | In Japanese, [Kokusai Budōin](http://www.imaf.com/) |
| [International Shōtōkan Karate Federation](http://www.iskf.com/) |  | 国際松濤館空手連盟 |  | (ISKF) [Shōtōkan](http://en.wikipedia.org/wiki/Shotokan) association primarily in North America and the Caribbean, founded 1977 by [Okazaki Teruyuki](http://www.doshinmartialarts.com/okazaki.html) 岡崎照幸 |
| [Inro](http://en.wikipedia.org/wiki/Inro) |  | 印籠 |  | Accessory to [kimono](http://en.wikipedia.org/wiki/Dojo), a little carrying box for medication and seals |
| Inyo |  | 陰陽 |  | [Yin and yang](http://en.wikipedia.org/wiki/Yin_and_yang) |
| Ippan geiko |  | 一般稽古 |  | Regular practice in the [dōjō](http://en.wikipedia.org/wiki/Dojo); repeating what the sensei models |
| [Ippon](http://en.wikipedia.org/wiki/Ippon) |  | 一本 |  | One full point in [jūdō](http://en.wikipedia.org/wiki/Judo) or sport karate competition |
| Ippon dachi or ippon ashi dachi |  | 一本立 |  | One legged stance ([Chitō ryū](http://en.wikipedia.org/wiki/Chito_Ryu)) |
| [Ippon ken](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/ippon%20ken/ippon%20ken.html) |  | 一本拳 |  | One knuckle fist |
| Ippon ken furi otoshi |  | 一本拳振落とし |  | One knuckle fist circular drop, as in karate kata [Chinte](http://ca.youtube.com/watch?v=qVvAP-NnsRo) ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Ippon ken gyaku furi otoshi |  | 一本拳逆振落とし |  | One knuckle fist reversed circular drop, as in karate kata [Chinte](http://ca.youtube.com/watch?v=qVvAP-NnsRo) ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Ippon kumite |  | 一本组手 |  | One step prearranged sparring in karate |
| [Ippon nukite](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/ippon%20nukite/ipponnukite.html) |  | 一本貫手 |  | One finger spear hand |
| [Ippon seoinage](http://ca.youtube.com/watch?v=gospAK0QOHA) |  | 一本背負投 or 一本背負い投げ |  | One arm shoulder throw ([Kōdōkan](http://en.wikipedia.org/wiki/Kodokan) [jūdō](http://en.wikipedia.org/wiki/Judo)) |
| Ippon shōbu |  | 一本勝負 |  | Sport kumite in which one full point wins the match ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/Sound%20files/ippon%20shoubu.wav)) |
| Ire tsuki ni nayasu |  |  |  | Step back and absorb thrust or punch |
| Iri |  | 入り |  | Enter |
| Iri kumi |  | 入組 or 入组 |  | Entering attack or inside fighting; to enter to attack vital points |
| Irimi |  | 入り身 |  | Entering straight into a technique; into the body; inwards |
| [Irimi nage](http://ca.youtube.com/watch?v=zEo0wtZgYgQ) |  | 入り身投げ |  | Entering throw ([aikidō](http://en.wikipedia.org/wiki/Aikido)) |
| [Iro obi](http://en.wikipedia.org/wiki/Obi_(sash)) |  | 色帯 |  | Colored belt |
| [Isagiyoi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/isagiyoi/isagiyoi.html) |  | 潔い |  | With grace, having integrity—doing something with your whole heart, regardless of its reception; clean, clear, pure, sportsmanlike, manly; ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/Sound%20files/isagiyoi.wav)) |
| Isagiyoku make wo mitomeru |  | 潔く負けを認める |  | Admit defeat agreeably, be a good loser ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/Sound%20files/isagiyoku.wav)) |
| Isamashii |  | 勇まし |  | Courageous ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/Sound%20files/isamashii.wav)) |
| Isamihada |  | 勇み肌 |  | Gallantry |
| Ishi |  | 意思 |  | Intention, purpose ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/Sound%20files/ishi%20(intent).wav)) |
| Ishi |  | 石 |  | Stone ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/Sound%20files/ishi.wav)); also *seki* ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/seki.wav)) |
| Ishihara Shochoku |  |  |  | (1898 - ?) [Kendōka](http://en.wikipedia.org/wiki/Kendo) (hachidan), Naha middle school teacher and Chair of the Okinawan 1940 Karate-dō Special Committee |
| Isshakku bō |  | 一尺棒 |  | One-foot stick |
| Isshi ken |  |  |  | Extended index finger |
| Isshi sōden |  | 一子相伝 |  | Handing down knowledge from father to son; complete transmission of a ryū's techniques only to one's heir |
| Isshin ichinyo |  | 一心一如 |  | One heart/mind, one likeness; as one mind |
| [Isshin ittō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/isshin%20itto/isshin%20itto.html) |  | 一心一刀 |  | Lit "One mind, one sword"; one mind, one strike |
| [Isshin ryū](http://en.wikipedia.org/wiki/Isshin_Ryu) |  | 一心流 |  | Okinawan karate ryū founded 1956 by [Shimabuku Tatsuo](http://en.wikipedia.org/wiki/Tatsuo_Shimabuku) 島袋 龍夫 |
| [Isshin ryū](http://www.koryu.com/guide/isshin.html) |  | 一心流 |  | [Koryū](http://koryu.com/) [kusarigamajutsu](http://en.wikipedia.org/wiki/Kusarigama) |
| Issoku ittō no maai |  | 一足一刀の間合い |  | Lit "one-foot one-sword distance," middle range of [maai](http://en.wikipedia.org/wiki/Maai), one of three ranges of maai in [kendō](http://en.wikipedia.org/wiki/Kendo); also *itto ma* |
| Itai |  | 痛い |  | Pain, ache, sting, grief, hurt, "It hurts" ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/Sound%20files/itai.wav)) |
| Itami |  | 痛み |  | Pain ([click to listen)](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/I/Sound%20files/itami.wav) |
| Ita shuriken |  | 板手裏剣 |  | Flat [shuriken](http://en.wikipedia.org/wiki/Shuriken), concealed throwing weapon |
| [Ito Kazuo](http://i-budo.org/content/view/986/127/) |  |  |  | (1898 - 1974) Japanese [jūdōka](http://en.wikipedia.org/wiki/Judo), jūdan, [*meijin*](http://en.wikipedia.org/wiki/Meijin) |
| Ito Takasue |  |  |  | (1887 - 1981) Japanese [jūdōka](http://en.wikipedia.org/wiki/Judo), jūdan,[*meijin*](http://en.wikipedia.org/wiki/Meijin) |
| [Itosu Ankō](http://en.wikipedia.org/wiki/Anko_Itosu) |  | 糸洲 安恒 |  | (1830?-1915) Okinawan karateka; in Japanese, Itosu Yasutsune. |
| Itsuku |  | 居つく |  | To be unable to show one’s full abilities because of being preoccupied with one thing and therefore unable to perceive the movement and *suki* of the opponent. |
| Ittō ma |  | 一刀間 |  | Lit "one sword distance"; middle range of [maai](http://en.wikipedia.org/wiki/Maai); also *issoku ittō no maai* |
| [Ittō Shoden Muto ryū](http://en.wikipedia.org/wiki/Itto_Shoden_Muto-ryu) |  | 一刀正伝無刀流 |  | [Koryū](http://koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu) |
| Iwao no mi |  | 巌の身 |  | Body of a rock |

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| Jaku |  | 寂 |  | Still, silent, quiet, desolate |
| Jakuten |  | 弱点 |  | Weak point, weakness ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/Sound%20files/jakuten.wav)) |
| [Japan Karate Association](http://www.jka.or.jp/english/e_index.html) |  | 日本唐手協会 |  | Organization for [Shōtōkan](http://en.wikipedia.org/wiki/Shotokan) karatedō |
| [Japan Karatedō Federation](http://www.karatedo.co.jp/jkf/jkf-eng/e_index.htm) |  | 全日本空手道連盟 |  | Major international organization for Japanese karatedō; JKA ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) is not part of the JKF |
| [Japan Karatedō Federation Gōjūkai](http://www.karatedo.co.jp/gojukai/english/index.html) |  | 全日本空手道連盟剛柔会 |  | [Gōjū ryū](http://en.wikipedia.org/wiki/Gōjū-ryū) division of the JKF |
| [Japan Karatedō Federation Wadōkai](http://www.karatedo.co.jp/wado/w_eng/e_index.htm) |  | 全日本空手道連盟和道会 |  | [Wadō ryū](http://en.wikipedia.org/wiki/Wado_Ryu) division of the JKF |
| [Japan Karatedō Federation Shitōkai](http://www.karatedo.co.jp/shitokai/English/et-index.html) |  | 全日本空手道連盟糸東会 |  | [Shitō ryū](http://en.wikipedia.org/wiki/Shito_ryu) division of the JKF |
| [Japan Karatedō Ryobukai](http://www.jkr.com/) |  | 全日本空手道良武会 |  | Association for [Shindo Jinen ryū karatedō](http://en.wikipedia.org/wiki/Shindō_jinen-ryū) worldwide |
| [Japan Karate Shōtōrenmei](http://www.jks-americas.com/) |  | 日本空手松涛連盟 |  | Offshoot of [JKA](http://www.jka.or.jp/english/e_index.html) founded by [Asai Tetsuhiko](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/Asai%20Tetsuhiko/Asai%20Tetsuhiko.html) |
| [Japan Shōtōkan Karate Association](http://www.jskajp.org/) |  | 日本松涛館空手協会 |  | Offshoot of JKA founded by [Abe Keigo](http://www.jskajp.org/html/abe_kiego.html) in 1999 |
| [Jeet Kune Do](http://en.wikipedia.org/wiki/Jeet_Kune_Do) |  | 截拳道良 |  | "The way of the intercepting fist," style founded by [Bruce Lee](http://en.wikipedia.org/wiki/Bruce_lee) |
| Ji |  | 地 |  | Earth ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/Sound%20files/ji.wav)) |
| Ji |  | 字 |  | Character, letter, writing, script or shape ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/Sound%20files/ji.wav)) |
| Ji |  |  |  | Learning of technique, as contrasted to *ri*, |
| Jibun |  | 自分 |  | Oneself, myself ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/Sound%20files/jibun.wav)) |
| [Jigai](http://en.wikipedia.org/wiki/Jigai) |  | 自害 |  | Suicide of a [samurai](http://en.wikipedia.org/wiki/Samurai); form of [seppuku](http://en.wikipedia.org/wiki/Seppuku) by cutting the throat, practiced by women |
| Ji geiko |  | 地稽古 |  | The general method of doing *keiko* in which the trainee polishes his/her techniques, disciplines his/her mind, and makes an effort to overcome his/her weak points. |
| Jigo hontai |  | 自護本体 |  | Basic defensive posture; crouching defensive posture |
| [Jigoku](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jigoku/jigoku.html) |  | 地獄 |  | Hell (Buddhist) |
| [Jigoku otoshi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jigoku%20otoshi/jigoku%20otoshi.html) |  | 地獄落 |  | Hell drop, aiki throw |
| [Jigoku jime](http://en.wikipedia.org/wiki/Crucifix_position) |  | 地獄絞 |  | "Hell strangle": [Kōdōkan](http://en.wikipedia.org/wiki/Kodokan) [jūdō](http://en.wikipedia.org/wiki/Judo) shime waza |
| Jigotai |  | 自護体 |  | Defensive posture in [jūdō](http://en.wikipedia.org/wiki/Judo); variation of *shiko dachi* in *Shinjinbukan* |
| Jigotai dachi |  | 自護体立 |  | Basic defensive stance |
| [Ji’in](http://ca.youtube.com/watch?v=nomR7m4Jpz4) |  | 慈陰 |  | "Love of truth," karate kata ([Shōtōkan](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/Shōtōkan)); name of Buddhist saint; also *Jiin* |
| [Jikishinkage ryū](http://en.wikipedia.org/wiki/Kashima_Shinden_Jikishinkage-ryū) |  | 直心影流 |  | [Koryū](http://koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu); also *Kashima Shinden Jikishinkage ryū* or *Kashima Shinden* |
| Jikkō |  | 実行 |  | Self-light; self-realization |
| Jiku ashi |  | 軸足 |  | Pivot leg |
| Jime |  | 絞め |  | Choke or strangle (combination form) |
| Jimi |  | 地味 |  | Having a naturalistic, subdued and subtle character; plan, simple, sober |
| Jin |  | 人 |  | Person ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/Sound%20files/jin.wav)) |
| Jin |  | 腎 |  | Kidney ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/Sound%20files/jin.wav)) |
| Jin |  | 仁 |  | Benevolence ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/Sound%20files/jin.wav)) |
| Jinan |  | 次男 |  | Second son |
| [Jinenkan](http://jinenkan.com/en/Default.htm) |  | 自然舘 |  | "Hall of nature," hybrid Japanese system that trains multiple weapons |
| Jin gama |  |  |  | Japanese scythe weapon |
| [Jing](http://en.wikipedia.org/wiki/Jing_(TCM)) |  | 精 |  | Essence or kidney essence (Chinese), one of the Three Treasures |
| [Jing Quan Do](http://en.wikipedia.org/wiki/Jing_Quan_Do) |  | 精拳道 |  | Modern synthetic Chinese martial art |
| [Jing Wu Men](http://en.wikipedia.org/wiki/Chin_Woo_Athletic_Association) |  | 精武門 |  | Famous [kung fu](http://en.wikipedia.org/wiki/Kung_fu) school in Shanghai that teaches several different styles |
| Jinkan |  | 時間 |  | Time |
| [Jin shin dō](http://en.wikipedia.org/wiki/Jin_Shin_Do) |  | 仁神道 |  | Mild form of accupressure, lit "the way of the compassionate spirit,"; also *jin shin jutsu* |
| Jinzō |  | 腎臓 |  | Kidney |
| Jinzō katsu |  | 腎臓活 |  | "Kidney resuscitation" method of [kappō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kappo.html) |
| [Jion](http://ca.youtube.com/watch?v=-4KPEjzwDvo) |  | 慈恩 |  | Karate kata ([Shōtōkan](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/Shōtōkan)); name of a temple and a Buddhist saint, *Nem Ami Jion*, originally *Sōma Shiro Yoshimoto* |
| Jishin |  | 自信 |  | Self-confidence ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/Sound%20files/jishin.wav)) |
| Jissen |  | 実戦 |  | Real combat; realistic fighting |
| Jissen kumite |  | 実戦组手 |  | Full-contact fighting |
| [Jita kyōei](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jita%20kyoei.html) |  | 自他共栄 |  | Mutual benefit |
| Jitsu |  | 実 |  | Truth; reality; sincerity, honesty, fidelity; substance; good result ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/Sound%20files/jitsu.wav)) |
| [Jitte](http://en.wikipedia.org/wiki/Jitte_(weapon)) |  | 十手 |  | Two pronged metal weapon with one prong shorter than the other; also *jutte* |
| [Jitte](http://ca.youtube.com/watch?v=mROmINxdhrk) |  | 十手 |  | “Ten hands, " karate kata ([Shōtōkan](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/Shōtōkan)); also *jutte* |
| [Jiu Jie Bian](http://en.wikipedia.org/wiki/Chain_whip) |  | 九节鞭 |  | Nine sectional whip chain, a soft weapon of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| Jiyū |  | 自由 |  | Free; freedom ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/Sound%20files/jiyuu.wav)) |
| Jiyū dachi |  | 自由立 |  | Free fighting stance |
| Jiyū geiko |  | 自由稽古 |  | Free practice; freely choosing what one studies and trains |
| Jiyū ippon kumite |  | 自由一本組手 |  | Semi-free one attack sparring |
| Jiyū kumite |  | 自由組手 |  | Free sparring |
| [Jō](http://en.wikipedia.org/wiki/Jō) |  | 杖 |  | Short stick ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/Sound%20files/jou.wav)) |
| Jō |  | 上 |  | Upper or high ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/Sound%20files/jou.wav)) |
| Jō |  | 常 |  | Always, constant, continually ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/Sound%20files/jou.wav)) |
| Jō |  | 場 |  | Place, space, room ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/Sound%20files/jou.wav)) |
| Jō awase |  | 杖合わせ |  | Jō exercises |
| Jodag |  |  |  | A tight collarless short-sleeved jacket worn in [Mongolian wrestling](http://en.wikipedia.org/wiki/Mongolian_wrestling) |
| Jōdan |  | 上段 |  | Upper level |
| [Jōdan age uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20age%20uke/jodan%20age%20uke.html) |  | 上段肋受け |  | Upper level rising block |
| [Jōdan age zuki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20age%20zuki/jodan%20age%20zuki.html) |  | 上段肋突き |  | Upper level rising punch |
| Jōdan choku zuki |  | 上段直突き |  | Upper straight punch |
| [Jōdan haishu jūji uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/juji%20uke/juji%20uke.html) |  | 上段背手十字受け |  | Upper level back of hand cross block |
| [Jōdan haitō uchi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20haito%20uchi/jodan%20haito%20uchi.html) |  | 上段背刀打ち |  | Upper level ridge hand strike |
| [Jōdan haiwan nagashi uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20haiwan%20nagashi%20uke/jodan%20haiwan%20nagashi%20uke.html) |  | 上段背腕流し受け |  | Upper level back of arm flowing block |
| [Jōdan heikō tate shutō uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20heiko%20tate%20shuto%20uke/jodan%20heiko%20tate%20shuto%20uke.html) |  | 上段並行縦手刀受け |  | Upper level parallel vertical sword hand block |
| [Jōdan kakutō uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20kakuto%20uke/jodan%20kakuto%20uke.html) |  | 上段鶴頭受け |  | Upper level crane head wrist block |
| Jōdan kamae |  | 上段構え |  | High posture |
| [Jōdan kizami zuki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20kizami%20zuki/jodan%20kizami%20zuki.html) |  | 上段刻み突き |  | Upper level jab |
| Jōdan kekomi |  | 上段蹴込み |  | Upper level thrust kick |
| [Jōdan mae empi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20mae%20empi/jodan%20mae%20empi.jpg) |  | 上段前猿臂 |  | Upper level front elbow (strike) |
| [Jōdan mawashi geri](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20mawashi%20geri/jodan%20mawashi%20geri.html) |  | 上段回し蹴り |  | Upper level roundhouse kick |
| [Jōdan mawashi zuki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20mawashi%20zuki/jodan%20mawashi%20zuki.html) |  | 上段回し突き |  | Upper level roundhouse punch |
| [Jōdan morote haiwan uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Morote%20haiwan%20uke/jodan_morote_haiwan_uke.jpg) |  | 上段諸手背腕受 |  | Upper level two hand back arm block |
| [Jōdan nagashi uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20nagashi%20uke/jodan%20nagashi%20uke.html) |  | 上段流し受け |  | Upper level flowing block |
| [Jōdan shutō jūji uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20shuto%20juji%20uke/jodan%20shuto%20juji%20uke.html) |  | 上段手刀十字受け |  | Upper level sword hand cross block, as in Heian Godan |
| [Jōdan shutō uchi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20shuto%20uchi/jodan%20shuto%20uchi.html) |  | 上段手刀打ち |  | Upper level sword hand strike |
| [Jōdan soto uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/soto%20uke/soto%20uke.html) |  | 上段外受け |  | Upper level outer block; sometimes called *uchi uke* or inner block, depending on whether the block is considered coming from the outside or going to the inside |
| [Jōdan tate empi uchi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20tate%20empi%20uchi/jodan%20tate%20empi%20uchi.html) |  | 上段縦猿臂打ち |  | Upper level vertical (uppercut) elbow strike |
| [Jōdan tate shutō uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20tate%20shuto%20uke/jodan%20tate%20shuto%20uke.html) |  | 上段縦手刀受け |  | Upper level standing sword hand block |
| [Jōdan tate zuki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20tate%20zuki/jodan%20tate%20zuki.html) |  | 上段縦突き |  | Upper level vertical punch |
| Jōdan uke |  | 上段受け |  | Upper level block |
| Jōdan ushiro empi uchi |  | 上段後ろ猿臂打ち |  | Upper level back elbow strike ([Chito ryū](http://en.wikipedia.org/wiki/Chito_Ryu)) |
| [Jōdan ushiro mawashi empi uchi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20ushiro%20empi%20uchi/jodan%20ushiro%20mawashi%20empi%20uchi.html) |  | 上段後ろ回し猿臂打ち |  | Upper level back roundhouse elbow strike |
| [Jōdan ushiro mawashi geri](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20ushiro%20mawashi%20geri/jodan%20ushiro%20mawashi%20geri.html) |  | 上段後ろ回し蹴り |  | Upper level back roundhouse kick |
| [Jōdan ushiro shutō uchi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20ushiro%20shuto%20uchi/jodan%20ushiro%20shuto%20uchi.html) |  | 上段後ろ手刀打ち |  | Upper level back sword hand strike |
| [Jōdan ushiro uraken uchi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20ushiro%20uraken%20uchi/jodan%20ushiro%20uraken%20uchi.html) |  | 上段後ろ裏拳打ち |  | Upper level backhand strike |
| Jōdan ushiro zuki |  | 上段後ろ突き |  | Upper level rear punch over opposite shoulder ([Chito ryū](http://en.wikipedia.org/wiki/Chito_Ryu)) |
| [Jōdan ushiro zu zuki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20ushiro%20zu%20zuki/jodan%20ushiro%20zu%20zuki.html) |  | 上段後ろ頭突き |  | Upper level back head butt |
| Jōdan waza |  | 上段技 |  | Upper level technique |
| [Jōdan yoko geri keage](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20yoko%20geri%20keage/jodan%20yoko%20geri%20keage.html) |  | 上段横蹴り蹴上げ |  | Upper level side snap kick |
| [Jōdan yoko haitō uchi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20yoko%20haito%20uchi/jodan%20yoko%20haito%20uchi.html) |  | 上段横背刀打ち |  | Upper level side ridge hand strike |
| [Jōdan yoko shutō uchi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20yoko%20shuto%20uchi/jodan%20yoko%20shuto%20uchi.html) |  | 上段横手刀打ち |  | Upper level side sword hand strike |
| Jōdan zuki |  | 上段突き |  | Upper level punch or thrust |
| [Jōdō](http://en.wikipedia.org/wiki/Jodo) |  | 杖道 |  | The way of the short stick |
| Jōdori |  | 杖取り |  | Defense against [jō](http://en.wikipedia.org/wiki/Jō) |
| Jōge uke |  | 上下受け |  | High-low block |
| [Jogo do Pau](http://en.wikipedia.org/wiki/Jogo_do_Pau) |  |  |  | Portuguese stick fighting |
| Jōhanshin |  | 上半身 |  | Upper body |
| Jō hineri |  | 杖捻り |  | Twist of [Jō](http://en.wikipedia.org/wiki/Jō) as in Bassai-Sho ([Shōtōkan](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/Shōtōkan)) |
| [Jōjutsu](http://en.wikipedia.org/wiki/Jodo) |  | 杖術 |  | Art of the short stick |
| [Jōō Takeno](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chajin/takeno-joo-single-page-layout222.pdf) |  | 武野 紹鴎 |  | (1502 - 1555) Master of [sadō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/sado/sado.html), the Japanese tea ceremony |
| Jōseki |  | 上関 |  | "Upper seat" in a [dōjō](http://en.wikipedia.org/wiki/Jō) |
| Jōseki ni rei |  | 上関に礼 |  | Command to bow to the jōseki |
| Joshi goshinjutsu |  | 女子護身術 |  | Women's self-defense |
| Jōsokutei |  | 上足底 |  | Ball of foot, lit. "raised sole of foot"; also *koshi* |
| Jōtai |  | 上腿 |  | Thigh; also *daitai, momo, futomomo* |
| Jō tai jō |  | 杖対杖 |  | [Jō](http://en.wikipedia.org/wiki/Jō) versus jō |
| Jō tai ken |  | 杖対剣 |  | [Jō](http://en.wikipedia.org/wiki/Jō) versus sword |
| Jōtori |  | 杖取り |  | "Staff taking," techniques to defend against the [jō](http://en.wikipedia.org/wiki/Jō) ([aikidō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/aikidō)) |
| Jōuke |  | 杖受 |  | [Jō](http://en.wikipedia.org/wiki/Jō) block |
| [Jow Ga](http://en.wikipedia.org/wiki/Jow-Ga_Kung_Fu) |  | 周家 |  | Jow Family style of [kung fu](http://en.wikipedia.org/wiki/Judo) |
| Jū |  | 十 |  | Ten ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/Sound%20files/juu.wav)) |
| Jū |  | 柔 |  | Soft, pliable, flexible, gentle ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/Sound%20files/juu.wav)) |
| Jū |  | 従 |  | Obey, submit, yield, conform, follow ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/Sound%20files/juu.wav)) |
| [Jūdan](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/judan/judan.html) |  | 十段 |  | Tenth degree black belt |
| [Jūdō](http://en.wikipedia.org/wiki/Judo) |  | 柔道 |  | "The gentle way"; method of throwing and grappling with a strong sport aspect, a [gendai budō](http://en.wikipedia.org/wiki/Gendai_budo) ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/Sound%20files/juudou.wav)) |
| [Jūdōgi](http://en.wikipedia.org/wiki/Judogi) |  | 柔道着 or 衣 |  | [Jūdō](http://en.wikipedia.org/wiki/Judo) uniform |
| [Jūhō](http://www.shorinji.co.uk/kempo/juho.html) |  | 柔法 |  | "Soft method"; in [Shorinji Kemp](http://www.shorinjikempo.or.jp/wsko/wh-shorinji/index.html)[ō](http://www.shorinji.co.uk/kempo/goho.html), throws, locks, pins and related techniques, the complement of [gōhō](http://www.shorinji.co.uk/kempo/goho.html), strikes and techniques closely related to strikes like blocks |
| Jūji |  | 十字 |  | Cross |
| [Jūji ashi](http://www.shorinji.co.uk/kenshi/umpoho.html) |  | 十足 |  | Stepping left or right across the other leg ([Shōrinji Kenpō](http://en.wikipedia.org/wiki/Shorinji_kempo)) |
| Jūji gatame |  | 十字固 |  | Cross hold |
| Jūji garami |  | 十字がらみ |  | "Cross entangling method," pressure applied to elbows as brought into crossed position ([aikidō](http://en.wikipedia.org/wiki/Aikido)) |
| Jūji nage |  | 十字投げ |  | Jūji garami |
| [Jūji uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/juji%20uke/juji%20uke.html) |  | 十字受け |  | Cross block |
| Jūjun |  | 従順 |  | Obedient |
| [Jūjutsu](http://en.wikipedia.org/wiki/Jujutsu) |  | 柔術 |  | "The flexible art"; method of fighting that includes grappling |
| Jūjutsugi |  | 柔術着 or 柔術衣 |  | [Jūjutsu](http://en.wikipedia.org/wiki/Jujutsu) uniform |
| [Jukendō](http://en.wikipedia.org/wiki/Jūkendō) |  | 銃剣道 |  | "Way of the bayonet," [gendai budō](http://en.wikipedia.org/wiki/Gendai_budō) |
| [Juko Murata](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chajin/exploring-the-tea-masters-of-japan-part-i-single-page-layout.pdf) |  | 村田珠光 |  | (1422 - 1502) Master of [sadō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/sado/sado.html), the Japanese tea ceremony |
| Juku |  | 塾 |  | Private school ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/Sound%20files/juku.wav)) |
| Jukuren |  | 熟練 |  | Skill, practiced skill, mastery |
| Junan taisō |  | 柔軟 体操 |  | Flexibility exercises; body conditioning |
| Junbi |  | 準備 |  | Prepare, get ready |
| Junbi taisō |  | 準備体操 |  | Preparatory exercises |
| [Junbi undō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Categories/junbi%20undo/junbi%20undo.html) |  | 準備運動 |  | Preparatory exercises |
| [Jundokan](http://www.jundokan.jp/english/intro.htm) |  | 順道館 |  | Honbu of Okinawan [Gōjū ryū](http://en.wikipedia.org/wiki/Goju_Ryu) following Eichi Miyazato |
| [Jū no kata](http://en.wikipedia.org/wiki/Ju_no_Kata) |  | 柔の形 |  | [Jūdō](http://en.wikipedia.org/wiki/Judo) kata, lit "forms of gentleness" |
| Jū no ri |  | 柔の理 |  | Principle of gentleness ([aikidō](http://en.wikipedia.org/wiki/Aikido)) |
| Junshin |  | 純真 |  | Pure heart |
| Junzuki |  | 順突 |  | Lunge punch; lunge thrust |
| Junzuki dachi |  | 順突立 |  | In [Wadō ryū](http://en.wikipedia.org/wiki/Wado_ryu), zenkutsu dachi with the front foot pointing straight ahead. Cf. gyakuzuki dachi, in which the front foot is turned in slightly. |
| Junzuki tsukkomi |  | 順突突込 |  | Leaning lunge punch |
| Junzuki tsukkomi dachi |  | 順突突込立 |  | Leaning lunge punch stance |
| Jushin |  | 重心 |  | Centre of gravity; stability |
| Jutsu |  | 術 |  | Technique; art ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/Sound%20files/jutsu.wav)) |
| [Jutte](http://en.wikipedia.org/wiki/Jutte) |  | 十手 |  | Two pronged metal weapon with one prong shorter than the other, literally "10 hand"; also *jitte* |
| [Jutte](http://ca.youtube.com/watch?v=mROmINxdhrk) |  | 十手 |  | "Ten hands," karate kata ([Shōtōkan](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/Shōtōkan)); also *jitte* |

K

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| [K-1](http://en.wikipedia.org/wiki/K-1) |  |  |  | Professional full contact kickboxing sport |
| -ka |  | 家 |  | Suffix meaning “practitioner,”as in karateka ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/ka.wav)) |
| [Ka](http://en.wikipedia.org/wiki/Five_elements_(Japanese_philosophy)#Ka) |  | 火 |  | Fire; one of the [*Godai*](http://en.wikipedia.org/wiki/Five_elements_(Japanese_philosophy))[, the Five Elements](http://en.wikipedia.org/wiki/Five_elements_(Japanese_philosophy)) ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/ka.wav)) |
| Kabura |  | 鏑 |  | Arrowhead |
| [Kaburaya](http://en.wikipedia.org/wiki/Kaburaya) |  | 蕪矢 |  | Turnip-head arrow that makes a distinctive sound in flight |
| [Kabuto](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kabuto/kabuto.html) |  | 兜 or 冑 |  | Helmet of samurai armour ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kabuto.wav)) |
| [Kabutowari](http://www.e-budokai.com/collection/hachiwari.htm) |  | 兜割 |  | Sword-like weapon to crush armour, lit "helmet splitter"; also hachiwari |
| [Kachi wa saya no naka ni ari](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Kachi/Kachi%20wa%20saya%20no%20naka%20ni%20ari.html) |  | 勝ちは鞘の中にあり |  | "Victory comes while the sword is still in the scabbard." A variation is saya no uchi de katsu (victory in the scabbard), which is sometimes shortened to saya no uchi. |
| Kachu men |  |  |  | [Samurai](http://en.wikipedia.org/wiki/Samurai) face guard or mask, usually worn with a [kabuto](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kabuto/kabuto.html); also mempō, menpō, menbō, men yoroi or katchu men |
| Kaden |  | 家傳 |  | Lit "lineage transmission"; hereditary family secrets; poem transmission (also kadensho or budō kyōka) |
| Kadensho |  | 家傳書 |  | "Poem transmission text," writings on family transmission; also kaden or budō kyōka |
| [Kadō](http://en.wikipedia.org/wiki/Kado) |  | 華道 |  | The way of the flower; Japanese flower arranging; also ikebana |
| [Kadomatsu](http://en.wikipedia.org/wiki/Kadomatsu) |  | 門松 |  | Traditional [Japanese New Year's](http://en.wikipedia.org/wiki/Japanese_new_year) decorations, often displayed in [dōjō](http://en.wikipedia.org/wiki/Dojo) |
| Kaeshi |  | 返し |  | Twist, turn, come back, return |
| Kaeshi ippon kumite |  | 返し一本組手 |  | Two step one attack sparring |
| Kaeshi waza |  | 返し技 |  | Counter techniques, escape techniques |
| Kaeshi zuki |  | 返し突き |  | Counterpunch or counter thrust |
| Kaesu |  | 返す |  | Give back ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kaesu.wav)) |
| Kaete |  | 返て |  | Returning back |
| [Kafuza](http://www.aisf.or.jp/~jaanus/deta/k/kekkafuza.htm) |  | 跏跌坐 |  | Full lotus seated position; also kekka fuza, zenka fuza, zenkaza, kaza |
| Kagami |  | 屈み |  | To crouch or duck (type of [tai sabaki](http://en.wikipedia.org/wiki/Tai_sabaki)) |
| Kagami |  | 鑑 |  | Example, model, paragon ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kagami.wav)) |
| Kagami |  | 鏡 |  | Mirror ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kagami.wav)); also kyō ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kyou.wav)) |
| [Kagami biraki](http://www.fightingarts.com/reading/article.php?id=156) |  | 鏡開き |  | "Opening the mirror"; ritual first workout of the new year |
| Kagami geiko |  | 鏡稽古 |  | "Mirror training": training in which partners mirror each other's actions |
| Kage |  | 影 |  | Shadow ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kage.wav)) |
| [Kage ryū](http://www.koryu.com/guide/kage.html) |  | 景流 |  | [Koryū](http://koryu.com/) [battōjutsu](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Shōtōkan) |
| [Kage ryū](http://en.wikipedia.org/wiki/Kage-ryū_(Aizu)) |  | 陰流 |  | [Koryū](http://koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu) founded by Aizu Hyūga-no-Kami Iko; also Aizu Kage ryū |
| [Kaginawa](http://en.wikipedia.org/wiki/Kaginawa) |  | 鈎縄 |  | Hook and rope; grappling hook |
| Kagi yari |  | 鉤槍 |  | Hook spear |
| [Kagi zuki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kagi%20zuki/kagizuki.html) |  | 鉤突き |  | Hook punch |
| Kahanshin |  | 下半身 |  | Lower body, lit "down half body" |
| Kahō |  | 下方 |  | Lower direction |
| [Kahō kenpō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kaho%20kempo/kaho%20kempo.html) |  | 華法剣法 |  | Flowery swordplay; sword fighting for show |
| Kai |  | 会 |  | Association ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kai.wav)) |
| Kai ashi |  |  |  | Step forward |
| Kaibashira |  | 貝柱 |  | Adductor muscle ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kaibashira.wav)) |
| Kaicho |  | 会長 |  | Owner of a school or organization |
| Kaiden |  | 皆伝 |  | Full knowledge, knowledge of all secrets; high level of menkyo rank system |
| Kaiken |  | 懐剣 |  | Short knife; also mamorigatana 守り刀 ("protection sword") |
| Kaisai no genri |  |  |  | Deciphering [bunkai](http://en.wikipedia.org/wiki/Bunkai) from [kata](http://en.wikipedia.org/wiki/Kata) |
| [Kaishaku](http://en.wikipedia.org/wiki/Kaishakunin) |  | 介錯 |  | The role of being second to someone performing [*seppuku*](http://en.wikipedia.org/wiki/Seppuku), whose duty is beheading the principal after the seppuku cut is made |
| [Kaishakunin](http://en.wikipedia.org/wiki/Kaishakunin) |  | 介錯人 |  | The second to someone performing [*seppuku*](http://en.wikipedia.org/wiki/Seppuku), whose duty is beheading the principal after the seppuku cut is made |
| Kaisho |  | 開手 |  | Open hand |
| Kaisho kōsa uke |  | 開手交差受け |  | Open hand cross block, as in karate kata [Gojushiho Sho](http://ca.youtube.com/watch?v=ggSdKBcMSBQ) ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| [Kaishugata](http://en.wikipedia.org/wiki/Gōjū-ryū#Kaishugata) |  | 開手形 |  | “Open hand kata.” A classification of [Gōjū ryū](http://en.wikipedia.org/wiki/Goju_Ryu) karate kata, cf. Heishugata and Kihongata |
| Kaishu ippon kumite |  |  |  | Sparring exercise ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Kaiten |  | 回転 |  | Rotation; turning (type of [tai sabaki](http://en.wikipedia.org/wiki/Tai_sabaki)) |
| Kaitenjuki |  | 回転投げ |  | The axis of rotation of a technique ([aikidō](http://en.wikipedia.org/wiki/Bō)) |
| [Kaiten nage](http://www.youtube.com/watch?v=Srx3CaVB-kU) |  | 回転投げ |  | Rotation throw ([aikidō](http://en.wikipedia.org/wiki/Bō)) |
| Kajutsu |  | 火術 |  | Fire, smoke, explosive or musketry arts |
| Kakari waza |  | 懸かり技 |  | Techniques of attacking |
| Kakari geiko |  | 懸かり稽古 |  | Attack practice; multiple continuous attacks on one defender, esp. in [aikidō](http://en.wikipedia.org/wiki/Aikido) |
| Kakato |  | 踵 |  | Heel ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kakato.wav)) |
| [Kakato geri](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kakato%20geri/kakato%20geri.html) |  | 踵蹴り |  | Heel kick; also axe kick; in Korean, chikyo chagi or naeryo chagi |
| Kakato o ageru undō |  | 踵を上げる運動 |  | Heel lift, [junbi undō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Categories/junbi%20undo/junbi%20undo.html) ( warm-up exercise) ([Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu)) |
| Kake |  | 掛け |  | To hang, suspend |
| Kake |  |  |  | Execution stage of a throwing technique |
| Kake ashi dachi |  | 掛足立 |  | Hooked stance, a form of kosa dachi ([Chitō ryū](http://en.wikipedia.org/wiki/Chito_Ryu)) |
| [Kake dachi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kosadachi.html) |  | 掛立 |  | Hook stance; also kosa dachi |
| Kake dori |  | 掛取り |  | Hooking grasp/pull as in the karate kata [Hangetsu](http://ca.youtube.com/watch?v=2ebJlhR6Tns) ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Kake geri |  | 掛蹴り |  | Hook kick |
| [Kakejiku](http://en.wikipedia.org/wiki/Kakejiku) |  | 掛け軸 |  | Hanging scroll used to mount [shodō](http://en.wikipedia.org/wiki/Shodo) or [sumi-e](http://en.wikipedia.org/wiki/Ink_and_wash_painting); also kakemono 掛け物 |
| Kake shuto uke |  | 掛手刀受け |  | Hooking knife hand block |
| Kake te |  | 掛手 |  | Hook punch; hook block |
| [Kake te uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kake%20te%20uke/kake%20te%20uke.html) |  | 掛手受け |  | Trapping hand block |
| [Kake uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kake%20uke/kake%20uke.html) |  | 掛受け |  | Hooking block |
| [Kakiwaki uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kakiwake%20uke/kakiwake%20uke.html) |  | 掻き分け受け |  | Reverse wedge block |
| Kaku |  | 角 |  | Corner or angle ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kaku.wav)) |
| Kaku |  | 鶴 |  | Crane ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kaku.wav)) |
| [Kaku bō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/bou/kaku%20bou.jpg) |  | 角棒 |  | Four sided [bō](http://en.wikipedia.org/wiki/Bō) |
| Kakun |  | 家訓 |  | [Daimyō](http://en.wikipedia.org/wiki/Daimyo) house rules |
| Kaku obi |  | 角帯 |  | Wide belt to support carried weapons |
| Kakushi |  | 隠し |  | Hidden |
| Kakushi buki |  | 隠し武器 |  | Hidden weapon |
| Kakushide |  | 隠しで |  | Hidden techniques, especially in kata |
| [Kakushiken](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kakushiken/kakushiken.html) |  |  |  | Crane beak, as in karate kata [Sanseiryu](http://ca.youtube.com/watch?v=CQHgXgYmqnY) ([Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu)) |
| Kakushi zuki |  | 隠し突き |  | Hidden weapon thrust ([Shōrin ryū](http://en.wikipedia.org/wiki/Shorin_ryu)) |
| Kakushi waza |  | 隠し技 |  | Hidden techniques |
| Kakuto |  | 格闘 |  | Hand to hand combat |
| [Kakutō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kakuto/kakuto.html) |  | 鶴頭 |  | "Crane head"; bent wrist formation |
| Kakutogi |  | 格闘技 |  | Competitive fighting systems |
| Kakutō uchi |  | 鶴頭打ち |  | Wrist joint strike; also, ko uchi |
| [Kakutō uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kakuto%20uke/kakuto%20uke.html) |  | 鶴頭受け |  | Wrist joint block; also, ko uke |
| Kaku zuki |  | 角突き |  | Square thrust ([Shōrin ryū](http://en.wikipedia.org/wiki/Shorin_ryu)) |
| [Kalarippayattu](http://en.wikipedia.org/wiki/Kalarippayattu) |  | களரிபயத் (Tamil)  துകളരിപയറ്റ് (Malayalam) |  | South [Indian martial art](http://en.wikipedia.org/wiki/Indian_martial_arts); also kalaripayattu |
| [Kama](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kama/kama.html) |  | 鎌 |  | Sickle, a [kobudō](http://en.wikipedia.org/wiki/Okinawan_kobudō) weapon ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kama.wav)) |
| [Kamae](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kamae/kamae.html) |  | 構え |  | Posture of whole body and mind; cf dachi, which refers only to lower body ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kamae.wav)) |
| Kamae te |  | 構えて |  | Command to get into position |
| [Kamakiri](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/tourou/tourou.html) |  | 螳螂 |  | Praying mantis, a Japanese symbol of courage and cunning, and a harbinger of good fortune; also tōrō or ōkamakiri mushi |
| [Kama yari](http://en.wikipedia.org/wiki/Kamayari) |  | 鎌槍 |  | Spear with one to two curved secondary blades; sickle spear |
| Kami |  | 紙 |  | Paper ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kami.wav)) |
| Kami |  | 髪 |  | Hair ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kami.wav)) |
| [Kami](http://en.wikipedia.org/wiki/Kami) |  | 神 |  | Divinity; the gods ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kami.wav)) |
| Kami ate |  | 上当 |  | Upper attack ([jūdō](http://en.wikipedia.org/wiki/Judo) atemi) |
| [Kamidana](http://en.wikipedia.org/wiki/Kamidana) |  | 神棚 |  | Miniature shrine in a [tokonoma](http://en.wikipedia.org/wiki/Tokonoma) |
| Kami no kamae |  | 上の构え |  | Upper body posture |
| Kaminoke |  | 髪の毛 |  | Hair |
| [Kamiizumi Ise-no-kami Nobutsuna](http://en.wikipedia.org/wiki/Kamiizumi_Nobutsuna) |  | 上泉 伊勢守 信綱 |  | (c.1508 - 1578) Founder of [Yagyu Shinkage ryū](http://en.wikipedia.org/wiki/Tokonoma) |
| [Kamishimo](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kamishimo.html) |  | 裃 |  | Formal garb of the [samurai](http://en.wikipedia.org/wiki/Samurai) |
| Kami tsukami |  | 髪掴み |  | Hair grasp as in the karate kata [Empi](http://ca.youtube.com/watch?v=3cuRkVB-xwU) ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Kamiya Jinsei |  |  |  | (1894 - 1964) Okinawan Karateka, student of [Miyagi Chojun](http://en.wikipedia.org/wiki/Chojun_miyagi), and physician; member of the Okinawan 1940 Karate-dō Special Committee |
| Kamiza |  | 上座 |  | "High seat"; the upper side of the [dōjō](http://en.wikipedia.org/wiki/Dojo) floor |
| Kamiza |  | 神座 |  | Small, shelf-top shrine in a [dōjō](http://en.wikipedia.org/wiki/Dojo) |
| Kamoku |  | 科目 |  | Special class taught by a guest instructor |
| [Kamon](http://en.wikipedia.org/wiki/Kamon) |  | 家紋 |  | Family or heraldic symbols; also mon, monsho or mondokoro |
| [Kampō](http://en.wikipedia.org/wiki/Kampo) |  | 漢方 |  | Japanese interpretaion of [traditional Chinese medicine](http://en.wikipedia.org/wiki/Chinese_medicine) |
| [Kan](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kan/kan.html) |  | 勘 |  | Intuition or intuitive perception ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kan.wav)) |
| Kan |  | 館 |  | Hall or building ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kan.wav)) |
| Kan |  | 肝 |  | Liver, spirit ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kan.wav)) |
| Kana |  | 仮名 |  | Japanese phonetic script, either hirigana or katakana ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kana.wav)) |
| [Kanazawa Hirokazu](http://en.wikipedia.org/wiki/Hirokazu_Kanazawa) |  | 金澤弘和 |  | (1931- ) Founder of [Shōtōkan Karate-do International Federation](http://www.skif.jp/index-e.htm) (SKIF); jūdan |
| [Kanchin](http://www.arts.ualberta.ca/~aoki/Karate-do/Kata/Kanchin/kanchin.html) |  | 完戦 |  | Karate kata ([Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu)) |
| Kandai |  | 寛大 |  | Generosity, tolerance, leniency ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kandai.wav)) |
| [Kan geiko](http://www.aikidojournal.com/article?articleID=546) |  | 寒稽古 |  | Winter training |
| Kani ashi |  | 蟹足 |  | Lit "crab step," step sideways; also chidori ashi |
| [Kani basami](http://ca.youtube.com/watch?v=0gAsy-Rmh28) |  | 蟹挟 |  | Lit "crab scissors"; sutemi waza sacrifice technique |
| [Kanji](http://en.wikipedia.org/wiki/Kanji) |  | 漢字 |  | Chinese characters used in Japanese, as contrasted with its syllabries ([*kana*](http://en.wikipedia.org/wiki/Kana)) ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kanji.wav)) |
| Kankai ryū |  | 蔵院流 |  | [Ryū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/ryu/ryu.html) that taught swimming in armour |
| [Kankū Dai](http://www.youtube.com/watch?v=Zftf4orGIn0) |  | 観空大 |  | Karate kata, “To look at the sky, major" ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| [Kankū Sho](http://www.youtube.com/watch?v=ZMdGiRYHBPk) |  | 観空小 |  | Karate kata, “To look at the sky, minor” ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Kanna zen |  | 看話禪 |  | Introspection of a [kōan](http://en.wikipedia.org/wiki/Koan) |
| [Kanō Jigorō](http://en.wikipedia.org/wiki/Jigoro_Kano) |  | 嘉納 治五郎 |  | (1860-1938) Founder of [jūdō](http://en.wikipedia.org/wiki/Judo) |
| Kansetsu |  | 関節 |  | Joint |
| Kansetsu waza |  | 関節技 |  | Joint locking techniques |
| Kansha |  | 感謝 |  | Thanks, gratitude, appreciation ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kansha.wav)) |
| Kanshi |  | 諌死 |  | Committing suicide in remonstration to one's lord, lit "death of understanding" |
| [Kanshiwa](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kanshiwa/kanshiwa.html?v=fuxAig2dsLQ) |  | 完子知 |  | Karate kata ([Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu)) |
| [Kanshu](http://ca.youtube.com/watch?v=5w7H8rIqwBc) |  | 完周 |  | Karate kata ([Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu)) |
| [Kanzashi](http://en.wikipedia.org/wiki/Kanzashi) |  | 簪 |  | Long needle-like hairpin that could be used like a dagger |
| Kanzō |  | 肝臓 |  | [Liver](http://en.wikipedia.org/wiki/Liver) |
| Kao |  | 顔 |  | Face ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kao.wav)) |
| Kao ate |  | 顔当 |  | Face strike |
| [Kapap](http://en.wikipedia.org/wiki/Kapap) |  | פ"פק or פ"אפק |  | "Face to face combat," short for "Krav Panim el Panim," modern Israelis combat system |
| [Kappō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kappo.html) |  | 活法 |  | Resuscitation techniques |
| [Kapu Kuialua](http://en.wikipedia.org/wiki/Kapu_Kuialua) |  |  |  | "Forbidden way to fight," Hawaiian martial art; also Pa Kuialua, Kuialua or Lua |
| [Kara](http://en.wikipedia.org/wiki/Shunyata) |  | 空 |  | Empty or void ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kara.wav)); also pronounced ku |
| Kara |  | 唐 |  | [Tang (dynasty)](http://en.wikipedia.org/wiki/Tang_dynasty), China ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kara.wav)); also tō |
| Karada |  | 体 |  | Body ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/karada.wav)); also tai or tei |
| [Karada de oboeru](http://books.google.com/books?id=zyaSUWI3WL0C&pg=PA137&lpg=PA137&dq=%22karada+de+oboeru%22&source=bl&ots=neQZJzPDuR&sig=DNTD5X93nX1cG9qvl6HIPsuexto&hl=en&ei=96XaScvMO4GAtgOhnNjgBg&sa=X&oi=book_result&ct=result&resnum=3) |  | 体 で 覚える |  | Learning with the body; remembering with the body |
| Karame |  | 絡め |  | Tie up or arrest |
| Karami |  | 絡み |  | Entwine or entanglement |
| [Karami nage](http://www.youtube.com/watch?v=04pNkqJUKBw) |  | 絡み投げ |  | "Hand net" throw |
| [Karamiti](http://www.karate.org.yu/articles/bugeisha_a12.htm) |  | 絡み手 |  | Okinawan hand trapping techniques |
| [Karate](http://en.wikipedia.org/wiki/Karate) |  | 空手 |  | "Empty hand" ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/karate.wav)) |
| Karate |  | 唐手 |  | "[Tang (China)](http://en.wikipedia.org/wiki/Tang_dynasty)" hand; old characters used for karate ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/karate.wav)) |
| Karate-dō |  | 空手道 |  | The way of the empty hand |
| Karate-dō Special Committee |  |  |  | An Okinawan committee convened in 1940 by Gen Hayakawa, the Governor of Okinawa, to address the perceived need for karate training kata for children. |
| [Karategi](http://en.wikipedia.org/wiki/Karategi) |  | 空手着 or 空手衣 |  | Karate uniform |
| Karate jutsu |  | 空手術 |  | The art of karate |
| Karateka |  | 空手家 |  | Exponent of karate |
| [Karate ni sente nashi](http://seinenkai.com/articles/tankosich/sentenashi.pdf) |  | 空手に 先手 無し |  | "There is no first attack in karate," second of [Funakoshi Gichin](http://en.wikipedia.org/wiki/Gichin_Funakoshi)'s [20 precepts](http://www.arts.ualberta.ca/~aoki/Karate-do/Books/Recommended%20Shotokan/Twenty%20Guiding%20Principles/twenty_precepts.html) |
| [Karatenomichi World Federation](http://www.kwf.jp/eng/philosophy.html) |  | 空手之道世界連盟 |  | Offshoot of [JKA](http://www.jka.or.jp/english/e_index.html) founded by [Yahara Mikio](http://www.kwf.jp/eng/yaharamikio.html) |
| [Karate Union of Great Britain](http://www.kugb.org/) |  |  |  | British [Shōtōkan](http://en.wikipedia.org/wiki/Shotokan) organization (KUGB) |
| [Kara zuki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/choku%20zuki/choku%20zuki.html) |  |  |  | Straight punch, also choku zuki |
| [Karō](http://en.wikipedia.org/wiki/Karō) |  | 家老 |  | Clan elders; retainers whose service was long and loyal |
| [Karui](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/karui.wav) |  | 軽い |  | Light |
| Karui geiko |  | 軽い稽古 |  | Light easy practice |
| [Karumi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/karumi/karumi.html) |  | 軽み |  | Lightness, the beauty of ordinary things |
| [Kase Taiji](http://www.leicesterkarateclub.co.uk/imprintofamaster.htm) |  | 加瀬 泰治 |  | (1929 - 2004) [Shōtōkan](http://en.wikipedia.org/wiki/Shotokan) karateka |
| Kashaki uchi |  |  |  | Continuous attack |
| Kashi |  | 樫 |  | Japanese oak wood, frequently used for weapons ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kashi.wav)) |
| [Kashima Shinden Jikishinkage ryu](http://en.wikipedia.org/wiki/Kashima_Shinden_Jikishinkage-ryū) |  | 鹿島神傳直心影流 |  | [Koryū](http://koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu) |
| [Kashima Shin ryū](http://www.koryu.com/guide/kashimashin.html) |  | 鹿島神流 |  | [Koryū](http://koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu), [sōjutsu](http://en.wikipedia.org/wiki/Sojutsu), [battōjutsu](http://en.wikipedia.org/wiki/Battojutsu), [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu), [bōjutsu](http://en.wikipedia.org/wiki/Bō) |
| [Kashima Shintō ryū](http://www.koryu.com/guide/kashimashinto.html) |  | 鹿島神道流 or 鹿島新当流 or 鹿島新當流 |  | [Koryū](http://koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu) |
| Kassatsu |  | 活殺 |  | Resuscitation techniques |
| Kassen kumiuchi |  | 合戦組討 |  | Battlefield grappling |
| Kassoteki koku |  | 仮想敵国 |  | Imaginary opponent, esp in [iaidō](http://en.wikipedia.org/wiki/Iaido) and [iaijutsu](http://en.wikipedia.org/wiki/Iaido) |
| Kasui uke |  | 火水受 |  | Fire and water block, as in the karate kata [Kanku-Sho](http://ca.youtube.com/watch?v=ZMdGiRYHBPk) ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Kasumi |  | 霞み |  | Dim, blurry, hazy, mist; crossing of arms to hide setup of technique; feint ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kasumi.wav)) |
| Kata |  | 型 |  | Form ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kata.wav)) |
| Kata |  | 形 |  | Form ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kata.wav)) |
| Kata |  | 肩 |  | Shoulder ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kata2.wav)); also ken |
| Kata |  | 方 |  | Side, way, direction; single, one of a pair ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kata.wav)) |
| Katachi |  | 形 |  | Form, shape; correct form ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/katachi.wav)) |
| Katadori |  | 肩取り |  | Grab shoulder |
| [Kata guruma](http://ca.youtube.com/watch?v=yD09HBiPgEU) |  | 肩車 |  | Shoulder wheel, Kōdōkan [jūdō](http://en.wikipedia.org/wiki/Judo) throw ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kataguruma.wav)) |
| Kata gasshō |  |  |  | Single-handed prayer position |
| Kata gatame |  | 肩固め |  | Shoulder lock; Kōdōkan [jūdō](http://en.wikipedia.org/wiki/Judo) hold (also taki otosu odori); [aikidō](http://en.wikipedia.org/wiki/Aikido) throw |
| Kataginu |  | 肩衣 |  | Stiff shouldered sleeveless jacket worn by [samurai](http://en.wikipedia.org/wiki/Samurai) over a [kimono](http://en.wikipedia.org/wiki/Kimono) |
| Kataguchi |  | 肩口 |  | Top of shoulder |
| Kataha |  | 方羽 |  | Single wing |
| Katai |  | 下腿 |  | Lower leg, lower part of the body, lower limbs |
| Katai |  | 固い |  | Rigid; one of [four levels of technique in aikidō](http://www.iwama-aikido.cz/pvnft.php?id=clanky_det&id_sem=2007-11-05%2014:17:58&j=a) ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/katai.wav)) |
| Katai geiko |  | 難い稽古 |  | Hard daily training |
| Katakama |  | 片鎌槍 |  | Single-sided sickle spear |
| [Katakana](http://en.wikipedia.org/wiki/Katakana) |  | 片仮名 |  | One system of syllabary in the [Japanese language](http://en.wikipedia.org/wiki/Japanese_language) |
| Katakiriba |  | 片切り刃 or 片切り刃 |  | Early Japanese sword with one edge |
| Katame |  | 固め |  | Pin; hold; harden; freeze ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/katame.wav)) |
| Katame waza |  | 固め技 |  | Grappling techniques |
| Katameru |  | 固める |  | Immobilize ([click to listen)](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/katameru.wav) |
| [Katana](http://en.wikipedia.org/wiki/Katana) |  | 刀 |  | Long sword ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/katana.wav)); also tō ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tou.wav)) |
| Katana abura |  | 刀油 |  | Sword blade oil, used as a rust preventative |
| [Katana bukuro](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/katana%20bukuro/katana%20bukuro.html) |  | 刀袋 |  | Sword bag |
| [Katana gari](http://en.wikipedia.org/wiki/Sword_hunt) |  | 刀狩 |  | Sword hunt |
| Katana kaji |  | 刀锻冶 |  | Swordsmith |
| Katana kake |  | 刀懸け |  | Sword rack |
| Katana togi |  | 刀砥ざ |  | Sword sharpener |
| Katana wa bushi no tamashi desu |  | 刀は武士の魂です |  | "The sword is the soul of a samurai" ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/katanahabushinotamashiidesu.wav)) |
| Katasaki |  | 肩先 |  | Point of the shoulder |
| Katate |  | 片手 |  | Single handed, one hand |
| Katate dori |  | 片手取り |  | Grabbing one hand |
| Katate tori |  | 片手取り |  | Grabbing one hand |
| Katate kosadori |  | 片手交叉取り |  | Grabbing hand across |
| Katate uke |  | 片手受 |  | Single handed block |
| [Katayama Hōki ryū](http://www.koryu.com/guide/hoki.html) |  | 片山伯耆流 |  | [Koryū](http://koryu.com/) [iaijutsu](http://en.wikipedia.org/wiki/Iaijutsu) and [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu) |
| Katchu men |  |  |  | [Samurai](http://en.wikipedia.org/wiki/Samurai) face guard or mask, usually worn with a [kabuto](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kabuto/kabuto.html); also mempō, menpō, menbō or men yoroi |
| Katori Shinto ryū |  | 香取神道流 |  | [Koryū](http://koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu) |
| Katsu |  | 活 |  | Resuscitation methods ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/katsu.wav)) |
| [Katsu](http://en.wikipedia.org/wiki/Katsu_(Zen)) |  | 喝 |  | Shout in [Zen](http://en.wikipedia.org/wiki/Zen) to express enlightenment; also "browbeat" ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/katsu.wav)) |
| Katsujinken |  | 活人剣喝 |  | The sword that gives life |
| Kayakujutsu |  | 火薬術 |  | The art of gunpowder, firearms and explosives |
| Kawa |  | 側 |  | Side ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kawa.wav)); also soku ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/soku.wav)) |
| [Kaza](http://www.aisf.or.jp/~jaanus/deta/k/kekkafuza.htm) |  | 跏坐 |  | Full lotus seated position, also also kekka fuza, zenka fuza, zenkaza, kafuza |
| Kaze |  | 風 |  | Wind ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kaze.wav)) |
| Kazunuki |  | 数抜き |  | Drawing and cutting with a sword 3000, 10000 or 30000 times |
| Keage |  | 蹴上げ |  | Snapping |
| [Kebakebashii](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kebakebashii/kebakebashii.html) |  | 毳毳しい 毳々しい |  | Gaudy, garish, flashy, showy; also hade |
| Kebanashi |  |  |  | Snap kick |
| Kei |  | 系 |  | System or line; familiar lineage; guild lineage ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kei.wav)) |
| Keibō |  | 警棒 |  | Wooden club |
| Keidōmyaku |  | 頸動脈 |  | [Carotid artery](http://en.wikipedia.org/wiki/Carotid) |
| Keijōmyaku |  | 頸靜脈 |  | [Jugular vein](http://en.wikipedia.org/wiki/Jugular) |
| Keiko |  | 鶏口 |  | Chicken beak |
| Keikoken |  | 鶏口拳 |  | Chicken beak fist |
| [Keiko](http://www.aikidoonline.com/archives/2001/jun/feat_0601_tmra.html) |  | 稽古 |  | Practice |
| [Keikogi](http://en.wikipedia.org/wiki/Keikogi) |  | 稽古着 or 稽古衣 |  | Practice uniform |
| Keiko hajime |  | 稽古始め |  | First practice of the year |
| Keiko shōkon |  | 稽古照今 |  | Reflect on the old to understand the new |
| Keiko soremade |  | 稽古それ迄 |  | Lit "training that is all"; "Finish" |
| Keikotsu |  | 脛骨 |  | [Cervical spine](http://en.wikipedia.org/wiki/Cervical_spine) |
| [Keisaku](http://en.wikipedia.org/wiki/Kyosaku) |  | 警策 |  | Flat "stick of encouragement" or "warning stick" used in [Zen](http://en.wikipedia.org/wiki/Zen); also kyosaku |
| [Keitō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/keito/keito.html) |  | 鶏頭. |  | Chicken head wrist |
| [Keitō uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/keito%20uke/keito%20uke.html) |  | 鶏頭受け |  | Chicken head wrist block |
| Keitō uke nagashi |  | 鶏頭受け流し |  | Chicken head wrist blocking sweep, as in the karate kata [Gojushiho Dai](http://ca.youtube.com/watch?v=KIkw5Se8UbU) |
| Kekka fuza |  | 結跏趺坐 |  | Full lotus sitting position; also zenka fuza, zenkaza, kafuza, kaza |
| Kekomi |  | 蹴込み |  | Thrust kick |
| [Kembu](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kenbu/The%20Fan%20and%20the%20Sword_%20Exploring%20Kenbu.htm) |  | 剣舞 |  | Ritual sword dance; also kenbu |
| [Kempō](http://en.wikipedia.org/wiki/Kempo) |  | 拳法 |  | Boxing; "fist law; Japanese translation of Chinese ch’uan fa or quanfa; also kenpo |
| Ken |  |  |  | Archaic Japanese unit of length, = six shaku |
| Ken |  | 拳 |  | Fist ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/ken.wav)) |
| Ken |  | 剣 |  | [Japanese sword](http://en.wikipedia.org/wiki/Japanese_sword) ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/ken.wav)) |
| [Kenbu](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kenbu/The%20Fan%20and%20the%20Sword_%20Exploring%20Kenbu.htm) |  |  |  | Ritual sword dance; also kembu |
| [Kendō](http://en.wikipedia.org/wiki/Kendo) |  | 剣道 |  | The way of the sword |
| Kendōgi |  | 剣道着 or 剣道衣 |  | [Kendō](http://en.wikipedia.org/wiki/Kendo) uniform |
| [Ken fat](http://en.wikipedia.org/wiki/Chuan_fa) |  | 拳法 |  | Cantonese for ch'uan fa or kempo |
| Kengi |  | 剣技 |  | Sword art, technique or performance |
| [Kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu) |  | 剣術 |  | The Japanese art of the sword |
| Kenkō |  | 健康 |  | Health ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kenkou.wav)) |
| Kenkōdō |  | 健康道 |  | Way of health |
| Kenkōtaisō |  | 健康体操 |  | Health exercises |
| Kenkokotsu |  | 肩胛骨 |  | [Scapula](http://en.wikipedia.org/wiki/Scapula) |
| [Kenkyo](http://www.arts.ualberta.ca/~aoki/Karate-do/Quotes/humility.html) |  | 謙虚 |  | Humility, modesty |
| Kenkyūsei |  | 研究生 |  | Trainee, esp in [jūdō](http://en.wikipedia.org/wiki/Judo), where traditionally only 4-dan and above were called jūdōka, although now that term generally applies to all practitioners |
| Kenpō |  | 剣法 |  | Old name for [kendō](http://en.wikipedia.org/wiki/Kendo) or [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu) |
| [Kenpō](http://en.wikipedia.org/wiki/Kempo) |  | 拳法 |  | Boxing; "fist law"; Japanese translation of Chinese ch’uan fa or quanfa ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kenpou.wav)); also kempo |
| [Kensei](http://en.wikipedia.org/wiki/Kensei) |  | 剣圣 |  | Lit "holy sword"; sword saint |
| Kensei |  |  |  | Technique with silent kiai |
| [Kensen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kensen/The%20Concept%20Of%20Kensen%20%5bArchive%5d%20-%20Kendo%20World%20Forums.htm) |  | 剣先 |  | Tip of the sword |
| Kenshi |  | 剣士 |  | Swordsman |
| Kenshi |  | 拳士 |  | Practitioner of [Shōrinji Kempō](http://en.wikipedia.org/wiki/Shorinji_kempo)  林寺拳法 |
| [Kenshibu](http://en.wikipedia.org/wiki/Kenshibu) |  | 剣詩舞 |  | Lit "sword and poetry dancing"; Japanese interpretive dance using a sword or fans |
| [Kenshō](http://en.wikipedia.org/wiki/Kensho) |  | 見性 |  | Seeing into one's true nature |
| Kenshūsei |  | 研修生 |  | Student instructor; trainee; the name of the [JKA](http://www.jka.or.jp/english/e_index.html) instructor intern program ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kenshuusei.wav)) |
| [Kentsui](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/tettsui%20uchi/tettsui%20uchi.html) |  | 拳槌 |  | Hammer fist; also tettsui or shutsui |
| [Kentsui hasami uchi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chudan%20hasami%20zuki/chudan%20hasami%20zuki.html) |  | 拳槌鋏打ち |  | Hammer fist scissor strike |
| [Kentsui tate mawashi uchi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kentsui%20tate%20uchi/kentsui%20tate%20uchi.html) |  | 拳槌縦回し打ち |  | Vertical roundhouse hammerfist strike, as in Heian Shodan |
| [Kentsui uchi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/tettsui%20uchi/tettsui%20uchi.html) |  | 拳槌打ち |  | Hammer fist strike; also tettsui uchi or shutsui uchi |
| Kentsui uke |  | 拳槌受け |  | Hammer fist block |
| [Kenyukai](http://www.alandollar.com/uechi/ken_hist_fr.htm) |  | 拳優会 |  | [Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu) association headed by Shinjō Kiyohide |
| [Kenzō Awa](http://www.amazon.com/Zen-Bow-Arrow-Teachings-Archery/dp/159030442X/ref=sr_1_1?ie=UTF8&s=books&qid=1242841556&sr=1-1#reader) |  | 鍵藏粟 |  | (1880 -1939) Kyudōka, sensei of [Eugen Herrigel](http://en.wikipedia.org/wiki/Eugen_Herrigel) (1884 - 1955), author of [*Zen in the Art of Archery*](http://www.amazon.com/Zen-Art-Archery-Eugen-Herrigel/dp/0375705090/ref=sr_1_1?ie=UTF8&s=books&qid=1242841649&sr=1-1#reader) |
| [Keppan](http://www.furyu.com/wayne/Dave'sF/Keppan1.html) |  | 血判 |  | Blood oath |
| Keri |  | 蹴り |  | Kick |
| Keri waza |  | 蹴り技 |  | Kicking techniques |
| Kesa |  | 袈裟 |  | Diagonal; across the chest |
| Kesagake |  | 袈裟懸け |  | Slashed diagonally from the shoulder |
| [Kesa gatame](http://ca.youtube.com/watch?v=UkY4zuw3bKg) |  | 袈裟固 |  | Scarf hold (kesa is a Buddhist priest's scarf) |
| Kesa giri |  | 袈裟切り |  | Diagonal cut with sword |
| Kesa uchi |  | 袈裟打ち |  | Diagonal downward strike |
| Ketsuryoku |  | 血緑 |  | Effort |
| Kette |  | 蹴って |  | To kick |
| Kettō |  | 血統 |  | Blood; bloodline |
| [Keylock](http://www.submissions101.com/armlocks19.htm) |  |  |  | An armlock that uses the forearm to twist the upper arm laterally or medially. Also bent armlock, figure-four armlock or ude garami. |
| [Ki](http://en.wikipedia.org/wiki/Qi) |  | 気 |  | Spirit; energy; internal energy or force; one of [four levels of technique in aikidō](http://www.iwama-aikido.cz/pvnft.php?id=clanky_det&id_sem=2007-11-05%2014:17:58&j=a) ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/ki.wav)) |
| [Kiai](http://en.wikipedia.org/wiki/Kiai) |  | 気合 |  | Spirit unification; the union of breath and energry in a cry |
| Kiai jutsu |  | 気合術 |  | The art of [kiai](http://en.wikipedia.org/wiki/Kiai); art of the spirit |
| Kiatsu |  | 気圧 |  | Pressure with ki; air pressure |
| [Kiba dachi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kiba%20dachi/kiba%20dachi.html) |  | 騎馬立 |  | Horse stance |
| Kigaku |  | 気学 |  | Fortune telling based on [Chinese twelve-year cycle](http://en.wikipedia.org/wiki/Goju_Ryu) |
| Ki ga nukeru |  | 気が抜ける |  | The withdrawal of [ki](http://en.wikipedia.org/wiki/Qi) |
| Kihaku |  | 気迫 |  | Mental strength to face hardship; intensity |
| Kihitsu |  | 起筆 |  | Beginning of a brush stroke in [shodō](http://en.wikipedia.org/wiki/Kiai) |
| [Kihon](http://www.arts.ualberta.ca/~aoki/Karate-do/Quotes/kihon.html) |  | 基本 |  | Basics ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kihon.wav)) |
| Kihon furi uchi waza |  | 基本振り打ち技 |  | Basic swinging strike techniques ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Kihongata |  | 基本形 |  | Basic kata. A classification of kata in [Gōjū ryū](http://en.wikipedia.org/wiki/Goju_Ryu), cf. Kaishugata and Heishugata |
| Kihon gumite |  | 基本組み |  | Basic sparring; prearranged exchange of techniques |
| Kihon ippon kumite |  | 基本一本組手 |  | Basic/one step sparring |
| Kihon uchi waza |  | 基本打ち技 |  | Basic strike techniques ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Kihon waza |  | 基本技 |  | Basic techniques |
| Ki in |  |  |  | Spiritual rhythm or rhythm of [ki](http://en.wikipedia.org/wiki/Qi) |
| Kikai |  | 機会 |  | "Ocean of energy" of [tanden](http://en.wikipedia.org/wiki/Tanden); also kikaitanden |
| [Kiken jutsu](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kiken%20jutsu/kiken%20jutsu.html) |  | 危険術 |  | Lit "dangerous arts"; mostly empty hand close-quarter arts |
| [Ki ken tai no ichi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Ki%20Ken%20Tai%20no%20Ichi.html) |  | 気剣体のー致 |  | Spirit ([*ki*](http://en.wikipedia.org/wiki/Qi)), technique (ken) and body (tai) as one |
| [Kikō](http://en.wikipedia.org/wiki/Chi_kung) |  | 氣功 |  | Japanese transliteration of [*chi kung*](http://en.wikipedia.org/wiki/Qigong) [(qigong)](http://en.wikipedia.org/wiki/Qigong); practice of development of ki |
| Kikuchi yari |  | 菊池槍 |  | Single-edged spear, resembling a straight-edged [naginata](http://en.wikipedia.org/wiki/Naginata) |
| [Kim, Richard](http://www.fightingarts.com/reading/article.php?id=325) |  |  |  | (1917 - 2001) American karateka and martial arts author. |
| [Kimarite](http://en.wikilib.com/wiki/Kimarite) |  | 決まり手 |  | Winning techniques in [sumō](http://en.wikipedia.org/wiki/Sumo) |
| Kime |  | 極め |  | Focus |
| Kim Ke |  |  |  | [Vietnamese martial art](http://en.wikipedia.org/wiki/Vietnamese_martial_arts) |
| Kimo |  | 肝 |  | Liver ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kimo.wav)); also kan |
| [Kimono](http://en.wikipedia.org/wiki/Kimono) |  | 着物 |  | Traditional Japanese clothing and the term used by [Brazilian jiujitsu](http://en.wikipedia.org/wiki/Brazilian_jiujitsu) players for their [keikogi](http://en.wikipedia.org/wiki/Keikogi); lit "thing to wear" |
| [Kimura](http://en.wikipedia.org/wiki/Armlock#Kimura) |  | 木村 |  | Armlock ([Brazilian jiujitsu](http://en.wikipedia.org/wiki/Brazilian_jiujitsu)); also ude garami or gyaku ude garami in Japanese grappling or chicken wing/double wristlock in wrestling |
| [Kimura Masahiko](http://en.wikipedia.org/wiki/Masahiko_Kimura) |  | 木村 政彦 |  | (1917 - 1993) Japanese jūdōka who fought [Hélio Gracie](http://en.wikipedia.org/wiki/Helio_gracie) |
| Kin |  | 金 |  | Metal ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kin.wav)) |
| Kin |  | 筋 |  | Muscle ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kin.wav)) |
| Kinko |  |  |  | One of the legendary sennin, a musician who rode on the back of a giant carp. |
| Kinmotsu |  | 禁物 |  | A taboo, a prohibited thing ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kinmotsu.wav)) |
| Kingeri |  | 金蹴 |  | Groin kick |
| Kinniku |  | 筋肉 |  | Muscle ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kinniku.wav)) |
| Ki no nagare |  | 気の流れ |  | Flow of energy, one of [four levels of technique in aikidō](http://www.iwama-aikido.cz/pvnft.php?id=clanky_det&id_sem=2007-11-05%2014:17:58&j=a) |
| Ki no dashikata |  |  |  | The projection of [ki](http://en.wikipedia.org/wiki/Qi) |
| Kintama |  | 金玉 |  | Testicles, groin |
| Kinteki |  | 金的 |  | Bull's eye; object of desire |
| [Kioihada](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kyouyuu/kyouyuu.html) |  | 競い肌 |  | Manliness, gallantry |
| [Kiotsuke](http://kempo.4mg.com/articles/kiotsuke.htm) |  | 往症つけ |  | Attention! |
| Ki o tsukete |  | 気を付けて |  | Traditional swordsman's call to awareness, "Be careful" |
| Kiri |  | 切り |  | Cut; limits, ends, bounds ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kiri.wav)) |
| Kiri barai |  | 切り払い |  | Cutting with a sweeping motion |
| Kiri gaeshi |  | 切り返し |  | Continuous two-person cutting exercise ([kendō](http://en.wikipedia.org/wiki/Kendo)); counter cut |
| Kiri gaette |  | 切り返て |  | Cutting back |
| [Kirihaku](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kirihaku/kirihaku.html) |  |  |  | To cut at the impurities of the self |
| Kirikae no kizami maegeri |  |  |  | Switchover front leg front kick |
| Kiri oroshi |  | 切り下ろし |  | Slash downward (jūdō atemi) |
| [Kiri sute gomen](http://en.wikipedia.org/wiki/Kiri_sute_gomen) |  | 切り捨て御免 or 斬り捨て御免 |  | Lit "authorization to cut and leave"; samurai right to execute |
| Kiritsu |  | 起立 |  | Command to stand up ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kiritsu.wav)) |
| Kiritsu |  | 規律 |  | Discipline |
| Ki ken tai ichi |  | 気剣体ー |  | Unity of spirit, sword and body |
| Kisei |  | 気勢 |  | Fervor, vigor, ardor, spirit |
| Kishōmon |  | 起請文 |  | Vow taken on entering a classical tradition |
| Kisoku |  | 気息 |  | Abdominal breathing |
| Kiso zuki |  | 基礎 突き |  | Foundation punch |
| Kissaki |  | 切っ先 or 切尖 |  | Point of sword |
| Kita |  | 北 |  | North ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kita.wav)); also hoku |
| Kiyoda Juhatsu |  |  |  | (1886 - 1967) Okinawan karateka |
| [Kiza](http://isshindo.blogspot.com/2008/01/sitting-seiza-or-kiza.html) |  | 跪坐 |  | Half-sitting on heels |
| Kizami maegeri |  | 刻み前蹴り |  | Front leg front kick |
| Kizami yokogeri kekomi |  | 刻み横蹴り蹴込み |  | Front leg side thrust kick ([SKIF](http://www.skif.jp/index-e.htm)) |
| Kizami zuki |  | 刻み突き |  | Jab |
| [Kizeme](http://en.wikipedia.org/wiki/Kizeme) |  | 気攻め |  | Advanced form of [*seme*](http://en.wikipedia.org/wiki/Seme_(martial_arts)) (psychological pressure) that causes a shift in the mind of the opponent |
| [Kizu](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kizu.wav) |  | 傷 |  | Wound; injury; scratch; cut; bruise; ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kizu.wav)) |
| Ko |  | 古 |  | Old ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/ko.wav)) |
| Ko |  | 小 |  | Small, minor ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/ko.wav)) |
| Ko |  | 虎 |  | Tiger ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/ko.wav)); also tora |
| Ko |  | 後 |  | Behind ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kou.wav)) |
| Kō |  | 口 |  | Mouth ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kou.wav)) |
| Kō |  | 孝 |  | Filial piety ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kou.wav)) |
| Kō |  | 香 |  | Japanese high quality incense ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kou.wav)) |
| Kō |  | 喉 |  | Throat ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kou.wav)); also nodo |
| Kō |  | 甲 |  | Back of fist or hand ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kou.wav)) |
| [Kōan](http://en.wikipedia.org/wiki/Koan) |  | 公案 |  | [Zen](http://en.wikipedia.org/wiki/Zen) teaching riddle |
| Ko ashi |  | 小足 |  | Little step |
| Kōbō ichi |  | 攻防一致 |  | Attack and defense as one |
| [Koboryi ryū](http://www.tsuki-kage.com/kobori_ryu.html) |  | 小堀流 |  | [Koryū](http://www.koryu.com/) [suieijutsu](http://smaa-hq.com/bios/iwasaki.php) |
| Kobuki |  | 小武器 |  | Minor weapon, one other than the katana, yari or naginata |
| Kobushi |  | 拳 |  | Fist ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kobushi.wav)); also ken |
| [Kobudō](http://en.wikipedia.org/wiki/Okinawan_kobudō) |  | 古武道 |  | “Old martial way”; use of traditional Okinawan weapons. |
| Kobujutsu |  |  |  | Art of weapons |
| [Kodachi](http://en.wikipedia.org/wiki/Kodachi) |  | 小太刀 |  | Small or short Japanese sword |
| Koden |  | 口傳 |  | Oral transmission |
| [Kōdō](http://en.wikipedia.org/wiki/Kōdō) |  | 香道 |  | Way of incense ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/koudou.wav)) |
| Kōdōgu |  | 香道具 |  | The tools of [kōdō](http://en.wikipedia.org/wiki/Kōdō) |
| Kodōgu |  | 小道具 |  | Japanese sword fittings |
| [Kōdōkan](http://en.wikipedia.org/wiki/Kodokan) |  | 講道館 |  | Orthodox [jūdō](http://en.wikipedia.org/wiki/Judo) style or its hombu |
| Kodoku |  | 孤独 |  | Solitude ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kodoku.wav)) |
| Kofū |  | 古風 |  | Old style, old customs ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kofuu.wav)) |
| Kōgan katsu |  | 睾丸活 |  | "Testicle method" of [kappō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kappo.html); also innō katsu 陰嚢活 |
| [Kogan uke no kamae](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kogan%20uke%20no%20kamae/kogan%20uke%20no%20kamae.html) |  | 睾丸受の構え |  | Ceremonial posture in musubi dachi and hands flat and crossed at groin |
| [Kogarasu maru](http://en.wikipedia.org/wiki/Kogarasu_Maru) |  | 小烏丸 |  | "Litte crow," legendary Japanese [tachi](http://en.wikipedia.org/wiki/Tachi) (sword) said to have been forged by [Amakuni Yasutsuna](http://en.wikipedia.org/wiki/Amakuni) in the 8th C. |
| [Kogatana](http://www.ncjsc.org/gloss_kogatana.htm) |  | 小刀 |  | Small all-purpose knife carried in the side pocket of a [*saya*](http://en.wikipedia.org/wiki/Saya_(scabbard)) (scabbard) |
| Kōgeki |  | 攻撃 |  | Attack, strike, offense; sometimes contrasted to bōgyo, defense |
| [Kōgen Itto ryū](http://www.koryu.com/guide/kogenitto.html) |  | 甲源一刀流 |  | [Koryū](http://www.koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu) and [naginatajutsu](http://en.wikipedia.org/wiki/Naginatajutsu) |
| Kogusoku |  | 小具足 |  | Grappling, usually in armour |
| Kogusoku koshi no mawari |  | 小具足腰之周 |  | "Short sword grappling" form of bujutsu |
| [Kōhai](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/sempai-kohai/sempai-kohai.html) |  | 後輩 |  | Junior; complement of sempai or senpai |
| Kōhei |  | 公平 |  | Fairness, impartiality, justice ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kouhei.wav)) |
| Koiguchi |  | 鯉口 |  | Mouth of a sword scabbard |
| Kojin |  | 個人 |  | Individual ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kojin.wav)) |
| [Kojo ryū](http://www.kojosho.com/spring2003/page1.html) |  |  |  | Karate style |
| Kojo Taite |  |  |  | (1837 - 1917) Okinawan adept of [tegumi](http://en.wikipedia.org/wiki/Tegumi) |
| [Koken](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/koken.html) |  | 弧拳 |  | Wrist; in karate, back of wrist, also tekubi |
| [Kokō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/hirabasami/hirabasami.html) |  | 虎口 |  | Tiger mouth: the fleshy arc between thumb and index finger |
| Kokō hiza kuzushi |  | 虎口膝崩し |  | Tiger mouth knee takedown as in the karate kata [Nijushiho](http://ca.youtube.com/watch?v=cGV2aOPTC-w) ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Kokoro |  | 心 |  | Heart, character, attitude ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kokoro.wav)); also shin |
| Kokoro gamae |  | 心構え |  | Mental attitude |
| Kokoro ire |  | 心入れ |  | Wholeheartedness; lit. "to put in mind/spirit/heart" |
| Kokoro no maai |  | 心の間合い |  | Lit "mental interval" or "interval of the spirit"; [maai](http://en.wikipedia.org/wiki/Maai) understood with respect to the mind, heart and/or spirit |
| [Kokoro no me](http://ejmas.com/tin/tinart_gilham_0800.htm) |  | 心の目 |  | "Eyes of the heart," intuition, sensitivity, sixth sense |
| Kokoro wo nokosazu |  | 心を残さず |  | "Leave nothing of the spirit behind"; give your absolute to every technique |
| Koku |  | 石 |  | Traditional Japanese unit of measure; amount of rice to feed a person for a year |
| Kokusai |  | 国际 |  | International |
| [Kokusai Budoin](http://www.imaf.com/) |  | 国際武道院 |  | International Martial Arts Federation |
| [Kōkutsu dachi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kokutsu%20dachi/kokutsu%20dachi.html) |  | 後屈立 |  | Back stance |
| Kokyū |  | 呼吸 |  | Breath, breathing; knack, trick, secret (of doing something) |
| Kokyū hō |  | 呼吸法 |  | Methods of proper breathing |
| Koma inu |  | 狛犬 |  | Stone guardian lion-dogs at [Shintō](http://en.wikipedia.org/wiki/Shinto) shrine; on Okinawa, they are known as [*shisa*](http://www.wonder-okinawa.jp/011/english/index.html) or shissa |
| Komakai |  | 細かい |  | Small intricate details, such as those of a kata ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/komakai.wav)) |
| Koma musubi |  | 駒結び |  | Lit "foal knot," square knot used to tie the obi (belt) of modern [keikogi](http://en.wikipedia.org/wiki/Keikogi) |
| [Kombato](http://en.wikipedia.org/wiki/Kombato) |  |  |  | Brazilian military martial art |
| Komekami |  | 米噛み |  | Temple (body part) |
| Komekami uchi |  | 米噛み打ち |  | Temple strike |
| Kongoken |  |  |  | Okinawan [hojo undō](http://en.wikipedia.org/wiki/Hojo_undo) apparatus |
| [Konishi Yasuhiro](http://www.shuriway.co.uk/konishi.html) |  | 小西康裕 |  | (1893 - 1983) Japanese karateka, founder of [Shindō Jinen ryū](http://en.wikipedia.org/wiki/Shindo_Jinen_Ryu) |
| Konki |  | 根気 |  | Perseverance, patience, persistence ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/konki.wav)) |
| Konnichi wa |  | 今日は |  | Good day, hello |
| Kontei |  |  |  | Narrowed tips of a [bō](http://en.wikipedia.org/wiki/Bō) (3/4 inch in diameter) |
| Kopasho |  |  |  | Advanced black belt karate kata in Shorei [Gōjū ryū](http://en.wikipedia.org/wiki/Goju_Ryu) |
| Koppo |  | 骨法 |  | Knack; essence; bone-breaking methods |
| Koppōken |  | 骨法拳 |  | Thumb knuckle strike |
| Koroshi |  | 殺し |  | Death blow; sometimes delayed death touch |
| [Koryū](http://www.koryu.com/) |  | 古流 |  | "Old stream"; classical Japanese fighting arts |
| [Koryū Uchinadi](http://www.koryu-uchinadi.com/) |  | 古流沖縄手 |  | Pat McCarthy and Kinjo Hiroshi's name for traditional Okinawan fighting arts |
| [Kōsa dachi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kousa%20dachi/kousa%20dachi.html) |  | 交差立 |  | Cross-legged stance |
| Kōsa uke |  | 交差受け |  | Cross-armed block; also jūji uke |
| Kosha |  | 攻者 |  | Attacker |
| [Koshi](http://karatejutsu.blogspot.com/2007/10/phases-of-koshi.html) |  | 腰 |  | Hip; loin; waist ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/koshi.wav)) |
| Koshi gamae |  | 腰構え |  | Hip ready position |
| Koshi ga takai mono |  | 腰が高い者 |  | "A person with high hips"; someone who is not balanced or centered |
| Koshiki |  | 古式 |  | Old style; ancient ritual |
| Kōshiki hantei |  | 公式判定 |  | Official award |
| Koshi mawari |  | 腰回り |  | Hip rotation |
| Koshi no mawari |  | 腰之廻 |  | [Iai](http://en.wikipedia.org/wiki/Iaijutsu) and [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu) techniques of [Sosuishitsu ryū](http://www.sosuishitsuryu.com/) |
| Koshi no nenten undō |  | 腰の捻転運動 |  | Trunk twisting |
| Koshinuke |  | 腰抜け |  | Coward; literally, “person without hips.” |
| Koshi nukeru |  | 腰抜ける |  | "The hips are loose"; a person has lost his/her nerve |
| Koshitsuki |  | 腰付き |  | Carriage, posture; lit "hip attached/connected" |
| [Kōshiza](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Seiza/seiza.html) |  | 交指坐 |  | Variation of [*seiza*](http://en.wikipedia.org/wiki/Seiza) 正座 in which big toes are crossed |
| [Kosoto gari](http://www.youtube.com/watch?v=H84aXkA3e7g&feature=related) |  | 小外割 |  | "Small outside reap" throw ([Kōdōkan](http://en.wikipedia.org/wiki/Kodokan) [jūdō](http://en.wikipedia.org/wiki/Judo)) |
| Kossetsu |  | 骨折 |  | Bone fracture |
| Kosshijutsu |  | 骨質術 |  | Art of muscle striking |
| [Kostrov, Yuriy A.](http://www.completemartialarts.com/whoswho/halloffame/yuriykostrov.htm) |  |  |  | Founder of [Agni Kempo](http://www.ukraine-today.com/recreation/martial/kempo.shtml) |
| Kotan |  | 枯淡 |  | Elegant simplicity |
| Kote |  | 小手 |  | Wrist; forearm |
| Kote |  | 骨質術 |  | Forearm protectors |
| Kote kitae |  | 小手鍛たえ |  | Forearm forging, toughening of the forearm |
| Kote mawashi |  | 手回し |  | Wrist turn or rotation |
| Kote uchi |  | 籠手打ち |  | Strike to wrist ([kendō](http://en.wikipedia.org/wiki/Kendo)) |
| [Kototama](http://en.wikipedia.org/wiki/Kotodama) |  | 言霊 |  | Language of the spirit, soul of words, how [Ueshiba Morihei](http://en.wikipedia.org/wiki/Morihei_Ueshiba) characterized his discourse; usually kotodama, but kototama was Ueshiba's preference |
| Kotsu |  | 骨 |  | Bone, skeleton, frame, rib; hard work, knack, trick ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kotsu.wav)) |
| Kotsuban |  | 骨盤 |  | Pelvis |
| Ko uchi |  | 籠打ち |  | Wrist joint strike; also, kakato uchi |
| [Kouchi gari](http://www.youtube.com/watch?v=-SuAzlYzpJk&feature=related) |  | 小內割 |  | "Minor inner reap" throw ([Kōdōkan](http://en.wikipedia.org/wiki/Kodokan) [jūdō](http://en.wikipedia.org/wiki/Judo)) |
| Ko uke |  | 籠受け |  | Wrist joint block; also, kakato uke |
| [Ko-wakizashi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/wakizashi.html) |  | 小脇差 |  | Short sword between 11.9" and 17.7" long |
| [Koyamakan](http://pages.prodigy.net/david_wolfe/pmaa/Koyamakan_karate.html) |  | 小山館 |  | "Small mountain hall," karate style similar to [Shōrin ryū](http://en.wikipedia.org/wiki/Shorin_ryu) and Okinawan [Gōjū ryū](http://en.wikipedia.org/wiki/Gōjū-ryū) |
| [Krav Maga](http://en.wikipedia.org/wiki/Krav_maga) |  | קרב מגע |  | Hebrew for "Contact combat"; Israeli martial art |
| Kru |  |  |  | Title of head instructor at a [muay thai](http://en.wikipedia.org/wiki/Muay_thai) school |
| Ku |  | 九 |  | Nine ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/ku.wav)); also kyū |
| Kū |  | 空 |  | Emptiness; sky; the void ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kuu.wav)); also kara |
| Kuatsu |  |  |  | Method of resuscitation |
| Kubi |  | 首 |  | Neck ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kubi.wav)) |
| Kubi katsu |  | 首活 |  | "Neck (hanging) method" of [kappō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kappo.html) |
| Kubi o mawase undō |  | 首を回す運動 |  | Neck circles, junbi undō (warm-up exercise) ([Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu)) |
| [Kubota, Takayuki (Tak)](http://www.ikakarate.com/frames.html) |  | 窪田孝行 |  | Japanese karateka, [Gosoku ryū](http://en.wikipedia.org/wiki/Gosoku-ryu) |
| Kuchi |  | 口 |  | Mouth ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kuchi.wav)) |
| Kuchibiru |  | 唇 |  | Lip ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kuchibiru.wav)) |
| Kuchunuchi |  | 玖 or 九 |  | Okinawan for "nine" |
| Kuden |  | 口伝 |  | Teachings that are orally transmitted |
| [Kūdō](http://en.wikipedia.org/wiki/Daido_Juku) |  | 空道 |  | Hybrid full-contact and grappling system and association; also Daidō Juku |
| Kudoku |  | 功徳 |  | Virtue, pious act ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kudoku.wav)) |
| [Kuen Do](http://en.wikipedia.org/wiki/Kuen-Do) |  | 拳道 |  | Lit "way of the fist"; martial art style founded by Randy Tay |
| Kufū den |  | 工夫傳 |  | Techniques or knowledge added by sensei subsequent to the founding of the [ryū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/ryu/ryu.html) |
| [Kugyō](http://www.fightingartsdirectory.com/kugyo.htm) |  | 苦行 |  | Lit "carrying on while suffering"; asceticism |
| [Kuialua](http://en.wikipedia.org/wiki/Kapu_Kuialua) |  |  |  | Hawaiian martial art; also Kapu kuialua, Pa Kuialua or Lua |
| [Kuji kiri](http://en.wikipedia.org/wiki/Kuji-kiri) |  | 九字切り |  | Mental focus through hand postures and gestures, lit "nine symbolic cuts" |
| [Kukishin ryū](http://en.wikipedia.org/wiki/Kukishin-ryu) |  |  |  | [Koryū](http://koryu.com/) sōgō bujutsu: taijutsu, [bōjutsu](http://en.wikipedia.org/wiki/Bō), [naginatajutsu](http://en.wikipedia.org/wiki/Naginatajutsu), [sōjutsu](http://en.wikipedia.org/wiki/Sojutsu) and others |
| Kūkan |  | 空間 |  | Space, room |
| Kuma |  | 熊 |  | Bear ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kuma.wav)) |
| [Kumade](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kumade/kumade.html) |  | 熊手 |  | Bear hand; spiked palm used as a weapon and climbing aid by [ninja](http://en.wikipedia.org/wiki/Ninja) |
| Kumanote |  | 熊の手 |  | Lit "bear claws," spiked palm used for climbing; also shukō or tekagi |
| Kumbhaka |  |  |  | Indian term indicating the retention of breath |
| [Kume](http://www.aisf.or.jp/~jaanus/deta/k/kumesennin.htm) |  | 久米 |  | One of the legendary [sennin](http://en.wikipedia.org/wiki/Sennin) who could fly; also Kume sennin |
| [Kume Sennin](http://www.aisf.or.jp/~jaanus/deta/k/kumesennin.htm) |  | 久米仙人 or 粂仙人 |  | One of the legendary [sennin](http://en.wikipedia.org/wiki/Sennin) who could fly; also Kume |
| Kumikata |  | 組方 |  | Holding the opponent's [keikogi](http://en.wikipedia.org/wiki/Keikogi) |
| [Kumitachi](http://ca.youtube.com/watch?v=PWhHh2bWo-o) |  | 組太刀 |  | Prearranged two-person sword practice |
| [Kumite](http://www.arts.ualberta.ca/~aoki/Karate-do/Quotes/fighting.html) |  | 組手 or 组手 |  | Sparring |
| Kumite dachi |  | 组手立ち |  | Fighting stance |
| Kumiuchi |  | 組打 or 組討 |  | Grappling; another name for [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu) |
| Kumo |  | 蜘蛛 |  | Spider |
| [Kung fu](http://en.wikipedia.org/wiki/Kung_fu) |  | 功夫 |  | Chinese martial arts; literally, any kind of cultivated skill |
| Kun |  | 訓 |  | Teaching, precept ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kun.wav)) |
| Kunren |  | 訓練 |  | Training |
| Kunshi no Ken |  | 君子之拳 |  | "Concentrate on cultivating oneself to become well-rounded and respectful," [Mabuni Kenwa](http://en.wikipedia.org/wiki/Kenwa_Mabuni)'s motto |
| [Kuntao](http://en.wikipedia.org/wiki/Kuntao) |  | 拳道 |  | [Kung fu](http://en.wikipedia.org/wiki/Silat) or [Silat](http://en.wikipedia.org/wiki/Silat) style; lit "Way of the fist" |
| [Kuntao Silat](http://en.wikipedia.org/wiki/Kuntao) |  |  |  | Style of [Silat](http://en.wikipedia.org/wiki/Silat) with Chinese influences |
| [Kunyomi](http://en.wikipedia.org/wiki/Kanji#Kun.27yomi_.28Japanese_reading.29) |  | 訓読み |  | Japanese or native reading of [kanji](http://en.wikipedia.org/wiki/Kanji), in contrast to Onyomi, the Sino-Japanese reading |
| [Kurama ryu](http://www.koryu.com/guide/kurama.html) |  |  |  | [Koryū](http://koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu) |
| Kurigata |  | 栗形 |  | Eyelet on [saya](http://en.wikipedia.org/wiki/Saya_(scabbard)) for attaching a braided cord |
| Kuro |  | 黒 |  | Black ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kuro.wav)) |
| Kuroi |  | 黒い |  | Black ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kuroi.wav)) |
| Kuro obi |  | 黒帯 |  | [Black belt](http://en.wikipedia.org/wiki/Black_belt_(martial_arts)) |
| Kuruma |  | 車 |  | Wheel ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kuruma.wav)) |
| [Kusanagi no tsurugi](http://en.wikipedia.org/wiki/Kusanagi) |  | 草薙の剣 |  | Legendary Japanese straight sword, one of the [*Sanshu no Jingi*](http://en.wikipedia.org/wiki/Imperial_Regalia_of_Japan), the Three Sacred Treasures of Japan |
| [Kūsankū](http://ca.youtube.com/watch?v=Gb5wBR77JC0) |  | 観空 |  | Karate kata, also Kūshankū |
| [Kusari fundo](http://www.geocities.com/remipulwer/Budo/Chain-weapons/kusari-fundo/kusarifundo.html) |  | 鎖分銅 |  | Japanese weighted chain weapon |
| [Kusarigama](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kusarigama/kusarigama.html) |  | 鎖鎌 |  | Traditional Japanese weapon that combines the [*kama*](http://en.wikipedia.org/wiki/Kama_(weapon)) and a chain with a weight |
| Kusazuri |  | 草摺 |  | Tassets; armored thigh protectors |
| [Kūshankū](http://www.arts.ualberta.ca/~aoki/Karate-do/Kata/Kushanku/Kushanku.html?v=eY6xqUxBv9U) |  | 公相君 |  | Karate kata; also Kūsankū, Kankū Dai ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)), Kosokun |
| [Kushti](http://tenets.zoroastrianism.com/kushti33.html) |  |  |  | Ancient Iranian wrestling |
| [Kushti](http://kushtiwrestling.blogspot.com/) |  |  |  | Ancient Indian wrestling |
| Kusuri |  | 薬 |  | Drug or medicine ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kusuri.wav)) |
| Kutsu |  | 屈 |  | Stoop, bend, crouch, yield, give in ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kutsu.wav)) |
| Kuttō |  |  |  | Curved sword with edge on inside |
| [Kuttu Varisai](http://en.wikipedia.org/wiki/Kuttu_Varisai) |  |  |  | "Empty hand combat" (Tamil) South Indian fighting system, empty-handed and armed |
| [Kuzushi](http://www.judoinfo.com/kuzushi.htm) |  | 崩し |  | Breaking the opponent's balance or centeredness |
| Kuzushi waza |  | 崩し技 |  | Techniques to unbalance |
| [Kwandao](http://en.wikipedia.org/wiki/Guandao) |  | 关刀 |  | Chinese [halberd](http://en.wikipedia.org/wiki/Halberd); also guandao, yan yue dao 偃月刀, hun qiu da dao 春秋大刀 |
| Kwanku |  | 観空 |  | Okinawan pronunciation of Kanku |
| [Kyakka shōko](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kyakka%20shoko.html) |  | 脚下照顧 |  | "Examine the area around your feet"; start by examining yourself. |
| [Kyan Chotoku](http://en.wikipedia.org/wiki/Chōtoku_Kyan) |  | 喜屋武 朝徳 |  | (1870-1945) Okinawan karate master; sensei to [Shimabuku Tatsuo](http://en.wikipedia.org/wiki/Tatsuo_Shimabuku) |
| Kyo |  | 虚 |  | Empty, void ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kyo.wav)) |
| Kyō |  | 胸 |  | Chest, breast, bosom ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kyou.wav)) |
| Kyō |  | 教 |  | Teachings ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kyou.wav)) |
| Kyō |  | 強 |  | Strong, powerful, intense, tough; tolerant; impervious, durable; competent, knowledgeable; force, press, compel, coerce ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kyou.wav)) |
| Kyōiku |  | 教育 |  | Education, teaching, training ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kyouiku.wav)) |
| Kyōjaku |  | 強弱 |  | Strength, power ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kyoujaku.wav)) |
| Kyojitsu |  | 虚実 |  | Truth and falsehood |
| Kyojitsu tenkan hō |  | 虚実転換法 |  | Interchanging truth and falsehood |
| Kyōka |  | 教科 |  | Teachings, curriculum, subject |
| Kyokai |  | 協会 |  | Association |
| Kyōkatsu |  | 胸骨 |  | [Sternum](http://en.wikipedia.org/wiki/Sternum) |
| Kyoketsu shoge |  | 距跋渉毛 |  | Hybrid weapon with a hooked dagger, long rope and weighted ring |
| Kyōkun |  | 教訓 |  | Lesson, precept, moral teaching |
| [Kyokushinkai](http://en.wikipedia.org/wiki/Kyokushinkai) |  | 極真会 |  | “Society of the ultimate truth,” karate ryū founded by [Ōyama Masutatsu](http://en.wikipedia.org/wiki/Mas_Oyama) |
| Kyoshi no kamae |  | 踞姿の構え |  | Squat posture; on one knee |
| [Kyōshi](http://shitokai.com/shogo.php) |  | 教士 |  | Teaching title above renshi and below hanshi |
| Kyōshi |  | 教師 |  | Sensei; not the same as kyōshi 教士 |
| Kyōteki |  | 強敵 |  | Powerful enemy ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kyouteki.wav)) |
| [Kyōto](http://en.wikipedia.org/wiki/Kyoto) |  | 京都 |  | Old capital city of Japan ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kyoto.wav)) |
| [Kyōyū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kyouyuu/kyouyuu.html) |  | 侠勇 |  | Gallantry, chivalry |
| Kyū |  | 級 |  | Grade for mudansha ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kyuu.wav)) |
| Kyū |  | 九 |  | Nine ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kyuu.wav)); also ku |
| Kyūba |  | 弓馬 |  | Archery and horsemanship |
| [Kyūdō](http://en.wikipedia.org/wiki/Kyudo) |  | 弓道 |  | Way of the bow; Japanese archery ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Sound%20files/kyuudou.wav)) |
| [Kyūdōjō](http://www.kyudo.com/kyudo-e7.html) |  |  |  | A [dōjō](http://en.wikipedia.org/wiki/Dojo) for [kyūdō](http://en.wikipedia.org/wiki/Kyudo), ideally comprised of shajō, yamichi and matoba. |
| [Kyū kumite](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kyu%20kumite/kyu%20kumite.html?v=wVU0uc7bjP0) |  | 級組手 |  | Lower level yakusoku kumite (prearranged sparring) ([Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu)) |
| Kyushaku bō |  | 九尺棒 |  | Nine foot [bō](http://en.wikipedia.org/wiki/Bō) |
| Kyu shinsa |  | 級審査 |  | Examination for [mudansha grade](http://en.wikipedia.org/wiki/Mudansha) |
| [Kyūshindō](http://www.usadojo.com/articles/henry-ellis/what-is-kyu-shin-do.html) |  | 究心道 |  | "The way of longing for knowledge of the fundamental nature of anything"; Japanese theory of [budō](http://en.wikipedia.org/wiki/Budo) founded by [Abbe Kenshiro](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/Abbe%20Kenshirō) |
| Kyūsho |  | 急所 |  | [Pressure point](http://en.wikipedia.org/wiki/Pressure_points) or vital point |
| Kyūsho mato |  | 急所的 |  | Vital point target |
| [Kyūsho jutsu](http://en.wikipedia.org/wiki/Kyusho-jitsu) |  | 急所術 |  | Vital point striking |
| Kyūsho waza |  | 急所技 |  | Pressure point techniques |
| [Kyūsoku gamae waza](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kyuusoku/kyuusoku.html) |  | 休息構え技 |  | A break inserted into fighting or the sequence of a kata |

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| [Labokatao](http://en.wikipedia.org/wiki/Bokator) |  | ល្បុក្កតោ |  | Cambodian martial art, lit "to pound a lion," popularly known as Bokator |
| [Lai Tung Pai](http://en.wikipedia.org/wiki/Lai_Tung_Pai) |  |  |  | "Encircle Fist," style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu); also Lai Tong Pai or Poon Kuen |
| Lam Son |  |  |  | [Vietnamese martial art](http://en.wikipedia.org/wiki/Vietnamese_martial_arts) |
| [Lau Gar](http://en.wikipedia.org/wiki/Lau_Gar) |  | 刘家 |  | Style of Southern [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| [Leggett, Trevor Pryce](http://www.kanosociety.org/trevor_leggett.htm) |  |  |  | (1914 - 2000) British [jūdōka](http://en.wikipedia.org/wiki/Judo) and writer on [Zen](http://en.wikipedia.org/wiki/Zen) and the martial ways |
| [Leonard, Paul](http://www.shintanikarate.com/) |  |  |  | President, [World Congress Shintani Wadokai Karate-dō and World Shintani Shindo](http://www.worldcongresskarate.com/), Hachi dan. |
| [Leopard Kung Fu](http://en.wikipedia.org/wiki/Leopard_Kung_Fu) |  | 豹拳 |  | Style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu); one of the [Five Animal styles](http://en.wikipedia.org/wiki/Five_Animal) |
| [Lethwei](http://en.wikipedia.org/wiki/Lethwei) |  |  |  | [Burmese](http://en.wikipedia.org/wiki/Burmese_martial_arts) boxing, similar to [Pradal Serey](http://en.wikipedia.org/wiki/Kuntao_Silat) of [Cambodia](http://en.wikipedia.org/wiki/Cambodia); also Myanmar Traditional Boxing |
| [Liddell, Chuck "The Iceman"](http://en.wikipedia.org/wiki/Chuck_Liddell) |  |  |  | (1969 - ) American [MMA](http://en.wikipedia.org/wiki/Mixed_martial_arts) fighter |
| [Li Family Style](http://en.wikipedia.org/wiki/Li_(Lee)_Family) |  | 李家 |  | Style of Southern [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| [Lima Lama](http://en.wikipedia.org/wiki/Limalama) |  |  |  | "The Hand of Wisdom," American-Samoan martial art founded by [Tu'umamao "Tino" Tuiolosega](http://limalama.net/Tinobio.htm) |
| [LINE](http://en.wikipedia.org/wiki/Marine_Corps_LINE_combat_system) |  |  |  | Linear **I**nfighting **N**eural override **E**ngagement; [US Marine Corps](http://en.wikipedia.org/wiki/Us_marine_corps) close quarters combat system |
| [Liuhebafa Chu'an](http://en.wikipedia.org/wiki/Liuhebafa_Chuan) |  | 六合八法 |  | "Six Harmonies Eight Methods," style of [Internal kung fu](http://en.wikipedia.org/wiki/Internal_kung_fu) |
| [Liu Seong Kuntao](http://en.wikipedia.org/wiki/Liu_Seong_Kuntao) |  |  |  | Style of [Kuntao Silat](http://en.wikipedia.org/wiki/Kuntao_Silat), a Chinese/Indonesian [hybrid fighting system](http://en.wikipedia.org/wiki/Hybrid_martial_art) |
| [Long ying mo kiu](http://en.wikipedia.org/wiki/Dragon_Kung_Fu) |  | 龍形摩橋 |  | Dragon style of Southern [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| [Lowry, Dave](http://www.fightingarts.com/reading/get_author.php?author=Dave%20Lowry) |  |  |  | (1956 - ) Bugeisha and martial arts writer. Author of [*Autumn Lighting*](http://www.amazon.com/gp/reader/1570621152/ref=sib_dp_ptu#reader-link), [*Sword and Brush*](http://www.koryu.com/store/brush.html), [*Moving Towards Stillness*](http://www.koryu.com/store/mts.html), [*Traditions*](http://www.koryu.com/store/tr.html) and other books on the Japanese martial arts and ways. |
| [Lua](http://www.olohe.com/) |  |  |  | Hawaiian martial art; also Kapu kuialua, Pa Kuialua or Kuialua |
| [Lung Ying](http://en.wikipedia.org/wiki/Dragon_Kung_Fu) |  | 龍形拳 |  | Dragon style [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| [Luohan Quan](http://en.wikipedia.org/wiki/Luohan_(martial_arts)) |  | 羅漢拳 |  | [Shaolin kung fu](http://en.wikipedia.org/wiki/Shaolin_Kung_Fu) style: Arhat (Indian spiritual practitioner) Boxing; Rakan Kenpo (Japanese pronunciation) |

M

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| --- | --- | --- | --- | --- |
| Ma |  | 馬 |  | Horse ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/ma.wav)); also *uma* or *ba* |
| [Ma](http://en.wikipedia.org/wiki/Ma_(negative_space)) |  | 間 |  | Interval or space ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/ma.wav)) |
| [Maai](http://en.wikipedia.org/wiki/Maai) |  | 間合い |  | Distance between opponents |
| [Mabuni Kenwa](http://shitokai.com/shitoryu.php) |  | 摩文仁賢和 |  | (1889-1952) Okinawan karateka, founder of [Shitō ryū](http://en.wikipedia.org/wiki/Shito_ryu) |
| Mae |  | 前 |  | Front ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/mae.wav)); also *zen* |
| Mae ate |  | 前当 |  | Front strike ([jūdō](http://en.wikipedia.org/wiki/Judo) [atemi](http://en.wikipedia.org/wiki/Atemi)) |
| [Mae chidori ashi](http://www.shorinji.co.uk/kenshi/umpoho.html) |  | 前千鳥足 |  | Advancing foot movement used to close distance and/or avoid attack ([Shōrinji Kempō](http://en.wikipedia.org/wiki/Shorinji_kempo)) |
| Maeda Pechin |  | 真栄田親雲上 |  | Okinawan karateka who taught the kata [Wanshū](http://en.wikipedia.org/wiki/Wansu) to [Kyan Chōtoku](http://en.wikipedia.org/wiki/Kyan_Chotoku) |
| [Maedate](http://www.aisf.or.jp/~jaanus/deta/m/maedate.htm) |  | 前立て |  | Crest worn on the front of a [kabuto](http://ca.youtube.com/watch?v=c9BIUZILj0M) (helmet) |
| [Maegeri](http://ca.youtube.com/watch?v=2HDCc0qjSq0) |  | 前蹴り |  | Front kick |
| [Maegeri keage](http://www.youtube.com/watch?v=hR2aW7-dyJ4) |  | 前蹴り蹴上げ |  | Front snapping kick |
| [Maegeri fumikomi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/maegeri%20fumikomi/mae%20geri%20fumikomi.html) |  | 前蹴り踏み込み |  | Front stamping kick |
| [Maegeri kekomi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Mae%20geri%20kekomi/mae%20geri%20kekomi.html) |  | 前蹴り蹴込み |  | Front thrust kick |
| Mae hiji ate |  | 前蹴肘当 |  | Front elbow strike |
| Mae no sen |  | 前の先 |  | Front attacking; attacking at the instant the opponent thinks about attacking |
| [Mae mawari ukemi](http://www.youtube.com/watch?v=Y8E5dyHxX68) |  | 前回り受身 |  | Rolling front breakfall |
| [Mae tobi geri](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Mae%20tobi%20geri/mae%20tobi%20geri.jpg) |  | 前飛び蹴り |  | Flying front kick |
| [Mae tobi hiza geri](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/mae%20tobi%20hiza%20geri/mae%20tobi%20hiza%20geri.html) |  | 前飛び膝蹴り |  | Flying front knee strike |
| Mae ude deai osae uke |  | 前腕出会い押え受け |  | Forearm pressing block |
| Mae ude hineri uke |  | 前腕捻り受 |  | Forearm twisting block |
| [Mae ukemi](http://ca.youtube.com/watch?v=c9BIUZILj0M) |  | 前受身 |  | Front breakfall |
| [Maezashi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/wakizashi.html) |  | 前差 |  | Short sword, also *wakizashi* 脇差 or 脇指 |
| Magetori barai uke |  | 髷取 払受 |  | Rising double knife-hand block, lit. "grabbing the [topknot](http://en.wikipedia.org/wiki/Chonmage) block" |
| [Makibishi](http://en.wikipedia.org/wiki/Makibishi) |  | 撒き菱 |  | [Caltrop](http://en.wikipedia.org/wiki/Caltrop), a spiked antipersonnel weapon used to deter pursuit; also *testubishi* |
| Makikomi |  | 巻込 |  | Winding action |
| Maki te |  | 巻手 |  | "Wrapped around hand"; knife grip between middle and ring fingers |
| Makite uke |  | 巻手受 |  | Wrapping hand block, winding knife-hand block |
| [Makiwara](http://en.wikipedia.org/wiki/Makiwara) |  | 巻藁 |  | Striking board |
| [Makoto](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Makoto/makoto.html) |  | 誠 |  | Absolute sincerity freed from the pressure of the moment ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/makoto.wav)) |
| [Malyutham](http://en.wikipedia.org/wiki/Malyutham) |  |  |  | Tamil (South Indian) grappling system |
| [Manabu](http://thekanji.blogspot.com/2007/09/kanji-manabu.html) |  | 学ぶ |  | To learn, to study in depth, to take lessons in |
| [Manaka Fumio](http://www.jinenkanseigi.com/clouds&water.htm) |  | 間中文夫 |  | (1945 - ) Founder of [Jinenkan](http://jinenkan.com/en/Default.htm), a hybrid Japanese system training in multiple weapons; also known as *Unsui* |
| [Maniwa Nen ryu](http://www.koryu.com/guide/nen.html) |  | 馬庭念流 |  | [Koryū](http://koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu), [naginatajutsu](http://en.wikipedia.org/wiki/Naginatajutsu), [sōjutsu](http://en.wikipedia.org/wiki/Sojutsu) and [yadomejutsu](http://listserv.uoguelph.ca/cgi-bin/wa?A2=ind0501&L=iaido-l&D=0&T=0&P=3264) |
| Manji uke |  | 卍受 |  | [Gedan barai](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/gedan%20barai/gedan%20barai.html) with jodan uchi uke or jodan soto yoko te |
| [Manrikigusari](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/manriki%20gusari/manriki%20gusari.html) |  | 万力鎖 |  | Japanese weapon: chain with two steel weights on each end; also *kusarifundo* |
| [Marma Adi or Marma Shastra](http://www.lifepositive.com/Body/martial-arts/marma-adi/marma-shastra.asp) |  |  |  | Traditional South Indian boxing system focusing on vital points |
| Mari Shiten |  | 摩利支天 |  | Esoteric Buddhist god of self defense and victory, one of the *Jūniten*, the twelve dieties |
| Maru |  | 丸 |  | Circle ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/maru.wav)) |
| [Maru bō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/bou/bou.html) |  | 丸棒 |  | Round [bō](http://en.wikipedia.org/wiki/Bo_(weapon)) |
| Marui |  | 丸い or 円い |  | Circle, circular |
| [Mashomen no nekoashi dachi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/nekoashi%20dachi/nekoashi%20dachi.html) |  | 真正面の 猫足立 |  | Front viewing cat stance |
| Massugu |  | 真直 |  | Straight ahead |
| Mata |  | 股 |  | Thigh, crotch, groin ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/mata.wav)) |
| Mata dachi |  | 股だち |  | Split in the side of [hakama](http://en.wikipedia.org/wiki/Hakama) |
| Matoba |  | 的場 |  | Target house, part of a [*kyūdōjō*](http://www.kyudo.com/kyudo-e7.html) |
| Matsu |  | 待つ |  | Wait ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/matsu%20(wait).wav)) |
| Matsu |  | 松 |  | Pine tree ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/matsu.wav)) |
| [Matsubayashi ryū](http://en.wikipedia.org/wiki/Matsubayashi-ryu) |  | 松林流 |  | Okinawan karate style; also [Shōrin ryū](http://en.wikipedia.org/wiki/Shorin_ryu) |
| [Matsu Higa Peichin](http://www.newsfinder.org/site/more/peichin_takahara/) |  |  |  | (1640 - 1720) Okinawan karateka, sensei of [Takahara Peichin](http://en.wikipedia.org/wiki/Peichin_Takahara) |
| Matsukaze |  | 松風 |  | "Pine wind"; karate kata; the left carotid artery; the sound of arterial bleeding from the [carotid](http://en.wikipedia.org/wiki/Carotid) |
| Matsumura Kosaku |  | 松茂良興作 |  | Okinawan karateka |
| [Matsumura Sokon](http://en.wikipedia.org/wiki/Sokon_Matsumura) |  | 松村 宗棍 |  | (1809-1899) Okinawan karateka, known as "Bushi" Matsumura |
| Matsunen |  | 末年 |  | The final days; the final years; the last generation |
| Matte |  | 待って |  | Stop immediately |
| Marwaru |  | 回る |  | To turn ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/mawaru.wav)) |
| Mawashi |  | 回し |  | Turn or rotation |
| [Mawashi barai](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/mawashi%20barai/mawashi%20barai.html) |  | 回し払い |  | Roundhouse (foot) sweep |
| [Mawashi geri](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20mawashi%20geri/jodan%20mawashi%20geri.html) |  | 回し蹴り or  迴蹴 |  | Roundhouse kick |
| [Mawashi tobi geri](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/mawashi%20tobi%20geri/mawashi%20tobi%20geri.html) |  | 回し飛び蹴り |  | Flying roundhouse kick |
| Mawashi hiji ate |  | 回し肘当 |  | Roundhouse elbow strike |
| Mawashi shuto uchi |  | 回し外手打ち |  | Roundhouse knife hand strike |
| Mawashi uke |  | 回し受 |  | Roundhouse block |
| [Mawashi zuki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20mawashi%20zuki/jodan%20mawashi%20zuki.html) |  | 回し突き |  | Roundhouse punch |
| Mawatte |  | 回って |  | Command to turn |
| [MCMAP](http://en.wikipedia.org/wiki/MCMAP) |  |  |  | US Marine Corps Martial Arts Program |
| Me |  | 目 |  | Eye ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/me.wav)) |
| Medama |  | 目玉 |  | Eyeball ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/medama.wav)) |
| [Mei](http://www.ncjsc.org/mei-1.html) |  | 銘 |  | Inscription on a [Japanese sword](http://en.wikipedia.org/wiki/Nihonto) |
| Meibun |  | 銘文 |  | The inscription in the [mei](http://www.ncjsc.org/mei-1.html) in total, as opposed to just individual [kanji](http://en.wikipedia.org/wiki/Kanji) |
| Meigirishi |  | 銘切り師 |  | People who specialized in inscribing [mei](http://www.ncjsc.org/mei-1.html) |
| [Mei Hua Quan](http://en.wikipedia.org/wiki/Mei_Hua_Quan) |  | 梅花拳 |  | Plum Blossom Fist, style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| [Meiji Restoration](http://en.wikipedia.org/wiki/Meiji_restoration) |  | 明治維新 |  | Time of crucial political transformation in Japan around 1868 |
| [Meijin](http://en.wikipedia.org/wiki/Meijin) |  | 名人 |  | Master of a Way; grandmaster, lit. "brilliant person" |
| [Meikyo](http://ca.youtube.com/watch?v=1a1FJT1klgM) |  | 明鏡 |  | "Bright mirror," karate kata ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Meitō |  | 名刀 |  | A celebrated [katana](http://en.wikipedia.org/wiki/Katana) ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/meitou.wav)) |
| Meiyo |  | 名 誉 |  | Honor, distinction; status of being worthy of honor ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/meiyo.wav)) |
| [Mempō](http://www.artsofthesamurai.com/menpo/html/menpo.html) |  | 面頬 |  | [Samurai](http://en.wikipedia.org/wiki/Samurai) face guard or mask, usually worn with a [kabuto](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kabuto/kabuto.html); also *menpō*, *menbō*, *men yoroi* or *katchu men* |
| Men |  | 面 |  | Mask, head area; [kendō strike to centerline of head](http://en.wikipedia.org/wiki/Men_kendo) ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/men.wav)) |
| Menkyo |  | 免許 |  | Teaching license |
| [Menkyo kaiden](http://en.wikipedia.org/wiki/Menkyo_kaiden) |  | 免許皆伝 |  | License of total transmission |
| [Menpō](http://www.artsofthesamurai.com/menpo/html/menpo.html) |  | 面頬 |  | [Samurai](http://en.wikipedia.org/wiki/Samurai) face guard or mask, usually worn with a [kabuto](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kabuto/kabuto.html); also *mempō*, *menbō*, *men yoroi* or *kachu men* |
| Men uchi |  | 面打ち |  | Strike to the head |
| [Menuki](http://tours.daytonartinstitute.org/accessart/object.cfm?TT=ac&TN=dw05&ID=12&COM=ac) |  | 目貫 |  | Sword handle ornaments |
| [Men yoroi](http://www.artsofthesamurai.com/menpo/html/menpo.html) |  |  |  | [Samurai](http://en.wikipedia.org/wiki/Samurai) face guard or mask, usually worn with a [kabuto](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kabuto/kabuto.html); also *menpō*, *menbō*,*, mempō* or *katchu men* |
| Mete |  | 目手 |  | Forward hand that can be seen by an opponent |
| Metsubushi |  | 目溃 |  | Throwing ash in the eyes; crushing the eyes; distracting the opponent |
| [Metsuke](http://www.geocities.com/westsidekendo/training/metsuke.htm) |  | 目付け |  | Eye contact; focus |
| Mi |  | 眉 |  | Eyebrow ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/mi.wav)) |
| [Mian Quan](http://en.wikipedia.org/wiki/Mian_Quan) |  | 棉花拳擊 |  | Cotton Boxing kung fu |
| Mibun |  | 身分 |  | System of rights and responsibilities |
| Michi |  | 道 |  | Road, way, way of the universe; also, *dō* |
| Michi |  | 三 or 參 or 参 |  | Okinawan for "three" |
| Michi dōjō |  |  |  | Lit. "street dōjō"; [dōjō](http://en.wikipedia.org/wiki/Dojo) with no ethics or politeness |
| Midori |  | 緑 |  | Green |
| [Mifune Kyuzo](http://en.wikipedia.org/wiki/Kyuzo_Mifune) |  | 三船久蔵 |  | (1883 - 1965) Japanese [jūdōka](http://en.wikipedia.org/wiki/Bo_(weapon)), jūdan, [meijin](http://en.wikipedia.org/wiki/Meijin) |
| Migi |  | 右 |  | Right; also *u* |
| Migi do |  | 右胴 |  | Right side of body |
| Migi jigo tai |  | 右自護体 |  | Right defensive posture |
| Migikae zuki |  |  |  | Jab punch |
| Migi mawari |  | 右回り |  | Clockwise |
| Migi shizen tai |  | 右自然体 |  | Right natural posture |
| Migi waki |  | 右脇 |  | Right side posture ([kendō](http://en.wikipedia.org/wiki/Kendo)) |
| [Mikami Takayuki](http://en.wikipedia.org/wiki/Mikami_Takayuki) |  | 三上孝之 |  | (1933- ) [Shōtōkan](http://en.wikipedia.org/wiki/Shotokan) karateka |
| Mikazuki |  |  |  | Atemi point in jaw; jaw |
| Mikazuki geri |  | 三日月蹴り |  | Crescent moon kick |
| Mikazuki geri uke |  | 三日月蹴り受 |  | Crescent moon kick block |
| Mikiri |  | 身切り |  | Lit "body cutting"; way of evasion |
| [Mikkyō](http://en.wikipedia.org/wiki/Mikkyo) |  | 密教 |  | Esoteric [Buddhism](http://en.wikipedia.org/wiki/Buddhism); lit "secret teachings" |
| Mimi |  | 耳 |  | Ear ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/mimi.wav)) |
| Mimitabu |  | 耳たぶ |  | Earlobe ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/mimitabu.wav)) |
| Minami |  | 南 |  | South ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/minami.wav)) |
| [Min Zin](http://en.wikipedia.org/wiki/Min_Zin) |  |  |  | System of internal exercise similiar to [qigong](http://en.wikipedia.org/wiki/Qigong) |
| [Minzoku bujutsu](http://www.bujutsu.org.uk/articles/bujutsupastandpresent.html) |  | 民族武術 |  | Martial arts which existed before the first [ryū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/ryu/ryu.html) |
| Miru |  | 見る |  | To look ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/miru.wav)) |
| Misekake |  | 見せ掛け or 見せかけ |  | Feint or false attack |
| [Misogi](http://en.wikipedia.org/wiki/Misogi) |  | 禊 |  | Ritual purification |
| [Mitate](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Mitate/mitate.html) |  | 見立 |  | New way of seeing |
| Mitori geiko |  | 見取稽古 |  | "Eyes grab practice"; learning by observing, especially when injured |
| [Mitsu tomoe](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Mitsu%20tomoe/mitsu%20tomoe.html) |  | 三つ巴 |  | Symbol used in Okinawan flag; symbol of war god, [*Hachiman*](http://en.wikipedia.org/wiki/Hachiman) |
| [Miyagi Chōjun](http://en.wikipedia.org/wiki/Chojun_miyagi) |  | 宮城 長順 |  | (1888-1953) Founder of [Gōjū ryū](http://en.wikipedia.org/wiki/Goju_Ryu) 剛柔流 karate-dō |
| Miyamoto Bennosuke |  |  |  | Another name for [Miyamoto Musashi](http://en.wikipedia.org/wiki/Miyamoto_Musashi) |
| [Miyamoto Musashi](http://en.wikipedia.org/wiki/Miyamoto_Musashi) |  | 宮本 武蔵 |  | (c. 1584 - 1645), legendary Japanese swordsman |
| Miyazato Eichi |  | 宮里榮一 |  | (1922-1999) Okinawan [Gōjū ryū](http://en.wikipedia.org/wiki/Goju_Ryu) karateka, founder of the [Jundokan](http://www.jundokan.jp/english/intro.htm) |
| [Mizoguchi-ha Itt](http://www.koryu.com/guide/mizoguchi.html)[ō](http://en.wikipedia.org/wiki/Chojun_miyagi) [ryū](http://www.koryu.com/guide/mizoguchi.html) |  | 溝口派一刀流 |  | [Koryū](http://koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu) |
| [Mizongquan](http://en.wikipedia.org/wiki/Mizongyi) |  | 迷蹤羅漢拳 |  | Lost Track Fist, style of [Kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| Mizo ochi |  | 鸠尾 |  | [Solar plexus](http://en.wikipedia.org/wiki/Solar_plexus) |
| Mizu |  | 水 |  | Water ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/mizu.wav)) |
| Mizuhiki |  | 水引 |  | Ribbon-like decoration on a wrapped gift |
| Mizunagare uraken gamae |  | 水流れ裏拳構え |  | Flowing water backfist, as in the karate kata [Gojushiho](http://ca.youtube.com/watch?v=KIkw5Se8UbU) ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Mizu no kokoro |  | 水の心 |  | Mind like water |
| Mochi kata |  | 持ち方 |  | Grasping method ([Aikidō](http://www.aikidofaq.com/)) |
| [Mochizuki Minoru](http://en.wikipedia.org/wiki/Minoru_Mochizuki) |  | 望月 稔 |  | (1907 - 2003) founder of [Yōseikan budō](http://en.wikipedia.org/wiki/Yoseikan_Budo) |
| Modotte |  | 戻って |  | Command to return to original position |
| Mo ichido |  | もう一度 |  | One more time |
| [Mojiri](http://en.wikipedia.org/wiki/Sodegarami) |  | 錑 |  | Japanese weapon, sleeve entangler; also *sode garami* |
| Mojiri jutsu |  | 錑術 |  | Art of the *mojiri* or *sode garami* |
| [Mok Gar](http://en.wikipedia.org/wiki/Mok_Gar) |  | 莫家拳 |  | Mok family style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| Moku |  | 木 |  | Wood ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/moku.wav)) |
| [Mokuroku](http://en.wikipedia.org/wiki/Mokuroku) |  | 目録 |  | Catalog or register of techniques or members of a ryū; middle stage of the menkyo rank system, after okuiri |
| Mokushin |  | 目心 |  | Lit "eye of the mind"; one of two types of [*metsuke*](http://www.geocities.com/westsidekendo/training/metsuke.htm) in [Daito ryū](http://www.daito-ryu.org/) |
| [Mokusō](http://shitokai.com/newsletter/mokuso.php) |  | 黙想 |  | Meditation, part of the training of [mushin](http://en.wikipedia.org/wiki/Mushin); the call to meditate |
| Mokusō yamae |  | 黙想止め |  | Command to finish meditation |
| Momo |  | 腿 |  | Thigh, [femur](http://en.wikipedia.org/wiki/Femur) |
| Momoyama jidai |  | 桃山時代 |  | Momoyama period, 1573-1599, when samurai began to wear two swords |
| [Mon](http://en.wikipedia.org/wiki/Mon_(crest)) |  | 紋 |  | Family crest ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/mon.wav)); also *monsho* 紋章, *mondokoro* 紋所 or *kamon* 家紋 |
| Mondō |  | 問答 |  | Questions and answers; in [Zen](http://en.wikipedia.org/wiki/Zen), a question to a student for which an immediate answer is demanded; cf [koan](http://en.wikipedia.org/wiki/Koan) 公案 |
| Mondōmuyō |  | 問答無用 |  | "Dialogue is useless," "argument is useless," "don't waste your breath" ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/mondoumuyou.wav)) |
| Mondokoro |  | 紋所 |  | Family crest; also *monsho* 紋章, *mon* 紋 or *kamon* 家紋 |
| Mongai fushutsu |  | 門外不出 |  | Never allowing something to be taken off the premises; a treasure or secret never seeing the light of day; knowledge kept in-house; not to be shown outside |
| Monjin |  | 門人 |  | Beginner, lit "person at the gate" |
| [Mono no aware](http://en.wikipedia.org/wiki/Mono_no_aware) |  | 物の哀れ |  | Aesthetic and spiritual concept of desolate poignancy and acceptance of impermanence |
| Mono uchi |  | 物打 |  | Best part of the sword with which to cut; 1/3 of the blade closest to the kissaki |
| Monshō |  | 紋章 |  | Family crest; also *mon*, *mondokoro* 紋所 or *kamon* 家紋 |
| [Montei](http://www.koryu.com/library/dskoss1.html) |  | 門弟 |  | Accepted disciple, deshi ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/montei.wav)) |
| Montsuki |  | 紋付 |  | Formal [kimono](http://en.wikipedia.org/wiki/Kimono) |
| [Morishige ryū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Morishige%20ryu/Morishige%20ryu.html?v=mpiAKkjplU8) |  | 森重流 |  | [Koryū](http://koryu.com/) hojutsu |
| Moro ashi dachi |  | 両足立ち |  | One foot forward stance |
| Moribana |  | 盛花 |  | "Piled up flowers"; style of [kadō](http://en.wikipedia.org/wiki/Ikebana) ( Japanese flower arrangement) |
| Mori yo |  |  |  | "Ghost style" of [mempō](http://www.artsofthesamurai.com/menpo/html/menpo.html), [samurai](http://en.wikipedia.org/wiki/Samurai) facial armor |
| Morote |  | 諸手 |  | With both hands |
| Morote barai uke |  | 諸手払受 |  | Augmented lower block |
| Morote dori |  | 諸手取り |  | Two-handed grab |
| [Morote gari](http://ca.youtube.com/watch?v=AN5qpGuseMs&feature=related) |  | 双手刈 |  | "Two-handed reap" throw ([Kōdōkan](http://en.wikipedia.org/wiki/Kodokan) [jūdō](http://en.wikipedia.org/wiki/Judo)) |
| [Morote gedan shutō gamae](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/morote%20shuto/morote%20shuto.html) |  | 双手下段手刀構え |  | Double or reinforced lower knife-hand posture, as in the beginning of [Kūshankū](http://www.arts.ualberta.ca/~aoki/Karate-do/Kata/Kushanku/Kushanku.html?v=eY6xqUxBv9U) |
| [Morote gedan ura shutō gamae](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/morote%20shuto/morote%20shuto.html) |  | 双手下段裏手刀構え |  | Double or reinforced lower inverted knife-hand posture, as in the beginning of [Kūshankū](http://www.arts.ualberta.ca/~aoki/Karate-do/Kata/Kushanku/Kushanku.html?v=eY6xqUxBv9U), after the completetion of the arm circle opening |
| [Morote haiwan uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Morote%20haiwan%20uke/morote%20haiwan%20uke.html) |  | 諸手背腕受 |  | Two-handed back arm block ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| [Morote jime](http://www.youtube.com/watch?v=tfbnLVqNEYc) |  | 諸手絞め |  | Two-handed choke; also *ryōte jime* ([jūdō](http://en.wikipedia.org/wiki/Judo)) |
| Morote jodan uke |  | 諸手上段受 |  | Two-handed upper block |
| Morote jō dori |  | 諸手杖取り |  | Augmented [jō](http://en.wikipedia.org/wiki/Jō) grab |
| Morote jō uke |  | 諸手杖受け |  | Double-handed [jō](http://en.wikipedia.org/wiki/Jō) block as in the karate kata [Meikyo](http://ca.youtube.com/watch?v=1a1FJT1klgM) ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Morote kaishu gedan uke |  | 諸手開手下段受 |  | Double open-handed lower level block, as in the karate kata [Gojushiho](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Gojushiho) ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| [Morote kokō dori](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/ryou%20shou%20kokou%20bou%20uke/ryou%20shou%20kokou%20bou%20uke.html) |  | 諸手虎口取り |  | Double tiger mouth grab, as in karate kata [Jitte](http://ca.youtube.com/watch?v=mROmINxdhrk) ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Morote kubi osae |  | 諸手首押え |  | Double neck press as in karate kata [Heian Shodan](http://ca.youtube.com/watch?v=PYke_bqSW5k) ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Morote naka uke |  | 諸手中受け |  | Two-handed inside block |
| [Morote seoi nage](http://ca.youtube.com/watch?v=wJvVbj6XkmU) |  | 諸手背負投 or 諸手背負い投げ |  | Two-handed shoulder throw, Kōdōkan [jūdō](http://en.wikipedia.org/wiki/Judo) |
| Morote soe uke |  | 諸手添受 |  | Augmented forearm block, wedge block |
| [Morote sukui uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/morote%20sukui%20uke/morote%20sukui%20uke.html) |  | 諸手掬受 |  | Two-handed scooping block |
| [Morote teishō harai uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/morote%20teisho%20harai%20uke/morote%20teisho%20harai%20uke.html) |  | 諸手底掌 払い受け |  | Two-handed palm heel/back of hand block, as in [Pinan Shodan](http://www.arts.ualberta.ca/~aoki/Karate-do/Kata/Pinan/Pinan%20shodan/Pinan%20shodan.html) (Shintani Wadō Kai) |
| [Morote teishō uchi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/morote%20teisho%20uchi/morote%20teisho%20uchi.html) |  | 諸手底掌打ち |  | Double palm heel strike |
| Morote tsukami uke |  | 諸手掴み受け |  | Two-handed grasping block |
| Morote uchi |  | 諸手打ち |  | Two-handed strike |
| [Morote uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/morote%20uke/morote%20uke.html) |  | 諸手受 |  | Two-handed or augmented block |
| Morote zuki |  | 諸手突き |  | Two-handed punch |
| Mo sukoshi |  | も少し |  | A little more |
| [Moto dachi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/moto%20dachi/moto%20dachi.html) |  | 基立 or 元立 |  | "Foundational stance," short forward stance; basic stance; also *han zenkutsu dachi* |
| [Motobu Choki](http://en.wikipedia.org/wiki/Choki_Motobu) |  | 本部 朝基 |  | (1870-1944) Okinawan karateka. |
| [Motobu ryū](http://motobu-ryu.org/motobukenpo_en.aspx) |  | 本部流 |  | Karate ryū founded by [Motobu Choki](http://en.wikipedia.org/wiki/Choki_Motobu) |
| [Motobu Udun Ti](http://www.angelfire.com/ga/Motobu/history.html) |  |  |  | "The bujutsu of the royal family Motobu," Okinawan martial art |
| Motohazu |  | 本弭 |  | Lower tip of the Japanese bow ([Kyūdō](http://en.wikipedia.org/wiki/Kyudo)) |
| Moto o |  | 元緒 |  | Main cord of those used to secure a *kabuto* to the head |
| [Mu](http://en.wikipedia.org/wiki/Mu_(negative)) |  | 無 |  | Nothingness ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/mu.wav)) |
| [Muay Boran](http://en.wikipedia.org/wiki/Muay_Boran) |  | มวยโบราณ |  | Lit "ancient boxing," Thai martial art and combat-oriented antecedent to [Muay Thai](http://en.wikipedia.org/wiki/Muay_thai) |
| [Muay Thai](http://en.wikipedia.org/wiki/Muay_thai) |  | มวยไทย |  | Thai kickboxing |
| Muchi |  | 陸 or 六 |  | Okinawan for "six" |
| Mudansha |  | 無段者 |  | Trainee without dan grade |
| Mud trong |  | หมัดตรง |  | Jab or cross, straight punch ([Muay Thai](http://en.wikipedia.org/wiki/Muay_thai)) |
| Mud seuy |  | หมัดเสย or หมัดสอยดาว |  | Uppercut ([Muay Thai](http://en.wikipedia.org/wiki/Muay_thai)) |
| Mud wiang san |  | หมัดเหวี่ยงสั้น |  | Hook punch ([Muay Thai](http://en.wikipedia.org/wiki/Muay_thai)) |
| Mufudakake |  | 武札掛け? |  | A wooden commemorative plaque in a [dōjō](http://en.wikipedia.org/wiki/Dojo) bearing the names of deceased masters |
| Muga |  | 無我 |  | No self-consciousness; egolessness |
| Muga ichi-nen hō |  | 無我一念法 |  | "No self, one thought method"; a form of meditation |
| [Muga mushin](http://en.wikipedia.org/wiki/Muga-mushin) |  | 無我無心 |  | No self; no mind; egolessness; being able to react without concern |
| [Mugai ryū](http://www.koryu.com/guide/mugai.html) |  | 無外流 |  | [Koryū](http://koryu.com/) [iaijutsu](http://en.wikipedia.org/wiki/Iaijutsu) and [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu) |
| Mu gamae |  | 無構え |  | Empty stance or without stance; a state of being without kamae in form, but always prepared to react to attack from any direction at any time. (The ultimate Kamae |
| Mugoshi |  | 無腰 |  | Unarmed, lit "no hips" |
| Mui |  | 無為 |  | Doing nothing; unaffected calmness that does not conflict with nature |
| Mujō |  | 無常 |  | Uncertainty, impermanence |
| [Mukai ryū](http://arimoto.com/sadako/mukai/) |  | 向井流 |  | [Koryū](http://koryu.com/) swimming in armor |
| Mukatsuku kimasu |  |  |  | Throat massage technique to relieve nausea or prevent vomiting |
| Mukozune |  |  |  | Atemi point in the middle of the shin |
| Mune |  | 棟 |  | Back ridge of sword ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/mune%20(sword%20ridge).wav)) |
| Munemachi |  | 棟区 or 棟関 |  | Notch at the start of the *mune* (back ridge of sword) |
| Mune saki |  | 棟先 |  | Point of the *mune* (back ridge of sword) at the *kissaki* (sword tip) |
| Mune |  | 胸 |  | Chest ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/mune.wav)) |
| Mune dori |  | 胸取り |  | Chest grab; also *mune tori* |
| [Mune garami](http://www.jujitsu.co.za/?com=technique&id=apr2009) |  | 胸緘 |  | Chest entanglement, armlock ([Jūdō](http://en.wikipedia.org/wiki/Judo) or [Jūjutsu](http://en.wikipedia.org/wiki/Jujutsu)) |
| [Mune gatame](http://ca.youtube.com/watch?v=gncTj-0FSz4) |  | 胸固 |  | Chest hold, Kōdōkan [jūdō](http://en.wikipedia.org/wiki/Judo) |
| Munen mushin |  | 無念無心 |  | Striking without conscious concern about the outcome; mindset of non-fixation; state of emptiness |
| Munen musō |  | 無念無想 |  | No mind |
| Mune oshi |  | 胸押し |  | Chest push, part of the [jū no kata](http://en.wikipedia.org/wiki/Ju_no_Kata) of [Jūdō](http://en.wikipedia.org/wiki/Judo) |
| Mune tori |  | 胸取り |  | Chest grab; also *mune dori* |
| Mune zuki |  | 胸突き |  | Chest punch; thrust toward knot of [obi](http://ca.youtube.com/watch?v=1a1FJT1klgM) |
| Murasame |  | 村雨? |  | Right carotid artery; pressure points on each side of the neck behind the clavicle |
| Musanso undō |  | 無酸素運動 |  | Anaerobic exercise |
| [Musashi kaiken](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Musashi%20kaiken/Musashi%20kaiken.html) |  | 武蔵懐剣 |  | Small hand-held edged weapon associated with [Miyamoto Musashi](http://en.wikipedia.org/wiki/Miyamoto_Musashi) |
| Musha |  | 武者 |  | Warrior, a shortened form of *bugeisha* |
| [Musha e](http://www.aisf.or.jp/~jaanus/deta/m/mushae.htm) |  | 武者絵 |  | Warrior print |
| [Musha furi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kyouyuu/kyouyuu.html) |  | 武者振り |  | Prowess, gallantry; also *mushaburi* |
| Musha furitsuku |  | 武者振り付く |  | To jump into the fray |
| [Musha shugyo](http://www.fighttimes.com/magazine/magazine.asp?article=283) |  | 武者修行 |  | Traveling by [samurai](http://en.wikipedia.org/wiki/Samurai) to test themselves against others; samurai's pilgrimage or quest |
| [Mushin](http://en.wikipedia.org/wiki/Mushin) |  | 無心 |  | Empty mind |
| [Mushin no shin](http://en.wikipedia.org/wiki/Mushin) |  | 無心の心 |  | Mind of no mind |
| [Mushotoku](http://www.zen-road.org/teachings/english/taisen-deshimaru-en/using-religion/) |  | 無所得 |  | (Practice seeking) no reward or profit |
| Musō |  | 無想 |  | No mind |
| Musō Gonnosuke Katsuyoshi |  | 夢想 權之助 勝吉 |  | (fl. 1605) Japanese [samurai](http://en.wikipedia.org/wiki/Samurai), founder of [Shindō Musō ryū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Shindō%20Musō%20ryū) [jōjutsu](http://en.wikipedia.org/wiki/Jojutsu) |
| [Musō Jikiden Eishin ryū](http://www.koryu.com/guide/eishin.html) |  | 無双直伝英信流 |  | [Koryū](http://koryu.com/) [iaijutsu](http://en.wikipedia.org/wiki/Iaijutsu) |
| [Musō Shinden ryū](http://www.koryu.com/guide/musoshinden.html) |  | 夢想神傳流 or 夢想神伝流 |  | [Koryū](http://koryu.com/) [iaijutsu](http://en.wikipedia.org/wiki/Iaijutsu) and [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu) |
| Muso uke |  |  |  | Vertical scissors forearm block, as in karate kata [Sochin](http://ca.youtube.com/watch?v=kTL3kl53cvU) |
| [Musti Yudha](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Musti%20Yuhda/musti%20yuhda.html) |  |  |  | [East Indian](http://en.wikipedia.org/wiki/Indian_martial_arts) bare hand boxing |
| Musubi |  | 結び |  | Knot; union; ending; conclusion; informality |
| Musubi dachi |  | 結び立 |  | Informal stance, informal attention stance |
| Muteki ryū |  |  |  | [Koryū](http://www.koryu.com/) [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu) founded c 1650 |
| Mutekatsu |  | 無手勝つ |  | Victory without hands; victory without fighting; a term used briefly by [Tsukahara Bokuden](http://en.wikipedia.org/wiki/Tsukahara_Bokuden) to describe his own style |
| Mutō |  | 無刀 |  | No sword |
| [Mutō](http://www.jimmccoy.com/bm_article_tegumi.php) |  |  |  | Indigenous Okinawan wrestling; also *mutō* or *tegumi*; *mutou* was the term used in Tomari and Shuri; *tegumi* was used in Naha |
| [Mutou](http://www.jimmccoy.com/bm_article_tegumi.php) |  |  |  | Indigenous Okinawan wrestling; also *mutō* or *tegumi*; *mutou* was the term used in Tomari and Shuri; *tegumi* was used in Naha |
| Mutō waza |  | 無刀技 |  | No-sword techniques; waza for an unarmed fighter against an armed attacker |
| [Myaku](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/myaku.wav) |  | 脈 |  | Vein, pulse, hope ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/myaku.wav)) |
| [My Jong Law Horn](http://en.wikipedia.org/wiki/Mizongquan) |  | 迷蹤羅漢 |  | "Lost track Arhat," style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu), also *Mizong Lohan* |
| Myō |  | 名 |  | Something mysterious, extraordinary or marvelous, hinted at ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/Sound%20files/myou.wav)) |
| Myojo |  |  |  | Point one inch below navel, vital point |
| Myosho |  |  |  | Area around the navel |
| Myo wa kyojitsu no kan ni ari |  |  |  | "Essence exists in the void between actions" |

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| [Naban](http://en.wikipedia.org/wiki/Naban) |  |  |  | [Burmese](http://en.wikipedia.org/wiki/Burmese_martial_arts) grappling arts |
| [Nafudakake](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Nafuda%20kake/nafuda%20kake.html) |  | 名札掛け |  | Board in a [dōjō](http://en.wikipedia.org/wiki/Dojo) showing name and rank |
| [Nagamaki](http://en.wikipedia.org/wiki/Nagamaki) |  | 長巻 |  | Japanese polearm weapon similar to a [naginata](http://en.wikipedia.org/wiki/Nagamaki) but with a *tsuka* (handle) like that of a [katana](http://en.wikipedia.org/wiki/Katana) |
| [Nagamine Shōshin](http://en.wikipedia.org/wiki/Shoshin_Nagamine) |  | 長嶺 将真 |  | (1907 - 1996) [Matsubayashi ryū](http://en.wikipedia.org/wiki/Matsubayashi-ryu) karateka |
| Naganuma Sirōzaemon Kunisato |  | 長沼 四郎左衛門 国郷 |  | (1688-1767) [Kendōka](http://en.wikipedia.org/wiki/Kendo) who introduced the [shinai](http://en.wikipedia.org/wiki/Shinai), the split bamboo kendō sword, and [bogu](http://en.wikipedia.org/wiki/Bogu), kendō armor. |
| Nagaoka Hidekazu |  |  |  | (1876 - 1952) [Jūdō](http://en.wikipedia.org/wiki/Judo) [jūdan](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/judan/judan.html) |
| [Nagao ryū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/nagao%20ryu%20tekkan/tekkan.html) |  | 長男流 |  | [Koryū](http://www.koryu.com/) that taught the use of the bankokuchōki, a forged iron knuckleduster |
| Nagare |  | 流れ |  | Flow, streaming ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Sound%20files/nagare.wav)) |
| [Nagashi uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Nagashi%20uke/nagashi%20uke.html) |  | 流し受け |  | Sweeping or flowing block, used in the kata [Tekki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Tekki/tekki.html) and Jion ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Nagashi zuki |  | 流し突き |  | Flowing punch |
| Nagashi waza |  | 流し技 |  | Flowing from one technique to another |
| Nage |  | 投げ |  | Throw; thrower or [tori](http://en.wikipedia.org/wiki/Tori_(martial_arts)) ([aikidō](http://en.wikipedia.org/wiki/Aikido)) |
| [Nagegama](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kusarigama/kusarigama.html) |  | 投鎌 |  | Traditional composite Japanese weapon: sickle and chain; also *kusarigama* |
| Nage no kata |  | 投の型 |  | Form of throwing |
| [Nage waza](http://en.wikipedia.org/wiki/Nage_waza) |  | 投げ技 |  | Throwing techniques |
| [Naginata](http://www.naginata.org/) |  | 長刀 or 薙刀 |  | Japanese [halberd](http://en.wikipedia.org/wiki/Halberd) |
| [Naginatajutsu](http://en.wikipedia.org/wiki/Nage_waza) |  | 長刀術 |  | Art of the [naginata](http://en.wikipedia.org/wiki/Naginata) |
| [Naha te](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Naha%20te/Naha%20te.html) |  | 那覇手 |  | Okinawan style of karate practiced in the Okinawan village of [Naha](http://en.wikipedia.org/wiki/Naginata) |
| [Naifanchi Naihanchi](http://en.wikipedia.org/wiki/Naihanchi) |  | 内歩進 |  | Karate kata performed in [kiba dachi](http://en.wikipedia.org/wiki/Horse_stance), lit. "internal divided conflict" |
| Naifanchi dachi Naihanchi dachi |  | 内歩進立 |  | Straddle stance; also*kiba dachi* |
| [Naiwan](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/wan/wan.html) |  | 内腕 |  | Inner arm |
| Naka |  | 中 |  | Center ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Sound%20files/naka.wav)) |
| Nakachi Yoichi |  |  |  | (1932 - 1998) Founder of [Butokukan karate](http://en.wikipedia.org/wiki/Butokukan_karate). |
| [Nakadaka ippon ken](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/nakadaka%20ippon%20ken/nakadakaipponken.html) |  | 中高一本拳 |  | Middle finger one knuckle punch; also *nakadaka ken* |
| [Nakadaka ken](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/nakadaka%20ippon%20ken/nakadakaipponken.html) |  | 中高拳 |  | Middle finger one knuckle punch; also *nakadaka ippon ken* |
| Naka ima |  | 中今 |  | Eternal present, eternal now |
| [Nakamura ryū](http://en.wikipedia.org/wiki/Battōjutsu) |  | 中村流 |  | Short for Nakamura-ryū Happōgiri Battōdō, modern [battōjutsu](http://en.wikipedia.org/wiki/Battōjutsu) system founded by [Nakamura Taizaburo](http://www.dragon-tsunami.org/Dtimes/Pages/articled2.htm) (1912 - 2003) |
| [Nakamura-ryū Happōgiri Battōdō](http://en.wikipedia.org/wiki/Battōjutsu) |  | 中村流八方切り抜刀道 |  | Modern [battōjutsu](http://en.wikipedia.org/wiki/Battōjutsu) system founded by [Nakamura Taizaburo](http://www.dragon-tsunami.org/Dtimes/Pages/articled2.htm) (1912 - 2003) |
| [Nakamura Tadashi](http://www.seido.com/01_about_seido/kaicho.htm) |  | 中村忠 |  | (1942 - ) Japanese karateka, founder of [Seidō Juku Karate](http://en.wikipedia.org/wiki/Seido_juku) |
| [Nakamura Taizaburo](http://www.dragon-tsunami.org/Dtimes/Pages/articled2.htm) |  | 中村 泰三郎 |  | (1912 - 2003) Japanese hanshi [battōdō](http://en.wikipedia.org/wiki/Battodo), [jūkendō](http://en.wikipedia.org/wiki/Jūkendō), [tankendō](http://www.koryu.com/library/mskoss12.html) |
| [Nakasone Genwa](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Nakasone%20Genwa/Nakasone%20Genwa.html) |  |  |  | (1895 - 1978) Okinawan karateka and author on the martial arts |
| [Nakayama Hakudo](http://en.wikipedia.org/wiki/Nakayama_Hakudo) |  | 中山博道 |  | (1873 - 1959) Japanese [kendōka](http://en.wikipedia.org/wiki/Kendo), jūdan, [meijin](http://en.wikipedia.org/wiki/Meijin) |
| [Nakayama Masatoshi](http://en.wikipedia.org/wiki/Masatoshi_Nakayama) |  | 中山正敏 |  | (1913 - 1987) Japanese [Shōtōkan](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Sound%20files/nodo.wav) karateka, Chief instructor of the [JKA](http://en.wikipedia.org/wiki/JKA) |
| Nakayama Tatsusaburo |  | 中山 辰三郎 |  | (1870 - 1933) [Shindō Yōshin ryū](http://en.wikipedia.org/wiki/Shindo_yoshin_ryu) [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu) sensei of [Ōtsuka Hironori](http://www.z-teamkarate.com/grand_master_hironori_otsuka_i.htm). |
| Nakayubi |  | 中指 |  | Middle finger ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Sound%20files/nakayubi.wav)) |
| Nakazumi |  | 中墨 |  | Centerline |
| Nam Huynh Dao |  |  |  | [Vietnamese martial art](http://en.wikipedia.org/wiki/Naginata) |
| Nami ashi |  | 並足 |  | Lit "ordinary foot": walking with smooth sliding steps |
| [Nami ashi geri](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/nami%20ashi%20geri/nami%20ashi%20geri.html) |  | 波足蹴り |  | Lit "wave foot kick"; block using foot; also *namigaeshi* |
| [Namigaeshi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/nami%20ashi%20geri/nami%20ashi%20geri.html) |  | 波返し |  | Lit "returning wave"; block using foot ; also *nami ashi geri* |
| [Nam Pai Chuan](http://en.wikipedia.org/wiki/Nam_Pai_Chuan) |  | 南派拳 |  | North South Fist, style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| Nana |  | 七 |  | Seven ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Sound%20files/nana.wav)); also *shichi* |
| [Nana korobi ya oki](http://www.fightingarts.com/reading/article.php?id=564) |  | 七転八起 |  | "Fall seven times, get up eight"; motto of perseverance |
| Naname |  | 斜め |  | Diagonal ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Sound%20files/naname.wav)) |
| Naname age empi uchi |  | 斜め 揚猿臂打ち |  | Diagonally rising elbow strike; 45 degree elbow in kickboxing |
| Naname ate |  | 斜め当 |  | Oblique strike ([jūdō](http://en.wikipedia.org/wiki/Judo) [atemi](http://en.wikipedia.org/wiki/Atemi)) |
| Naname geri |  | 斜め蹴り |  | Oblique kick ([jūdō](http://en.wikipedia.org/wiki/Judo) [atemi](http://en.wikipedia.org/wiki/Atemi)) |
| Naname otoshi empi uchi |  | 斜め落とし猿臂打ち |  | Diagonally dropping elbow strike |
| Naname zenkutsu dachi |  | 斜め前屈立 |  | Slanted front stance, diagonal front stance |
| Nanban Ippon ryū |  | 南蠻一品流 |  | [Koryū](http://www.koryu.com/) that used various special weapons, including the [*chidorigane*](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chidorigane/chidorigane.html) |
| [Nanbu Yoshinao](http://www.nanbudo.com/index.php?page=nanbudo.founderhistory) |  | 南部義尚 |  | (1943 - ) Founder of [Nanbudō](http://en.wikipedia.org/wiki/Nanbudo) |
| [Nanbudō](http://en.wikipedia.org/wiki/Nanbudo) |  | 南武道 |  | Modern Japanese fighting system, founded by Nanbu Yoshinao |
| [Nan Pai Tanglang](http://en.wikipedia.org/wiki/Southern_Praying_Mantis) |  | 南派螳螂 |  | Southern Praying Mantis, style of Southern [kung fu](http://en.wikipedia.org/wiki/Kung_fu): |
| [Nanquan](http://en.wikipedia.org/wiki/Nan_Quan) |  | 南拳 |  | Lit. "Southern fist"; [kung fu](http://en.wikipedia.org/wiki/Kung_fu) originating south of the [Yangtze River](http://en.wikipedia.org/wiki/Yangtze_river) |
| Naore |  | 直れ |  | Command to rest |
| Naoshite |  | 直して |  | Command to correct stance or position |
| Naotte |  | 直って |  | Command to rest, relax, or return to stance |
| Narande |  | 並んで |  | Command to line up |
| [Nawajutsu](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/hojojutsu/hojojutsu.html) |  | 縄術 |  | Japanese art of restraint with cord or rope; also [*hojōjutsu*](http://en.wikipedia.org/wiki/Hojojutsu) or *torinawa jutsu* |
| Nebarizuoi |  | 粘強 |  | Persevering or tenacious |
| [Nei chia](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Neijia.html) |  | 內家 |  | Internal styles of [kung fu](http://en.wikipedia.org/wiki/Kung_fu), as opposed to *wai chia*, external styles; also *neijia* |
| [Neigong](http://en.wikipedia.org/wiki/Neigong) |  | 內功 |  | Chinese breathing and meditation disciplines |
| [Neijia](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Neijia.html) |  | 內家 |  | Internal styles of kung fu, as opposed to *wai chia*, external styles; also *nei chia* |
| [Nekoashi dachi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/nekoashi%20dachi/nekoashi%20dachi.html) |  | 猫足立 |  | Cat stance, lit "cat foot stance" |
| [Nen ryū](http://en.wikipedia.org/wiki/Nen-ryū) |  | 念流 |  | [Koryū](http://www.koryu.com/) [*kenjutsu*](http://en.wikipedia.org/wiki/Kenjutsu), founded by Sōma Shiro Yoshimoto |
| Nesshin |  | 熱心 |  | Enthusiasm, zeal ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Sound%20files/nesshin.wav)) |
| [Newaza](http://en.wikipedia.org/wiki/Newaza#Ground_grappling) |  | 寝技 |  | Groundwork techniques |
| [Ngo cho kun](http://www.wuzuwhitecrane.com/about.htm) |  | 少林五祖拳 |  | "Fists of the Five Ancestors," Southern style of [kung fu](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/kung%20fu); also *Ngor chor kun, Wu zhu quan* |
| [Nguni stick fighting](http://en.wikipedia.org/wiki/Nguni_stick_fighting) |  |  |  | Traditional martial art of the [Nguni](http://en.wikipedia.org/wiki/Nguni_people) tribe in South Africa; also *donga* |
| Nguyen Trung Hoa |  |  |  | [Vietnamese martial art](http://en.wikipedia.org/wiki/Vietnamese_martial_arts) |
| Nhat Nam |  |  |  | [Vietnamese martial art](http://en.wikipedia.org/wiki/Vietnamese_martial_arts) |
| Ni |  | 二 |  | Two ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Sound%20files/ni.wav)) |
| Nichi gama |  |  |  | Japanese weapon: double sickles |
| Nidan |  | 二段 |  | Second level |
| Nidan geri |  | 二段蹴り |  | Double kick |
| Nihon |  | 日本 |  | Japan ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Sound%20files/nihon.wav)); also, *Nippon* |
| Nihonfū |  | 日本風 |  | Japanese style ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Sound%20files/nihonfuu.wav)) |
| [Nihongo](http://en.wikipedia.org/wiki/Japanese_language) |  | 日本語 |  | Japanese language ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Sound%20files/nihongo.wav)) |
| Nihonjin |  | 日本人 |  | Japanese people ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Sound%20files/nihonjin.wav)) |
| [Nihonjinron](http://en.wikipedia.org/wiki/Nihonjinron) |  | 日本人論 |  | Lit "theories or discussions about the Japanese"; "often used by the Japanese to describe or rationalize their sense of uniqueness" (Lowry, *The Karate Way*) |
| [Nihon jūjutsu](http://www.nihonjujutsu.com/) |  | 日本柔術 |  | Japanese striking and grappling art using historical and modern techniques |
| [Nihon Karate Kyokai](http://www.jka.or.jp/index2.htm) |  | 日本唐手協会 |  | Japan Karate Association, organization for [Shōtōkan](http://en.wikipedia.org/wiki/Shotokan) karate |
| Nihon nukite |  | 二本貫手 |  | Two finger spear hand |
| [Nihon teien](http://en.wikipedia.org/wiki/Japanese_garden) |  | 日本庭園 |  | Japanese garden ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Sound%20files/nihonteien.wav)) |
| [Nihontō](http://en.wikipedia.org/wiki/Japanese_sword) |  | 日本刀 |  | Japanese sword ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Sound%20files/nihontou.wav)) |
| [Ninomiya Joko](http://en.wikipedia.org/wiki/Joko_Ninomiya) |  | 二宮城光 |  | (1954 - ) Founder of [Enshin Kaikan Karate](http://en.wikipedia.org/wiki/Enshin) |
| Nijiriashi |  | 躙り足 |  | Gliding both feet forward or backward (type of [tai sabaki](http://en.wikipedia.org/wiki/Tai_sabaki)) |
| [Nijiri guchi](http://www.koryu.com/library/dlowry6.html) |  | 躙り口 or 躙戸 |  | Entrance to a [chashitsu](http://en.wikipedia.org/wiki/Shotokan), or tea hut. |
| [Niju kun](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Niju%20kun.html) |  | 二十訓 |  | The twenty precepts of karate, by [Funakoshi Gichin](http://en.wikipedia.org/wiki/Gichin_Funakoshi) |
| [Nijushiho](http://ca.youtube.com/watch?v=X8PU8riScN0) |  | 二十四步 |  | "24 steps," Karate kata ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)); a Chince books putting forth 24 moral principles |
| Nikutai |  | 肉体 |  | Body, flesh ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Sound%20files/nikutai.wav)) |
| Nimai geri |  | 二枚　蹴り |  | Kicking or sweeping the ankle from the outside ([Sumō](http://en.wikipedia.org/wiki/Sumo), [Gōjū ryū](http://en.wikipedia.org/wiki/Gōjū-ryū)) |
| [Ninja](http://en.wikipedia.org/wiki/Ninja) |  | 忍者 |  | Feudal Japanese spy ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Sound%20files/ninja.wav)) |
| [Ninjō](http://en.wikipedia.org/wiki/Ninjō) |  | 人情 |  | Human feelings; compassion |
| [Ninjutsu](http://en.wikipedia.org/wiki/Ninjutsu) |  | 忍術 |  | "Art of invisibility"; martial art of espionage |
| Ninsō |  | 人相 |  | Ascertaining character through the face; looks, physiognomy, countenance |
| [Nintai](http://www.kushu.com/nintai.htm) |  | 忍耐 |  | Patience, perseverance, endurance ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Sound%20files/nintai.wav)) |
| Nippon |  | 日本 |  | Japan; also, *Nihon* |
| [Nippon Budōkan](http://en.wikipedia.org/wiki/Budokan) |  | 日本武道館 |  | Large [budō](http://en.wikipedia.org/wiki/Budo) hall in Tōkyō, often shortened to *Budōkan* |
| [Nippon Karate Kyokai](http://en.wikipedia.org/wiki/Japan_Karate_Association) |  | 日本空手協会 |  | [Japanese Karate Association](http://en.wikipedia.org/wiki/JKA), founded 1 May 1949 |
| [Nippon-tō](http://en.wikipedia.org/wiki/Japanese_sword) |  | 日本刀 |  | Japanese sword |
| Niseishi |  | 二十四 |  | Original name of karate kata [Nijushiho](http://en.wikipedia.org/wiki/Nijushiho) ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Nishaku bō |  | 二尺棒 |  | Two-foot stick |
| Nishi |  | 西 |  | West ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Sound%20files/nishi.wav)) |
| [Nishiyama Hidetaka](http://www.shotokanway.net/pages/nishiyama.html) |  | 西山英峻 |  | (1928 - 2008) [Shōtōkan](http://en.wikipedia.org/wiki/Shotokan) karateka, jūdan, chairman of the [International Traditional Karate Federation](http://www.itkf.org/) (ITKF) |
| Niten Dōraku |  |  |  | Buddhist name of [Miyamoto Musashi](http://en.wikipedia.org/wiki/Miyamoto_Musashi) |
| [Nitobe Inazō](http://en.wikipedia.org/wiki/Inazo_Nitobe) |  | 新渡戸稲造 |  | (1862-1933) Author of [*Bushidō*](http://en.wikipedia.org/wiki/Bushido). |
| Niwa |  | 庭 |  | [Garden](http://en.wikipedia.org/wiki/Japanese_garden) ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Sound%20files/niwa.wav)); also *tei* ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tei.wav)) |
| Nō |  | 脳 |  | Brain ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Sound%20files/nou.wav)) |
| [Nobori](http://en.wikipedia.org/wiki/Nobori) |  | 幟 |  | Japanese banners or long narrow flags denoting units within an army |
| [Nodachi](http://en.wikipedia.org/wiki/Nodachi) |  | 野太刀 |  | Lit "field sword," very long sword (1 -1.80 m) |
| Nodo |  | 喉 |  | Throat ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Sound%20files/nodo.wav)) |
| Nogare kata |  | 逃れ形 |  | Methods of escape or reversal ([Jūdō](http://en.wikipedia.org/wiki/Judo)) |
| Nogareru |  | 逃れる |  | To escape |
| Nōkatsu |  | 脳活 |  | "Head method" of [kappō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kappo.html) |
| [Northern Praying Mantis](http://en.wikipedia.org/wiki/Northern_Praying_Mantis) |  | 北派螳螂拳 |  | [Northern kung fu](http://en.wikipedia.org/wiki/Northern_kung_fu) style; also *tang lang quan* |
| [Northern Shaolin](http://en.wikipedia.org/wiki/Northern_Shaolin) |  | 北少林 |  | External arts originating north of the [Yangtze River](http://en.wikipedia.org/wiki/Yangtze_river); also *Bak Siu Lum* or *Bei Shaolin* |
| [Noru](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/noru/noru.html) |  | 乗る |  | Lit "to ride," one of three principles of *tai sabaki* that distinguish [Wadō ryū](http://en.wikipedia.org/wiki/Wado_Ryu) from other karate styles: "riding" the opponent's strength or movement ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Sound%20files/noru.wav)) |
| Nōryoku |  | 能力 |  | Ability, capacity ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Sound%20files/nouryoku.wav)) |
| [Noshi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/noshi/noshi.html) |  | 熨斗 |  | Paper wrapping for cash given as a gift or payment |
| Nōtō |  | 納刀 |  | Returning sword to its scabbard. |
| No tsukkomi |  | の突っ込み |  | Lunging |
| [Nukite](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/nukite/nukite.html) |  | 贯手 |  | Spear hand |
| [Nukitsuke](http://www.hyoho.com/Tosa6.html) |  | 抜き付け |  | Drawing of the sword; also *iai* or [*batto*](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/Battō) |
| Nuki uchi |  | 贯打ち |  | "To strike while emptying the scabbard" (Lowry, *Karate Way*) |
| [Nunchaku](http://en.wikipedia.org/wiki/Nunchaku) |  | 双節棍 or ヌンチャク |  | [Kobudō](http://en.wikipedia.org/wiki/Okinawan_kobudō) weapon with two short tines on either side of a long one. |
| [Nunte](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/nunte/nunte.html) |  | 抜手 |  | [Kobudō](http://en.wikipedia.org/wiki/Okinawan_kobudō) weapon |
| Nyoibō |  | 如意棒 |  | Large [staff](http://en.wikipedia.org/wiki/Staff_(stick)) |
| [Nyūanshin](http://www.ironpalm.com/beginner.html) |  | 初心 |  | Beginner's mind; also pronounced *shoshin* |
| [Nyūmonsha](http://isshindo.blogspot.com/2007/02/nyumonsha-beginner.html) |  | 入門者 |  | Beginner |

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| Ō |  | 大 |  | Major, great, large ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/O/Sound%20files%20O/oo.wav)) |
| [Obi](http://en.wikipedia.org/wiki/Obi_(sash)) |  | 帯 |  | Belt ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/O/Sound%20files%20O/obi.wav)) |
| [Obi musubi](http://www.arts.ualberta.ca/~aoki/Karate-do/Procedures/How%20to%20tie%20the%20obi.html) |  | 帯結び |  | Belt knot |
| [Ochiai Hidehiko (Hidy)](http://www.hidyochiai.org/) |  | 落合秀彦 |  | (1939 - ) Japanese [Washin ryū](http://en.wikipedia.org/wiki/Washin_ryu) karateka |
| Ō chiburi |  | 大血振り |  | Large motion of sword to shake off blood |
| Ochitsuki |  | 落ち着き |  | Calm, composure |
| [Oda Nobunaga](http://en.wikipedia.org/wiki/Oda_Nobunaga) |  | 織田 信長 |  | (1534-1582) Major [daimyō](http://en.wikipedia.org/wiki/Daimyo) during [Sengoku jidai](http://en.wikipedia.org/wiki/Sengoku_period) 戦国時代 (Warring States Period) 1478-1605 |
| [Ōdachi](http://en.wikipedia.org/wiki/Ōdachi) |  | 大太刀 |  | Type of long [Japanese sword](http://en.wikipedia.org/wiki/Sengoku_period) |
| Odeko |  | お凸 |  | Forehead (colloquial) |
| Odome |  |  |  | The secret techniques of [Daitō-ryū Aiki-jūjutsu](http://en.wikipedia.org/wiki/Daito-ryu_aiki-jujutsu) |
| [Ōgami Shingo](http://www.wadokai.se/index.php?option=com_content&task=category&sectionid=2&id=5&Itemid=16) |  |  |  | (1941 - ) [Wadō ryū](http://en.wikipedia.org/wiki/Wado_Ryu) karateka, chief instructor of [Swedish Karatedō Wadōkai](http://www.wadokai.se/index.php?option=com_frontpage&Itemid=35) |
| [Ō](http://www.wadokai.se/index.php?option=com_content&task=category&sectionid=2&id=5&Itemid=16)[goshi](http://www.youtube.com/watch?v=GDWtRtJ23cM) |  | 大腰 |  | Major hip throw ([Kōdōkan](http://en.wikipedia.org/wiki/Kodokan) jūdō) |
| [Oguri Ryū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/O/omote%20waza/oguri%20ryu/Oguri%20ryu.html) |  | 小栗流 |  | [Koryū](http://www.koryu.com/) [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu), founded by Oguri Neimon c. 1616; Oguri was a student of the [Yagyu Shinkage Ryū](http://en.wikipedia.org/wiki/Yagyu_Shinkage_ryu) and his empty hand method became known as Wajutsu |
| Ō harai no gi |  | 大祓の儀 |  | Purification ceremony; also *harai no gi* 祓の儀; related to [*misogi*](http://en.wikipedia.org/wiki/Misogi) 禊 |
| Ohayō |  | お早う |  | Good morning ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/O/Sound%20files%20O/ohayou.wav)) |
| Ohayō gozaimasu |  | お早う御座います |  | Good morning |
| Oirad |  |  |  | A type of [Mongolian wrestling](http://en.wikipedia.org/wiki/Mongolian_wrestling) resembling [freestyle](http://en.wikipedia.org/wiki/Freestyle_wrestling) |
| Oi waza |  | 追い技 |  | Chasing or following strikes attacking the opponent as s/he retreats |
| [Oizuki](http://www.youtube.com/watch?v=dc60KBnIvRk) |  | 追い突き |  | Lunge punch; front punch; in [Wadō ryū](http://en.wikipedia.org/wiki/Wado_Ryu), *junzuki* 順突き |
| Ōkakumaku |  | 横隔膜 |  | [Diaphragm](http://en.wikipedia.org/wiki/Thoracic_diaphragm) |
| [Ōkamakiri mushi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/tourou/tourou.html) |  | 大螳螂虫 |  | Praying mantis, a Japanese symbol of courage and cunning, and a harbinger of good fortune; also *kamakiri* or *tōrō* |
| [Okazaki Teruyuki](http://www.doshinmartialarts.com/okazaki.html) |  | 岡崎照幸 |  | (1931 - ) Japanese [Shōtōkan](http://en.wikipedia.org/wiki/Shotokan) karateka |
| [Okinawa](http://en.wikipedia.org/wiki/Okinawa) |  | 沖縄 |  | Birthplace of karate |
| [Okinawan Prefectural Karate-dō Promotion Society](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/O/Okinawan%20Society/Okinawan%20Society.html) |  |  |  |  |
| Oku |  | 奥 |  | Secret or deep ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/O/Sound%20files%20O/oku.wav)) |
| Okuden |  | 奥傳 |  | Inner or secret teachings |
| Okugi |  | 奥義 |  | Secret techniques; secrets, esoterica, arcana |
| Okuiri |  | 奥入 |  | Introduction to the secrets; lowest level of the menkyo rank system |
| Okunote |  | 奥の手 |  | Left hand, upper hand, secret skills, trump card, mystery, last resort |
| Okuri |  | 送り |  | Chasing, pursuing or sliding ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/O/Sound%20files%20O/okuri.wav)) |
| Okuri ashi harai |  | 送足払い |  | Pursuing foot sweep, throw ([Kōdōkan](http://en.wikipedia.org/wiki/Kodokan) jūdō) |
| Okuri eri jime |  | 送襟絞め |  | Sliding lapel strangle ([Kōdōkan](http://en.wikipedia.org/wiki/Kodokan) jūdō) |
| Okuri jiyu ippon kumite |  | 送自由一本組手 |  | Two step one attack sparring, second step free |
| Oku sandan |  |  |  | An old grade marking a dividing line between junior (1-3 dan) and senior (4+) yudansha |
| Omote |  | 表 |  | Front, surface, outside, entering or obvious ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/O/Sound%20files%20O/omote.wav)) |
| [Omote waza](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/O/Oguri%20ryu/omote%20waza.html) |  | 表技 |  | Outside or manifest techniques; obvious techniques that can be displayed in public |
| On |  | 恩 |  | Obligation, favor, benefit, something requiring repayment ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/O/Sound%20files%20O/on.wav)) |
| Onaji waza |  | 同じ技 |  | "Same technique" |
| Onaka |  | お腹 |  | Abdomen, belly, stomach |
| Onegai shimasu |  | お願いします |  | "I make a request" or "I ask of you," said when bowing and initiating practice ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/O/Sound%20files%20O/onegaishimasu.wav)) |
| Onegai otsukaresamadeshita |  | お願いお疲れ様でした |  | Thank you used after training with a partner |
| [O'Neill, Terry](http://en.wikipedia.org/wiki/Terry_O'Neill_(karateka)) |  |  |  | (1948 - ) British [Shōtōkan](http://en.wikipedia.org/wiki/Shotokan) karateka |
| [Oniken](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/O/Oniken/oniken.html) |  | 鬼拳 |  | One knuckle punch using forefinger; also *hitosashi ipponken* |
| Onimusha |  | 鬼武者 |  | Daredevil warrior |
| Onjin |  | 恩人 |  | Benefactor ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/O/Sound%20files%20O/onjin.wav)) |
| Onken |  | 陰剣 |  | Throwing knife or star; also [*shuriken*](http://en.wikipedia.org/wiki/Shuriken), *anken, byō, daken, gekiken, fusatsuken, sanbukaken, shaken* or *tōken* |
| [Onko chishin](http://www.theshotokanway.com/onkochishin.html) |  | 温故知新 |  | "To search for the old is to understand the new" ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/O/Sound%20files%20O/onkochishin.wav)) |
| [Onmyōdō](http://eos.kokugakuin.ac.jp/modules/xwords/entry.php?entryID=828) |  | 陰陽道 |  | Japanese version of Chinese mysticism |
| Onmyō jutsu |  | 陰陽術 |  | Using Chinese mysticism to predict the outcome of battles |
| [Ō](http://www.z-teamkarate.com/grand_master_hironori_otsuka_i.htm)[no-ha Itto ryū](http://www.koryu.com/guide/ono.html) |  | 小野派一刀流 |  | [Koryū](http://koryu.com/) kenjutsu |
| [Onyomi](http://www.sljfaq.org/html/on'yomi.html) |  | 音読み |  | Sino-Japanese reading of [kanji](http://en.wikipedia.org/wiki/Kanji), in contrast to Kunyomi, the Japanese or native reading |
| Orei |  | お礼 |  | Respect; etiquette; bowing |
| Ori |  | 折 |  | Break ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/O/Sound%20files%20O/ori.wav)) |
| Orishiku |  | 折り敷く |  | Kneeling |
| Oroshi |  | 下ろし |  | Downward or descending |
| Oroshi furi uchi |  | 下ろし振り打ち |  | Downward swinging strike ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Oroshi mae furi uchi |  | 下ろし前振り打ち |  | Downward front swinging strike ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Oroshi mawashi furi uchi |  | 下ろし回し振り打ち |  | Downward diagonal swinging strike ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Oroshi soto furi uchi |  | 下ろし外振り打ち |  | Downward outward swinging strike ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Oroshi uchi |  | 下ろし打ち |  | Downward strike |
| Osae komi waza |  | 押え込技 |  | "Pressing technique," pinning technique |
| Osae uchi |  | 押え打ち |  | Pressing strike ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| [Osae uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/O/osae%20uke/osae%20uke.html) |  | 押え受け |  | Pressing block |
| Osame tō |  | 納め刀 |  | Command to place [sword](http://en.wikipedia.org/wiki/Japanese_sword) in [obi](http://en.wikipedia.org/wiki/Obi_(sash)) |
| Ō sensei |  | 大先生 |  | Great teacher |
| Oshi |  | 押し |  | To push or press ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/O/Sound%20files%20O/oshi.wav)) |
| Oshi ate |  | 押し当て |  | "Pushing strike," strike followed by a push with the same hand |
| Oshi ateru |  | 押し当てる |  | Strike ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Oshi daoshi |  | 押し倒し |  | Lit "pushing topple" ([Yamanaka ha Shindō ryū jūjutsu](http://www.eastwindbudo.org/index.php?action=openPage&pageID=33)) |
| Oshidashi |  | 押し出し |  | Pushing the opponent out of the ring without holding the [mawashi](http://en.wikipedia.org/wiki/Mawashi) ([Sumō](http://en.wikipedia.org/wiki/Sumo)) |
| Oshi gaeshi |  | 押し返し |  | Lit "push reversal," throwing an opponent rearwad by pushing the arm |
| [Oshikiuchi](http://en.wikipedia.org/wiki/Oshikiuchi) |  | 御式内 |  | Techniques for formal circumstances; secret teachings of an [Aizu](http://en.wikipedia.org/wiki/Aizu) family claimed by [Takeda Sōkaku](http://en.wikipedia.org/wiki/Takeda_Sokaku), founder of [Daitō-ryū Aiki-jūjutsu](http://en.wikipedia.org/wiki/Daito-ryu_aiki-jujutsu) |
| Oshikomi geri |  | 押し込蹴り |  | Pressing kick |
| [Ōshima Tsutomu](http://video.google.fr/videoplay?docid=4532095114092264177&q=ohshima) |  |  |  | (1930 - ) [Shōtōkan](http://en.wikipedia.org/wiki/Shotokan) karateka, founder of [Shōtōkan Karate of America](http://en.wikipedia.org/wiki/Shotokan_Karate#Shotokan_Karate_of_America) (SKA) |
| [Oshiro Chodo](http://www.todomardelplata.com/esam/Karate/Maestros/Chodo_Oshiro.htm) |  |  |  | (1887-1935) Okinawan karateka, student of [Itosu Ankō](http://en.wikipedia.org/wiki/Anko_Itosu) |
| Ōsode |  | 大袖 |  | Armor for upper arms and shoulders |
| [Ōsoto gari](http://www.youtube.com/watch?v=mgjfBnTMn1c&feature=related) |  | 大外割 |  | Major outside reaping throw ([Kōdōkan](http://en.wikipedia.org/wiki/Kodokan) jūdō) |
| Ōsoto makikomi |  | 大外巻込 |  | Major outside winding throw ([Kōdōkan](http://en.wikipedia.org/wiki/Kodokan) jūdō) |
| [Osu](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/O/osu/osu.html) |  | 押忍 |  | Karate salutation |
| [Otaku](http://en.wikipedia.org/wiki/Otaku) |  | おたく |  | In modern Japanese slang, someone with obsessive interests (esp. anime, manga or video games) |
| [Ota Tsugiyoshi](http://www.imaf.com/meijin.html) |  |  |  | (1892 - 1984) Japanese [iaidōka](http://en.wikipedia.org/wiki/Iaido), jūdan, [*meijin*](http://en.wikipedia.org/wiki/Meijin) |
| Otome ryū |  | 御留流 |  | Lit "that which flows but remains at home"; a ryū or ryū-ha officially associated with a particular domain or fief |
| [Otomo](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/O/otomo.html) |  | お供 |  | Escort to a [sensei](http://en.wikipedia.org/wiki/Sensei) |
| Otoshi |  | 落とし |  | Drop, fall, come down |
| [Otoshi empi uchi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/O/otoshi%20empi%20uchi/otoshi%20empi%20uchi.html) |  | 落とし猿臂打ち |  | Dropping elbow strike; also *otoshi hiji ate*; cf *sok sub* (chopping elbow) ([Muay Thai](http://en.wikipedia.org/wiki/Muay_thai)) |
| [Otoshi gyaku zuki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/O/otoshi%20gyaku%20zuki/otoshi%20gyaku%20zuki.html) |  | 落とし逆突き |  | Dropping reverse punch |
| [Otoshi hiji ate](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/O/otoshi%20empi%20uchi/otoshi%20empi%20uchi.html) |  | 落とし肘当て |  | Downward elbow strike; also *otoshi empi uchi*; cf *sok sub (*chopping elbow) ([Muay Thai](http://en.wikipedia.org/wiki/Muay_thai)) |
| Otoshi uchi |  | 落とし打ち |  | Downward strike ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| [Otoshi ude uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/O/otoshi%20ude%20uke/otoshi%20ude%20uke.html) |  | 落とし腕受け |  | Dropping forearm block ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Otoshi uke |  | 落とし受け |  | Dropping block |
| [Otoshi zuki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/O/otoshi%20zuki/otoshi%20zuki.html) |  | 落とし突き |  | Dropping punch; downward punch |
| [Ōtsuka Hironori](http://www.z-teamkarate.com/grand_master_hironori_otsuka_i.htm) |  | 大塚浩記 |  | (1892-1982) Founder of [Wadō Ryū](http://en.wikipedia.org/wiki/Wado_Ryu) karate-dō, jūdan,[*meijin*](http://en.wikipedia.org/wiki/Meijin) |
| [Ōtsuka Hironori II](http://www.conradjoneskarate.com/index.html?http%3A//www.conradjoneskarate.com/Biographies/JiroOtsuka.htm) |  | 大塚浩記 |  | (1934 - ) [Wadō Ryū](http://en.wikipedia.org/wiki/Wado_Ryu) karateka, kyudan, son of [Ōtsuka Hironori](http://www.z-teamkarate.com/grand_master_hironori_otsuka_i.htm), changed name from Ōtsuka Jiro; President and Chief Instructor, [Wadō Ryū Karate-dō Federation](http://www.wado-ryu.jp/home1/home1.htm) (Wadō Ryū Renmei). |
| Otsukare samadeshita |  | 御疲れ様でした |  | "Good job today and goodbye," "Thank you for your tiredness from effort" |
| [Ōuchigari](http://en.wikipedia.org/wiki/Ouchi_Gari) |  | 大內割 |  | Major inner reaping, [Kōdōkan](http://en.wikipedia.org/wiki/Kodokan) jūdō throw |
| [Ō-wakizashi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/wakizashi.html) |  | 大脇差 |  | Short sword between 21.3" and 23.7" long |
| [Owari Kan ryū](http://www.koryu.com/guide/kan.html) |  | 尾張貫流 |  | [Koryū](http://koryu.com/) [sojutsu](http://en.wikipedia.org/wiki/Sojutsu) and [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu) |
| [Oyadomari Kokan](http://en.wikipedia.org/wiki/Kokan_Oyadomari) |  | 親泊興寛 |  | (1827 - 1905) Okinawan karateka |
| Oya yubi ken |  | 親指拳 |  | Thumb fist |
| Oya yubi ippon ken |  | 亲指一本拳 |  | Thumb knuckle punch |
| [Ōyama Masutatsu](http://en.wikipedia.org/wiki/Masutatsu_Oyama) |  | 大山倍達 |  | (1923 - 1994) Born Choi Yeong-Eui 최영의, founder of [Kyokushinkai](http://en.wikipedia.org/wiki/Kyokushinkai) karate-dō. |
| Ōyō |  | 応用 |  | Lit "practical use," fighting applications drawn from [kata](http://en.wikipedia.org/wiki/Kata); *bunkai*, by contrast, means "to take apart," "to break down" or "to analyze" |
| Ōyōmei |  | 王陽明 |  | A type of [Confucianism](http://en.wikipedia.org/wiki/Confucianism) emphasizing control of the mind through systematic bodily disciplines. |
| [Ō yoroi](http://en.wikipedia.org/wiki/O-yoroi) |  | 大鎧 |  | "Great armor," Japanese armor |
| [Ozawa Osamu](http://www.dragon-tsunami.org/Dtimes/Pages/article23.htm) |  | 小澤治 |  | (1925 - 1998) [Shōtōkan](http://en.wikipedia.org/wiki/Shotokan) karateka |

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| [Pai Lum](http://en.wikipedia.org/wiki/Pai_lum) |  | 白龍 |  | White Dragon, style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu): ; also *Bai Long* |
| [Pa kua chang](http://en.wikipedia.org/wiki/Baguazhang) |  | 八卦掌 |  | "Eight trigrams palm" style of [internal Chinese boxing](http://en.wikipedia.org/wiki/Internal_kung_fu); also *baguazhang* |
| [Pa Kuialua](http://en.wikipedia.org/wiki/Kapu_Kuialua) |  |  |  | Hawaiian martial art; also Kapu kuialua, Kuialua or Lua |
| [Pancrase](http://en.wikipedia.org/wiki/Pancrase) |  |  |  | Pancrase Hybrid Wrestling is a Japanese [MMA](http://en.wikipedia.org/wiki/Mixed_martial_arts) organization |
| Pangainoon |  |  |  | "Half hard, half soft," style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) antecedent to [Uechi ryū](http://en.wikipedia.org/wiki/Uechi-ryū); also *Pangainun* |
| [Pankration](http://en.wikipedia.org/wiki/Pankration) |  |  |  | Ancient Greek sport and martial art |
| [Paochui](http://en.wikipedia.org/wiki/Paochui) |  | 炮捶 |  | Cannon Punch, style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu); also *San Huang Pao Chui* 三皇炮捶 "Three Emperor Cannon Punch" |
| Passai |  | 披塞 |  | Karate kata, "To Penetrate a Fortress"; also *Patsai, Potsai* or *Bassai* |
| Patsai |  | 披塞 |  | Karate lata, "To Penetrate a Fortress"; also *Passai, Potsai* or *Bassai* |
| [Patterson, Cecil T.](http://www.useasternwado.com/SenseiBio.htm) |  |  |  | (1930 - 2002) American karateka, [Wadō Ryū](http://en.wikipedia.org/wiki/Wado_ryu) |
| Pechin |  |  |  | An Okinawan feudal title meaning "senior"; aristocratic Okinawan class of scholars and intellectuals; also *peichin* |
| Peichin |  |  |  | An Okinawan feudal title meaning "senior"; aristocratic Okinawan class of scholars and intellectuals; also *pechin* |
| [Pencak Silat](http://en.wikipedia.org/wiki/Pencak_Silat) |  |  |  | Martial art of the [Malay archipelago](http://en.wikipedia.org/wiki/Malay_archipelago), especially Indonesia and Malaysia; also *Pentjak silat* |
| [Penn, B. J. "The Prodigy"](http://en.wikipedia.org/wiki/B_J_Penn) |  |  |  | (1978 - ) American [MMA](http://en.wikipedia.org/wiki/Mixed_martial_arts) fighter |
| [Piguaquan](http://en.wikipedia.org/wiki/Piguaquan) |  | 劈掛拳 |  | "Chop-hanging Fist," style of [kung fu](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/P/kung%20fu); also *Piguazhang* 劈掛掌 Chop Hanging Palm |
| [Pinan](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/P/Pinan%20kata.html) |  | 平安 |  | Karate kata series, lit. “Peaceful, tranquil," *Heian* in [Shōtōkan](http://en.wikipedia.org/wiki/Shotokan) |
| [Pinan Shodan](http://ca.youtube.com/watch?v=kJu0YECQIDk) |  | 平安 初段 |  | Pinan level one, karate kata in many styles |
| [Pinan Nidan](http://www.arts.ualberta.ca/~aoki/Karate-do/Kata/Pinan/Pinan%20nidan/Pinan%20nidan.html) |  | 平安 二段 |  | Pinan level two, karate kata in many styles |
| [Pinan Sandan](http://ca.youtube.com/watch?v=VbjV_mFLTJw) |  | 平安 三段 |  | Pinan level three, karate kata in many styles |
| [Pinan Yondan](http://ca.youtube.com/watch?v=Lvri7fwB8CI) |  | 平安 四段 |  | Pinan level four, karate kata in many styles |
| [Pinan Godan](http://ca.youtube.com/watch?v=-J9TeGEvTwQ) |  | 平安 五段 |  | Pinan level five, karate kata in many styles |
| Pinan Dai |  | 平安大 |  | "Great Pinan," a form combining all 5 individual Pinan kata into one long continuous form |
| [Pongyi thaing](http://en.wikipedia.org/wiki/Pongyi_thaing) |  |  |  | [Burmese martial art](http://en.wikipedia.org/wiki/Burmese_martial_arts); also "Bando Monk System" |
| Poomsae |  | 형, 품새 |  | Korean for *kata*; also *pumsae, poomse* or *hyung* |
| Potsai |  | 披塞 |  | "To Penetrate a Fortress," karate kata; also *Bassai, Passai* or *Patsai* |
| [Pradal Serey](http://en.wikipedia.org/wiki/Pradal_Serey) |  |  |  | Indochinese martial art practiced in Thailand, Myanmar, Laos and Cambodia; also Khmer Kickboxing or Traditional Khmer Boxing |
| [PRIDE Fighting Championships](http://en.wikipedia.org/wiki/PRIDE_Fighting_Championships) |  |  |  | [MMA](http://en.wikipedia.org/wiki/Mixed_martial_arts) organization based in Japan which operated 1997-2007 |
| [Puroresu](http://en.wikipedia.org/wiki/Professional_wrestling_in_Japan) |  | プロレス |  | Japanese professional wrestling |

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| [Qi](http://en.wikipedia.org/wiki/Qi) |  | 気 or 气 |  | Vital force, energy or spirit; Chinese pronounciation of *ki* |
| [Qigong](http://en.wikipedia.org/wiki/Qigong) |  | 气功 |  | Practices to cultivate [qi](http://en.wikipedia.org/wiki/Qi) |
| [Qinna](http://en.wikipedia.org/wiki/Qinna) |  | 擒拿 |  | Chinese techniques of joint-locking; also *Chin na* |
| Quan |  | 拳 |  | Fist in [Chinese martial arts](http://en.wikipedia.org/wiki/Kung_fu); also *chu'an* |
| [Qwan Ki Do](http://en.wikipedia.org/wiki/Qwan_Ki_Do) |  |  |  | [Vietnamese martial art](http://en.wikipedia.org/wiki/Vietnamese_martial_arts); lit. "whole energy way" |

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| Rakan kenpō |  | 羅漢拳法 |  | Luohan [kung fu](http://en.wikipedia.org/wiki/Kung_fu) , Monk Boxing (Japanese pronunication) |
| [Ram muay](http://www.sprypublishing.com/ch3_P72-87.pdf) |  |  |  | A dance-like ritual performed before Muay Thai matches, also *Wai Khru* or *Wai Khru Ram Muay* |
| Ran bu ho |  |  |  | Shadow boxing |
| [Randori](http://en.wikipedia.org/wiki/Randori) |  | 乱捕り |  | Free practice |
| [Randori no kata](http://www.usadojo.com/articles/judo-randori-no-kata.htm) |  | 乱捕りの形 |  | First two formal exercises of [jūdō](http://en.wikipedia.org/wiki/Judo) taken together |
| [Rei](http://www.mountaincoastaikikai.com/dojo_etiquette.html) |  | 礼 |  | Bow, etiquette, thanks, gratitude ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/Sound%20files/rei.wav)) |
| [Reigi](http://www.aikidojournal.com/article?articleID=472) |  | 礼儀 |  | Rituals of etiquette |
| Reigisahō |  | 礼儀作法 |  | Etiquette ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/Sound%20files/reigisahou.wav)) |
| Reigi no renshū |  | 礼儀の練習 |  | Learning to respect each other |
| Reihō |  | 礼法 |  | Etiquette, rules of etiquette |
| [Reiki](http://en.wikipedia.org/wiki/Reiki) |  | 霊気 |  | Healing art by laying-on of hands |
| [Reisansoke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/Reisansoke/reisansoke.html) |  | 礼三息 |  | "Three step breathing method," proper breathing during a bow |
| Reishiki |  | 礼式 |  | Etiquette |
| [Relnick, Phil](http://www.aikidojournal.com/article?articleID=502) |  |  |  | American holder of [menkyo](http://en.wikipedia.org/wiki/Menkyo) in [Shintō Musō-ryū jōdō](http://www.shindomusoryu.com/) |
| [Renbukai](http://homepage2.nifty.com/renbu/renbukai.htm) |  | 錬武会 |  | Karate [ryū](http://en.wikipedia.org/wiki/Ryū_(school)), "Association for forging the martial " |
| Ren |  | 錬 |  | Forge, temper, refine, polish, train ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/Sound%20files/ren.wav)) |
| [Rendaku](http://en.wikipedia.org/wiki/Rendaku) |  | 連濁 |  | "Sequential voicing": voicing of the initial consonant of the non-intial portion of a compound or prefixed word. |
| Ren hanko |  | 連反攻 |  | Counter attack |
| Renkei waza |  | 連係技 |  | Connection techniques |
| Renkō |  | 錬功 |  | Skills acquired through hard training; feats of practice |
| Renko ho |  |  |  | Methods of immobilizing opponent by blocking or locking her/his arms |
| Renma |  | 练磨 |  | Polishing, training |
| Renmei |  | 連盟 |  | Federation |
| [Renoji dachi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/renojidachi.html) |  | レの字立 |  | L-shaped stance |
| Renraku waza |  | 連盟技 |  | Combination techniques |
| [Renshi](http://shitokai.com/shogo.php) |  | 錬士 |  | Title below *kyōshi* and *hanshi.* |
| Renshū |  | 練習 |  | Practice, training ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/Sound%20files/renshuu.wav)) |
| Rentai hō |  | 連体法 |  | Physical education, one of [Kanō](http://en.wikipedia.org/wiki/Jigoro_Kano)'s three principles |
| Renzoku |  | 連続 |  | Continuous; without count (as in performing a kata) |
| Renzoku waza |  | 連続技 |  | Continuous techniques |
| Renzuki |  | 連突 |  | Multiple punches |
| Ri |  | 理 |  | Truth, principle, justice ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/Sound%20files/ri.wav)) |
| [Riai](http://www.aiki-shuren-dojo.com/aikido/riai.html) |  | 理合 |  | Harmony of principles |
| Ri ari |  |  |  | Root form of a technique |
| Ri gi ittai |  | 理技一体 |  | Theory and practice as one |
| Rigyō kenbi |  | 理業兼備 |  | Exercise without thinking is useless |
| Riken |  | 裡拳 |  | Backfist, also *uraken* |
| Rikugun Toyama Gakko |  | 陸軍富山学校 |  | Toyama Military Academy, the birthplace of [jūkendō](http://en.wikipedia.org/wiki/Jukendo) |
| Rinkakusai |  |  |  | Pen name of [Itosu Ankō](http://en.wikipedia.org/wiki/Ankō_Itosu), who was a scholar of Chinese classics as well as a karate master |
| Ritsudō |  | 律动 |  | Rhythm, feeling of rhythm |
| [Ritsu rei](http://www.youtube.com/watch?v=f8BWc6QksRU) |  | 立礼 |  | Standing bow; also *tachi rei* |
| Ritsuzen |  | 立禅 |  | Standing meditation |
| [Rokakku bō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/bou/bou.html) |  | 六角棒 |  | Hexagonal [bō](http://en.wikipedia.org/wiki/Bō) |
| Rokkotsu |  | 肋骨 |  | Rib |
| Roku |  | 肋 |  | Rib ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/Sound%20files/roku%20(rib).wav)) |
| Roku |  | 六 |  | Six ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/Sound%20files/roku%20(6).wav)) |
| Rokushakubō |  | 六勺 棒 |  | Long staff; six foot staff; also [bō](http://en.wikipedia.org/wiki/Bō) |
| Rokyō |  | 六教 |  | Sixth teaching |
| [Rōnin](http://en.wikipedia.org/wiki/Ronin) |  | 浪人 |  | Masterless samurai; literally, "wave men" ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/Sound%20files/ronin.wav)) |
| [Rōshi](http://en.wikipedia.org/wiki/Roshi) |  | 廬至 |  | Title for a [Zen](http://en.wikipedia.org/wiki/Zen) master; lit "old teacher" or "venerable teacher" |
| [Rough and tumble](http://en.wikipedia.org/wiki/Rough_and_Tumble) |  |  |  | Modern martial art of South Africa; also *RAT* |
| [Rumi Maki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/www.rumimaki.com) |  |  |  | Peruvian martial art |
| Ryaku |  | 略 |  | Abbreviation, omission, shorten ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/Sound%20files/ryaku.wav)) |
| Ryō |  | 両 |  | Both; two-handed ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/Sound%20files/ryou.wav)) |
| [Ryobu kai](http://jkr.com/index.php?option=com_content&task=section&id=4&Itemid=56) |  | 良武会 |  | Karate [ryū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/ryu/ryu.html) |
| Ryofundo |  |  |  | Japanese weapon: short weighted chain |
| Ryōganzuki |  | 両眼突 |  | Both eyes punch ([jūdō](http://en.wikipedia.org/wiki/Judo) atemi) |
| Ryōhō |  | 両方 |  | Both directions ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/Sound%20files/ryouhou.wav)) |
| [Ryoi Shintō Ryū](http://www.rsrjujutsu.com/index.php?option=com_content&task=view&id=12&Itemid=27) |  | 良移 心当 流 |  | [Jūjutsu](http://en.wikipedia.org/wiki/Jujutsu) [koryū](http://www.koryu.com/) founded by Fukuno Shichiroemon Masakutsu, also called Fukuno Ryū |
| Ryoji |  | 療治 |  | Healing art |
| Ryō ken koshi gamae |  | 両拳腰構え |  | Both fists at hips posture, as in Heian/Pinan Sandan; also *ryō ken ryō koshi gamae* |
| Ryō ken ryō koshi gamae |  | 両拳両腰構え |  | Both fists at hips posture, as in Heian/Pinan Sandan; also *ryō ken koshi gamae* |
| Ryō ken yama gamae |  | 両拳山構え |  | Posture with fists facing each other and elbows at shoulder level |
| [Ryō shō jōdan sokumen awase uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/haishu%20awase%20uke/haishu%20awase%20uke.html) |  | 両掌側面合せ受け |  | Upper level augmented side block with both hands, the opening block in the the [Shōtōkan](http://en.wikipedia.org/wiki/Shotokan) kata, [*Gankaku*](http://www.arts.ualberta.ca/~aoki/Karate-do/Kata/Chinto/chinto.html), known in other karatedō [ryū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/ryu/ryu.html) as *Chinto.* Also called *haishu awase uke.* |
| Ryō shō yama gamae |  | 両掌山構え |  | Posture with open hands directed towards each other and elbows at shoulder level |
| Ryoku |  | 力 |  | Power ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/Sound%20files/ryoku.wav)); also *chikara* ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/Sound%20files/chikara.wav)) |
| Ryōmi |  |  |  | Intense, ongoing, critical reflection on the self |
| [Ryō shō jūji uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/juji%20uke/juji%20uke.html) |  | 両掌十字受け |  | Two palm cross block |
| [Ryō shō kokō bō uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/ryou%20shou%20kokou%20bou%20uke/ryou%20shou%20kokou%20bou%20uke.html) |  | 両掌虎口棒受け |  | Two-handed tiger's mouth staff block, as in the karatedō kata, [*Jitte*](http://ca.youtube.com/watch?v=mROmINxdhrk) |
| [Ryō shō tsukami  uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/ryosho%20tsukami%20uke/ryosho%20tsukami%20uke.html) |  | 両掌掴み受 |  | Both palms grasping block |
| Ryōte |  | 両手 |  | Two hands; double thrust |
| Ryōte dori |  | 両手取り |  | Two-handed grab |
| [Ryōte dori tenchinage](http://ca.youtube.com/watch?v=LOZmuXZ-e9U) |  | 両手取り天地投 |  | Grasping both wrists heaven and earth throw ([aikidō](http://en.wikipedia.org/wiki/Aikido)) |
| [Ryōte jime](http://www.youtube.com/watch?v=tfbnLVqNEYc) |  | 両手絞め |  | Two-handed choke, also *morote jime* ([jūdō](http://en.wikipedia.org/wiki/Judo)) |
| [Ryōteishouke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/Ryo%20teisho%20uke/ryo%20teisho%20uke.html) |  | 両底掌受 |  | Two-handed palm heel block |
| Ryōwan uke |  | 両腕受け |  | Blocks using both arms |
| [Ryuei ryū](http://en.wikipedia.org/wiki/Ryuei_ryu) |  | 劉衛流 |  | Okinawan karate school |
| [Ryū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/ryu/ryu.html) |  | 流 |  | School, style, literally "stream" ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/Sound%20files/ryuu.wav)) |
| Ryū |  | 竜 or 龍 |  | Dragon ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/Sound%20files/ryuu.wav)) |
| Ryūgi |  | 流技 |  | Lit "technique of the [ryū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/R/ryu/ryu.html)"; method or style of technique; substyle |
| Ryūha |  | 流派 |  | Stream sect; branch school or system |
| [Ryūkyū](http://en.wikipedia.org/wiki/Ryukyu) |  | 琉球 |  | Archipelago that includes Okinawa |
| Ryu Ryu Ko |  |  |  | (1852 - 1930) [Kung fu](http://en.wikipedia.org/wiki/Kung_fu) master of [Fukien Province](http://en.wikipedia.org/wiki/Fujian), taught [Higaonna Kanryō](http://en.wikipedia.org/wiki/Kanryo_Higaonna) and Nakaima Kenri; aka Xie Zhongxiang |
| Ryūtoken |  | 竜头拳 |  | Dragon head fist |

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| Sa |  | 左 |  | Left ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sa.wav)); also *hidari* ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/hidari.wav)) |
| [Sabaay-sabaay](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/sabaay-sabaay/sabaay-sabaay.html) |  | สบาย ๆ |  | "Relax, relax," relax your soul, your heart and your spirit; technique is not a matter of muscular strength (Muay Thai); to be at ease |
| Saam Chien |  | 三戦 |  | Alternate Chinese pronounciation of [*Sanchin*](http://en.wikipedia.org/wiki/Sanchin) |
| Sabaki |  | 捌き |  | Movement; handling; decisive movement; dynamics |
| Sabaki |  | 裁き |  | To judge |
| [Sabaki Challenge](http://en.wikipedia.org/wiki/Enshin_kaikan#Sabaki_Challenge) |  |  |  | [Full contact karate](http://en.wikipedia.org/wiki/Full_contact_karate) tournament sponsored by [Enshin Karate](http://en.wikipedia.org/wiki/Enshin) |
| [Sabi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/Wabi%20sabi/wabi%20sabi.html) |  | 寂 |  | Solitariness or aloneness embraced and accepted; elegant simplicity; patina; an antique look ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sabi.wav)) |
| [Sabi shiori](http://isshindo.blogspot.com/2007/01/sabi-shiori.html) |  | 寂栞 |  | Melancholy aloneness; the art of being alone |
| Sa Bum Nim |  | 사범님 |  | Head instructor in Korean |
| [Sadō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/sado/sado.html) |  | 茶道 |  | The way of tea; also *chadō* ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sadou.wav)) |
| [Sage makiwara](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/sage%20makiwara/sage%20makiwara.html) |  | 下げ巻藁 |  | Hanging makiwara |
| [Sageo](http://en.wikipedia.org/wiki/Sageo) |  | 下緒 |  | Sword knot, cord used to secure a [katana](http://en.wikipedia.org/wiki/Katana) in the [obi](http://en.wikipedia.org/wiki/Obi_(sash)) |
| [Sagiashi dachi](http://www.karatedojo.com/terms/sagi.htm) |  | 鷺足立 |  | Heron foot stance, one foot hooked behind the other knee; also *saji ashi dachi, gankaku dachi* and *tsuru ashi dachi* |
| Saguru |  | 探る |  | To probe or grope ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/saguru.wav)) |
| [Sagurite](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/sagurite/sagurite.html) |  | 探リ手 |  | Eye jab or gouge; searching hand |
| Sagurite no kamae |  | 探リ手の構え |  | Searching hand posture |
| Sagurite no uke |  | 探リ手の受け |  | Searching hand block |
| Sagurite uke |  | 探手受 |  | Searching hand block |
| Sahō |  | 左方 |  | Left direction |
| [Sai](http://en.wikipedia.org/wiki/Sai_(weapon)) |  | 釵 |  | [Kobudō](http://en.wikipedia.org/wiki/Okinawan_kobudō) weapon; trident with long middle prong ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sai.wav)) |
| Saibu |  | 細部 |  | Details ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/saibu.wav)) |
| [Saijutsu](http://en.wikipedia.org/wiki/Sai_(weapon)) |  | 釵術 |  | Art of the [sai](http://en.wikipedia.org/wiki/Sai_(weapon)) |
| [Saika tanden](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/saika%20tanden/saika%20tanden.html) |  | 最下丹田 |  | Center of the body, energy focus point below navel |
| Saikeirei |  | 最敬礼 |  | Lit "most respectful bow"; kneeling bow with forehead touching the floor |
| [Saiku](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Saiku/saiku.html) |  | 細工 |  | Craftsmanship, work; tactics, trick ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/saiku.wav)) |
| Sainō |  | 才能 |  | Inherent ability or latent talent |
| [Saint Pierre, Georges "The Rush"](http://en.wikipedia.org/wiki/Georges_St._Pierre) |  |  |  | (1981 - ) Canadian [MMA](http://en.wikipedia.org/wiki/Mixed_martial_arts) fighter |
| Saji ashi dachi |  | 鷺足立 |  | Heron foot stance, one foot hooked behind the other knee; also *sagi ashi dachi* |
| Sakate |  | 逆手 |  | Underhand or backhand grip |
| [Sakki](http://ejmas.com/tin/tinart_gilham_0800.htm) |  | 殺気 |  | Thirst for blood; killing mood; intuition or sensitivity to aggession from others ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sakki.wav)) |
| Sakotsu |  | 鎖骨 |  | [Clavicle](http://en.wikipedia.org/wiki/Clavicle) |
| Sakotsu uchi |  | 锁骨打ち |  | [Clavicle](http://en.wikipedia.org/wiki/Clavicle) strike |
| Sakotsu uchikomi |  | 锁骨打ち込み |  | [Clavicle](http://en.wikipedia.org/wiki/Clavicle) driving strike |
| [Sakugawa Kanga "Tōde"](http://en.wikipedia.org/wiki/Kanga_Sakukawa) |  | 佐久川 寛賀 |  | (1733 -1815) Okinawan karateka, sensei of [Matsumura Sōkon](http://en.wikipedia.org/wiki/Matsumura_Sokon) |
| Sakusen |  | 作戦 or 策戦 |  | Skill in strategy |
| -sama |  | 様 |  | Formal version of honorific suffix *-san* ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sama.wav)) |
| [Samādhi](http://en.wikipedia.org/wiki/Samadhi) |  |  |  | Integrated consciousness; mental concentration in Buddhism and Hinduism |
| [Sambo](http://en.wikipedia.org/wiki/Sambo_(martial_art)) |  | самбо |  | Modern Russian grappling art; name is an acronym for SAMozashchita Bez Oruzhiyaalso("self defense without weapons"); *Sombo* or *Cambo* |
| [Samurai](http://en.wikipedia.org/wiki/Samurai) |  | 侍 |  | Feudal Japanese professional warrior, class of bushi, literally, "One who serves" ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/samurai.wav)) |
| Sam chien |  | 三戰 |  | Kata in [kung fu](http://en.wikipedia.org/wiki/Kung_fu) style [Ngo cho kun](http://en.wikipedia.org/wiki/Five_Ancestors) held to be the precursor to [*Sanchin*](http://en.wikipedia.org/wiki/Sanchin) |
| Samegawa |  | 鮫皮 |  | Shark or ray skin used as a wrapping for a sword handle |
| Sumura Kaichiro |  |  |  | (1880 - 1964) [Jūdō](http://en.wikipedia.org/wiki/Judo) [jūdan](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/judan/judan.html) |
| -san |  | さん |  | Common Japanese honorific suffix; like "Mr." or "Ms.", but never used in reference to oneself ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/san.wav)) |
| San |  | 三 |  | Three ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/san.wav)) |
| [Sanbon kumite](http://en.wikipedia.org/wiki/Sanbon_kumite) |  | 三本組手 |  | Three step sparring |
| Sanbon shobu |  | 三本勝負 |  | Three point tournament match |
| Sanbon zuki |  | 三本突き |  | Three consecutive punches, often as a combination of jōdan, chudan and gedan |
| Sanbukaken |  | 三不過剣 |  | Throwing knife or star; also [*shuriken*](http://en.wikipedia.org/wiki/Shuriken), *anken, byō, daken, gekiken, fusatsuken, onken, shaken* or *tōken* |
| [Sanchin](http://en.wikipedia.org/wiki/Sanchin) |  | 三戰 or 三進 or 参戦 |  | Karate kata fundamental to [Gōjū ryū](http://en.wikipedia.org/wiki/Goju_Ryu) and [Uechi ryū](http://en.wikipedia.org/wiki/Uechi-ryū); lit. "three battles" |
| Sanchin dachi |  | 三戦立 |  | Three battles stance; hourglass stance |
| Sanchin kitei |  | 三戰鍛たえ |  | Conditioning or striking the body in [*Sanchin*](http://en.wikipedia.org/wiki/Sanchin)kata; whole body conditioning ([Uechi ryū](http://en.wikipedia.org/wiki/Uechi-ryū)) |
| Sanchin shime |  |  |  | Testing conditioning and strength in [*Sanchin*](http://en.wikipedia.org/wiki/Sanchin)kata. |
| [Sanda](http://en.wikipedia.org/wiki/Sanshou) |  | 散打 |  | Free fighting (Chinese); also *San shou* 散手, free hand |
| Sandan |  | 三段 |  | Third degree black belt; third level |
| [San Huang Pao Chui](http://en.wikipedia.org/wiki/Paochui) |  | 三皇炮捶 |  | "Three Emperor Cannon Punch," style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu); also *Pao Chui* |
| Sanmai |  | 三昧 |  | Self-effacement, concentration, absorption |
| Sang te pi |  |  |  | Chinese version of the [sai](http://en.wikipedia.org/wiki/Sai_(weapon)) |
| Sankaku |  | 三角 |  | Triangle ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sankaku.wav)) |
| Sankaku gatame |  | 三角固め |  | Triangle lock or hold |
| Sankyō |  | 三教 |  | Third teaching or third principle |
| Sanren zuki |  | 三連突き |  | Three consecutive punches; three level punch |
| [San sappō](http://kendo.imafuji.info/070terminology/seme.html) |  | 三殺法 |  | Three ways of killing: kill the sword; kill the waza; kill the spirit |
| [San satsu](http://kendo.imafuji.info/070terminology/seme.html) |  | 三殺 |  | Three kills |
| Sanshakubō |  | 三尺棒 |  | Short staff; three foot staff |
| [Sanshou](http://en.wikipedia.org/wiki/Sanshou) |  | 散手 |  | Lit "free hand"; Chinese free fighting |
| [Sanshu no Jingi](http://en.wikipedia.org/wiki/Imperial_Regalia_of_Japan) |  | 三種の神器 |  | Three sacred treasures, the imperial regalia of Japan: the sword 草薙劍 (kushinagi) , the jewel 八尺瓊曲玉 (yasakani no magatama) and the mirror 八咫鏡 (yata no kagami) |
| [San Soo](http://en.wikipedia.org/wiki/San_Soo) |  |  |  | Style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| [Sarit Sarak](http://en.wikipedia.org/wiki/Sarit_Sarak) |  |  |  | [East Indian](http://en.wikipedia.org/wiki/Indian_martial_arts) bare-handed combat form |
| [Sarm Bo Jin](http://ca.youtube.com/watch?v=gzergSMsui8) |  | 三步箭 |  | Kata of [Southern Praying Mantis](http://en.wikipedia.org/wiki/Sai_(weapon)) [kung fu](http://en.wikipedia.org/wiki/Kung_fu) comparable to *Sanchin*; also *Som Bo Jin*; lit "three steps forward" or "three step arrow" |
| Sasae |  | 支え |  | To prop up ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sasae.wav)) |
| Sasae hiji ate |  | 支肘当 |  | Supported elbow strike |
| [Sasae tsuri komi ashi](http://www.youtube.com/watch?v=lWtn1qEHyTo&feature=related) |  | 支釣入腳 |  | Propping lift pull foot, [Kōdōkan jūdō](http://en.wikipedia.org/wiki/Kodokan_Judo) throw |
| Sasae uke |  | 支受け |  | Supported block |
| Sashiai |  | 差し合い |  | "Reciprocal interference"; less is more |
| [Sashikae ashi](http://www.shorinji.co.uk/kenshi/umpoho.html) |  |  |  | Advancing foot movement into changed stance ([Shōrinji Kempō](http://en.wikipedia.org/wiki/Shorinji_kempo)) |
| [Sashikomi ashi](http://www.shorinji.co.uk/kenshi/umpoho.html) |  |  |  | Advancing foot movement with no change in stance ([Shōrinji Kempō](http://en.wikipedia.org/wiki/Shorinji_kempo)) |
| Sashite |  | 差し手 |  | Raising of the hand to strike, grab or block |
| Sasoi katsu |  | 誘活 |  | "Inductive method" of [kappō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kappo.html) |
| [Satori](http://en.wikipedia.org/wiki/Satori) |  | 悟り |  | Enlightenment ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/satori.wav)) |
| Satsui |  | 殺意 |  | Murderous intent ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/satsui.wav)) |
| Satsujiga |  | 殺自我 |  | Killling the ego |
| Satsujin ken |  | 殺人剣 |  | The sword that takes life, as opposed to *katsujin ken*, the sword that gives life |
| [Savate](http://en.wikipedia.org/wiki/Savate) |  |  |  | French martial art; also *la boxe française*, French boxing, French kickboxing, French footfighting |
| [Sawai Kenichi](http://www.taikiken.org/kenichi_sawai.html) |  | 澤井健一 |  | (1903-1988) Founder of [*Taiki-ken*](http://www.taikiken.blogspot.com/), a Japanese version of kung fu |
| [Saya](http://en.wikipedia.org/wiki/Saya_(scabbard)) |  | 鞘 |  | Scabbard ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/saya.wav)) |
| Saya no uchi de katsu |  | 鞘の内で勝つ |  | "Victory is in the scabbard"; also phrased as *saya no uchi no kachi* or *kachi wa saya no maki ni ari* |
| Saya no uchi no kachi |  | 鞘の内の勝ち |  | "To win within the scabbard"; also phrased as *saya no uchi de katsu or kachi wa saya no maki ni ari* |
| Sayonara |  | 左様なら |  | Good bye ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sayonara.wav)) |
| [Sayū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sayuu.wav) |  | 左右 |  | Left and right ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sayuu.wav)) |
| Sayū barai uke |  | 左右払受 |  | Double lower block |
| Sayū uchi |  | 左右打ち |  | Left and right strike |
| Sayū uke |  | 左右受け |  | Left and right blocks; simultaneous, identical blocks with both arms |
| Sayū zuki |  | 左右突 |  | Left and right punches; simultaneous, identical punches with both arms |
| Se |  | 背 |  | Back; back of body ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/se.wav)) |
| Sebone |  | 背骨 |  | [Thoracic spine](http://en.wikipedia.org/wiki/Thoracic_spine) or dorsal spine |
| Sei |  | 正 |  | Natural, true, correct, righteous ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sei.wav)) |
| Sei |  | 性 |  | Character, nature, temperament, sex, gender ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sei.wav)); also *shō* |
| Sei |  | 誠 |  | Sincerity, a true heart, faithfulness, truth, fact ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sei.wav)) |
| Sei |  | 誓 |  | Swear, oath, vow, promise ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sei.wav)) |
| Sei |  | 軽 |  | Light, easy, insignificant, trifling, flippant ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sei.wav)) |
| [Seichin](http://ca.youtube.com/watch?v=KHDDrf_gb8k) |  | 十戦 |  | Karate kata ( [Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu)) Literally, “Ten conflicts" |
| Sei chū dō |  | 静中動 |  | State in which the body appears to be still, but the mind is fully ready to respond; contrasted to *dō chū sei* |
| Sei chu sen |  | 正中線 |  | Median line; correct middle line, center line |
| [Seidō Juku](http://www.seido.com/) |  | 誠道塾 |  | Karate ryū,  “school of the sincere way,” f ounded by [Nakamura Tadashi](http://en.wikipedia.org/wiki/Tadashi_Nakamura). |
| Seigan |  | 誓願 |  | Oath, vow, pledge; vow training |
| Seigan |  | 正眼 |  | Natural step ([aikidō](http://www.aikidofaq.com/), [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu), [iaidō](http://en.wikipedia.org/wiki/Iaido)) |
| Seigi |  | 正義 |  | Justice, right, righteousness, correct meaning ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/seigi.wav)) |
| Seigyo |  | 制御 |  | Control |
| [Seihō](http://www.shorinji.co.uk/kempo/seiho.html) |  | 正法 |  | In [Shorinji Kemp](http://www.shorinjikempo.or.jp/wsko/wh-shorinji/index.html)[ō](http://www.shorinji.co.uk/kempo/goho.html), a therapeutic massage system applied to vital points of the body |
| Seihōkei |  | 正方形 |  | Square ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/seihoukei.wav)) |
| [Seijitsu](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/seijitsu.wav) |  | 誠実 |  | Good faith, honest, faithful, truthful, sincere ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/seijitsu.wav)) |
| Seikaku |  | 正確 |  | Accuracy, precision, exactitude; exact, precise, correct ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/seikaku.wav)) |
| Seikaku ni |  | 正確に |  | Properly |
| Seikan |  | 静観 |  | Calm, composed, observant temperament |
| [Seika tanden](http://www.aetw.org/d_seika_tanden.html) |  | 臍下丹田 |  | Lower abdomen; center of the abdomen; lit "the red rice paddy below the navel" |
| [Seiken](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/seiken/seiken.html) |  | 正拳 |  | Front of fist or forefist |
| Seiken mawashi zuki |  | 正拳回し突き |  | Roundhouse punch |
| [Seiken zuki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/seiken/seiken.html) |  | 正拳突き |  | Basic punch |
| Seiki |  | 正気 |  | Right spirit; true heart; true character; vital life force |
| Seikitsui |  | 脊椎 |  | Spine, vertebra |
| Seimo |  |  |  | Eye socket |
| Seinen |  |  |  | Adult grade in [jūdō](http://en.wikipedia.org/wiki/Judo) |
| [Seionage](http://www.youtube.com/watch?v=4m8Qf3X-eW4&NR=1) |  | 背负投 |  | Shoulder throw ([Kōdōkan](http://en.wikipedia.org/wiki/Kodokan) [jūdō](http://en.wikipedia.org/wiki/Judo)) |
| Seiretsu |  | 斉列 |  | Command to line up |
| Seiri |  | 整理 |  | Sorting, arrangement, adjustment, regulation |
| Seiri taisō |  | 整理体操 |  | Cool down exercises, exercises after class, "back to normal" exercises |
| Seiryoku zenyō |  | 精力善用 |  | Efficient use of energy, maxim in [jūdō](http://en.wikipedia.org/wiki/Judo) |
| [Seiryūtō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/seiryuto/seiryuto.html) |  | 青竜刀 |  | "Ox jaw hand" strike or "bull" strike wtih base of knife hand |
| Seiryūtō uke |  | 青竜刀受 |  | Ox jaw hand block |
| Seisan |  | 十三 |  | Karate kata, "13," “13 Hands,” “13 Fists” or “13 Steps"; also *Sesan, Seishan, Jusan* and *Hangetsu* |
| Seishi |  | 誓詞 |  | Pledge by student upon joining a school, at one time made in blood |
| Seishin |  | 正心 |  | Proper mind; right spirit; spirit ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/seishin.wav)) |
| Seishin ryoku |  | 精神力 |  | Spiritual/moral strength ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/seishinryoku.wav)) |
| [Seishin shūyō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/seishin%20shuyo/seishin%20shuyo.html) |  | 精神修養 |  | Spritual cultivation, mental discipline |
| [Seishin tanren](http://www.fightingarts.com/reading/article.php?id=67) |  | 精神鍛錬 |  | Spiritual forging |
| Seishitsu |  | 性質 |  | Nature, property, disposition |
| Seitei |  | 制定 |  | Establishment |
| Seitei gata |  | 制定形 |  | Fundamental forms; established, instituted, standard kata, the official kata for that system |
| Seitō |  | 正統 |  | Orthodox, legitimate, traditional |
| Seito |  | 生徒 |  | Student |
| [Seiyunchin](http://www.arts.ualberta.ca/~aoki/Karate-do/Kata/Seiyunchin/seiyunchin.html?v=XhlEzad_rmg) |  | 制引鎮 |  | Karate kata ([Gōjū ryū](http://en.wikipedia.org/wiki/Gōjū-ryū)) |
| [Seiza](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Seiza/seiza.html) |  | 正座 |  | Literally correct sitting”; also, 静坐, “still sitting”; act of kneeling into seiza is called [*chakuza*](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chakuza/chakuza.html); ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/seiza.wav)) |
| Sekai |  | 世界 |  | World |
| Se katsu |  | 背活 |  | "Back method" of [kappō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kappo.html) |
| [Sekiguchi Shinshin ryū](http://www.koryu.com/guide/sekiguchi.html) |  | 関口新心流 |  | [Koryū](http://koryu.com/) [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu), [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu) and [iaijutsu](http://en.wikipedia.org/wiki/Iaijutsu) |
| [Seki ryū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Seki%20ryu/Seki%20ryu.html) |  | 關流 |  | [Koryū](http://koryu.com/) hojutsu |
| Sekiwan uke |  | 隻腕受け |  | Blocks with one arm |
| Sekizui |  | 脊髄 |  | Spinal column |
| Sekkotsu |  | 接骨 |  | Bone setting |
| [Seme](http://en.wikipedia.org/wiki/Seme_(martial_arts)) |  |  |  | Psychological pressure (on an opponent) |
| Seme guchi |  | 攻め口 |  | "Attack mouth," an opening or vulnerability |
| Semete |  | 攻め手 |  | Attacker; offense, method of attack |
| Semete |  | 攻め手 |  | Pushing or pressing hand |
| [Sempai](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/sempai-kohai/sempai-kohai.html) |  | 先輩 |  | Senior; also *senpai*; cf *kōhai* ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/senpai.wav)) |
| Sen |  | 先 |  | Initiative; the decisive moment when a killing action is initiated; point, tip, end; ahead, future; prior, previous |
| Senaka |  | 背中 |  | Back (body part) ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/senaka.wav)) |
| Senjitsu no keiko tan to ii banjitsu no keiko rento yu |  | 千日の稽古を鍛とし 万日の稽古を練とす |  | "1000 days to forge the spirit, 10,000 to polish it" ([Miyamoto Musashi](http://en.wikipedia.org/wiki/Miyamoto_Musashi)) |
| Senjō kumiuchi |  | 戦場組打 |  | Battlefield grappling |
| Sen jutsu |  | 先術 |  | Tactics |
| Sen ken |  |  |  | "See first"; anticipate |
| [Sennin](http://en.wikipedia.org/wiki/Sennin) |  | 仙人 |  | Legendary sage-like figures of old Japan |
| Sennin dō |  | 仙人道 |  | Generic term for disciplines with roots in esoteric [Taoism](http://en.wikipedia.org/wiki/Taoism), having both meditative and healing aspects |
| Sennin ryoji |  | 仙人療治 |  | Generic term for healing methods with roots in esoteric [Taoism](http://en.wikipedia.org/wiki/Taoism), with a meditative aspect |
| Sen no sen |  | 先の先 |  | Early advantage (*tai no sen*: direct; *yu no sen*: indirect) |
| [Senpai](http://en.wikipedia.org/wiki/Kohai) |  | 先輩 |  | Senior; also *sempai*; cf *kōhai* ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/senpai.wav)) |
| Senpu geri |  |  |  | Jumping spinning ushirogeri, as in [Unsū](http://en.wikipedia.org/wiki/Unsu) (Shōtōkan) |
| Senryaku |  | 戦略 |  | Strategy |
| [Sensei](http://en.wikipedia.org/wiki/Sensei) |  | 先生 |  | Teacher, literally, “one who has gone before" ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sensei.wav)) |
| Sensei ni rei |  | 先生に礼 |  | Command to bow to the sensei |
| Sen sen no sen |  | 先々の先 |  | Highest form of initiative; taking control early; pre-emptive intiative |
| Sente |  | 先手 |  | Initiative; literally, "first hand" |
| Seoi |  | 背負 |  | Upper back or back of shoulders |
| [Seoinage](http://ca.youtube.com/watch?v=4m8Qf3X-eW4) |  | 背負投 |  | Shoulder throw |
| [Sepai](http://ca.youtube.com/watch?v=2Busqy0ye4U) |  | 十八手 |  | Karate kata in [Gōjū ryū](http://en.wikipedia.org/wiki/Goju_Ryu) , [Shitō ryū](http://en.wikipedia.org/wiki/Shito_ryu) |
| [Seppa](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Seppa/seppa.html) |  | 切羽 |  | Oval washers that secure the tsuba of a sword or knife |
| [Seppuku](http://en.wikipedia.org/wiki/Seppuku) |  | 切腹 |  | Formal term for ritual suicide by disembowelment ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/seppuku.wav)); more colloquially, *hara kiri* |
| [Sesshin](http://en.wikipedia.org/wiki/Sesshin) |  | 接心 or 摂心 or 攝心 |  | Lit "gathering the mind," intensive training, esp. in [Zen](http://en.wikipedia.org/wiki/Zen) |
| Sesshō |  | 殺生 |  | The destruction of life, cruelty, brutality ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sesshou.wav)) |
| [Sesshu rei](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/sesshu%20rei/sesshu%20rei.html) |  |  |  | Type of bow |
| Setsuzokku |  | 接続 |  | Fluidity and continuity |
| [Severn, Dan "The Beast"](http://en.wikipedia.org/wiki/Dan_Severn) |  |  |  | (1958 - ) American [MMA](http://en.wikipedia.org/wiki/Mixed_martial_arts) [UFC](http://en.wikipedia.org/wiki/Ufc) fighter |
| Sha |  | 者 |  | Person, e.g. *bugeisha* ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sha.wav)) |
| Shahō |  | 射法 |  | Archery; lit "the law of shooting" |
| Shajō |  | 射場 |  | Shooting hall, part of a [*kyūdōjō*](http://www.kyudo.com/kyudo-e7.html); other parts are the *yamichi* and *matoba* |
| [Shaken](http://en.wikipedia.org/wiki/Shaken) |  | 車剣 |  | Bladed throwing weapons; also [*shuriken*](http://en.wikipedia.org/wiki/Shuriken), *anken, byō, daken, gekiken, fusatsuken, onken, sanbukaken* or *tōken* |
| [Shakkei](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/shakkei/shakkei.html) |  | 借景 |  | Lit "borrow or lend scene"; prinicple of incorporating the background landscape into a garden or architecture; older term is *ikedori* |
| Shakoken |  | 蝦古拳 |  | Open-handed palm strike |
| [Shaku](http://en.wikipedia.org/wiki/Shaku) |  | 尺 |  | Length of measure just short of one foot ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shaku.wav)) |
| [Shakuhachi](http://en.wikipedia.org/wiki/Shakuhachi) |  | 尺八 |  | Flute 1.8 [shaku](http://en.wikipedia.org/wiki/Shaku) in length |
| Shaku hone |  | 尺骨 |  | [Ulna](http://en.wikipedia.org/wiki/Ulna) |
| [Shamrock, Ken](http://en.wikipedia.org/wiki/Ken_Shamrock) |  |  |  | (1964 - ) American [MMA](http://en.wikipedia.org/wiki/Mixed_martial_arts) fighter |
| [Shaolin](http://en.wikipedia.org/wiki/Shaolin_kung_fu) |  | 少林 |  | Generic name for external [kung fu](http://en.wikipedia.org/wiki/Kung_fu); the [temple](http://en.wikipedia.org/wiki/Shaolin_temple) and its fighting method; in Japanese, *Shōrin* |
| [Shaolin Nam Pai Chu'an](http://en.wikipedia.org/wiki/San_Soo) |  |  |  | Generic name for southern [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| [Shen Lung](http://en.wikipedia.org/wiki/Shen_Lung_Kung_Fu) |  | 神龍功夫 |  | Modern [five-animal kung fu](http://en.wikipedia.org/wiki/Five_Animal) |
| [Shequan](http://en.wikipedia.org/wiki/Shequan) |  | 蛇拳 |  | Name of several styles of [kung fu](http://en.wikipedia.org/wiki/Kung_fu): Snake Fist or Snake Boxing or Snake Style |
| Shi |  | 四 |  | Four ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shi.wav)) |
| Shi |  | 死 |  | Death ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shi.wav)) |
| Shi |  | 士 |  | Expert; learned man; magnificent man, [samurai](http://en.wikipedia.org/wiki/Samurai) ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shi.wav)) |
| Shiai |  | 試合 |  | Competition |
| Shiai geiko |  | 試合-稽古 |  | Competition practice which may also be judged, as in [kendō](http://en.wikipedia.org/wiki/Kendo) |
| Shiai jō |  | 試合場 |  | Place where competition takes place |
| [Shiatsu](http://en.wikipedia.org/wiki/Shiatsu) |  | 指圧 |  | Japanese [acupressure](http://en.wikipedia.org/wiki/Acupressure); finger massage |
| Shibori |  | 試合 |  | Wringing; twisitng hands inward while gripping sword |
| Shibori kime |  |  |  | Squeezing lock ([aikidō](http://www.aikidofaq.com/)) |
| Shibu |  | 支部 |  | Branch, subdivision |
| Shibucho |  | 支部長 |  | Branch chief |
| [Shibui](http://en.wikipedia.org/wiki/Shibumi) |  | 渋い |  | Elegant ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shibui.wav)) |
| Shibui mono |  | 渋い物 |  | Elegant things |
| [Shibumi](http://en.wikipedia.org/wiki/Shibumi) |  | 渋味 or 下味 |  | Good taste, astringency, refinement, effortless perfection, elegant simplicity; poise |
| Shichi |  | 七 |  | Seven ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shichi.wav)) |
| Shidachi |  | 仕太刀 |  | 2nd, successful kata striker ([kendō](http://en.wikipedia.org/wiki/Kendo)); cf. *uchi dachi* |
| Shidō |  | 士道 |  | Ethical system of the bushi; also [*bushidō*](http://en.wikipedia.org/wiki/Bushido)武士道; sometimes, "the way of the gentleman," as less radical than bushidō |
| Shidō |  | 指導 |  | Guidance, leadership |
| Shidō geiko |  | 指導稽古 |  | "Way person practice," learning by teaching |
| Shidōin |  | 指導員 |  | Assistant or intermediate level instructor; instructor of technical aspects of karate |
| Shidōsha |  | 指導者 |  | Leader; assistant instructor |
| Shidōshi |  | 指導士 |  | Teacher of the warrior way |
| Shi giri |  | 死切 |  | Death cut in [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu) |
| [Shigoki](http://www.jkavic.com.au/articles/article_shoji_sensei_book_translation21.htm) |  | 扱き |  | Savage training; maliciously brutal training |
| Shihan |  | 師範 |  | Teacher of teachers |
| Shihan dai |  | 師範代 |  | Assistant instructor |
| Shihanke |  | 師範家 |  | Family instructor. Actual teacher, as distinguished from the [sōke](http://en.wikipedia.org/wiki/Sōke), who may be a non-teaching hereditary leader for a [ryū](http://en.wikipedia.org/wiki/Ryū_(school)). |
| Shihō |  | 四方 |  | Four directions |
| Shihō gatame |  | 四方固 |  | "Four corners lock," hold in [Kōdōkan jūdō](http://en.wikipedia.org/wiki/Judo) |
| Shihō nage |  | 四方投げ |  | "Four directions throw" |
| Shihon nukite |  | 四本貫手 |  | Four finger spear hand |
| [Shihon nukite chūdan tate zuki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/tate%20nukite/tate%20nukite.html) |  | 四本中段縦突き |  | Middle level vertical spear hand, as in *Pinan/Heian Nidan* and *Sandan* |
| Shikaku |  | 四角 |  | Square ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shikaku.wav)) |
| Shikaku |  | 死角 |  | "Dead corner," blind spot, vulnerable angle ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shikaku.wav)) |
| Shikaku |  | 刺客 |  | Assassin, killer, slayer, hit man, stabber ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shikaku.wav)) |
| Shikanken |  | 指環拳 |  | Strike with the second knuckles of the hand |
| Shike |  | 師家 |  | Teacher of a [ryū-ha](http://en.wikipedia.org/wiki/Ryū_(school)) |
| Shiken |  | 試験 |  | Examination, test, study, trial |
| [Shiken rei](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/shiken%20zarei/shiken%20zarei.html) |  | 指建礼 |  | [Formal kneeling bow](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Z/zarei/zarei.html) in the presence of [kōhai](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/sempai-kohai/sempai-kohai.html); also *shiken rei* |
| [Shiken zarei](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/shiken%20zarei/shiken%20zarei.html) |  | 指建座礼 |  | [Formal kneeling bow](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Z/zarei/zarei.html) in the presence of [kōhai](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/sempai-kohai/sempai-kohai.html); also *shiken rei* |
| Shiki |  | 士気 |  | Fighting spirit, morale ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shiki.wav)) |
| Shiki |  | 式 |  | Ceremony, form, style ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shiki.wav)) |
| Shiki |  | 指揮 |  | Command ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shiki.wav)) |
| Shiki |  | 死期 |  | Time of death ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shiki.wav)) |
| Shiki |  | 私記 |  | Private record ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shiki.wav)) |
| Shikin haramitsu dai ko myō |  |  |  | "In every instance there is the possibility of enlightenment" |
| Shi kin ken |  |  |  | Four raised knuckles |
| [Shikkō](http://ca.youtube.com/watch?v=ToZfTWYIYlk) |  | 膝行 |  | Knee walking |
| Shiko dachi |  | 四股立 |  | Square stance; sometimes called *horse stance*. |
| Shikomizue |  | 仕込杖 |  | Cane sword; short staff with a hidden blade |
| Shikomibuki |  | 仕込武器 |  | "Deceptive weapon," a weapon in the form of an everyday object, such as a cane, smoking pipe, flute or staff |
| [Shimabuku Tatsuo](http://en.wikipedia.org/wiki/Shimabuku_Tatsuo) |  | 島袋 龍夫 |  | (1980 - 1975) Okinawan karate master and founder of [Isshin ryū](http://en.wikipedia.org/wiki/Isshin_Ryu) 一心流. |
| Shimabukuro Zenryo |  | 島袋善良 |  | Okinawan karateka |
| Shime |  | 絞め |  | Choke; strangle ([shime](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shime.wav)) |
| Shime waza |  | 絞技 |  | Strangulation techniques |
| Shimo no ashi |  | 下の足 |  | Foot furthest from [*kamiza*](http://en.wikipedia.org/wiki/Kamiza) |
| Shimoseki |  | 下席 |  | Lower seat of the [dōjō](http://en.wikipedia.org/wiki/Dojo), where students line up facing teachers |
| Shimoza |  | 下座 |  | Lower place of honor, to left of *shinzen* ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shimoza.wav)) |
| Shimozuki |  | 下突 |  | Lower punch ([jūdō](http://en.wikipedia.org/wiki/Judo) [atemi](http://en.wikipedia.org/wiki/Atemi)) |
| Shin |  | 心 |  | Heart, will, mind, spirit ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shin.wav)); also, *kokoro*. |
| [Shin](http://en.wikipedia.org/wiki/Kami) |  | 神 |  | God, spirit, supernatural being ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shin.wav)); Also, *kami* |
| Shin |  | 身 |  | Body, self ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shin.wav)); also *mi* |
| Shin |  | 真 |  | Real, actual, true, authentic, genuine ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shin.wav)); also *makoto* |
| [Shinai](http://en.wikipedia.org/wiki/Shinai) |  | 竹刀 |  | Bamboo sword used in [kendō](http://en.wikipedia.org/wiki/Kendo) ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shinai.wav)) |
| Shinayaka |  | 柔軟 |  | Soft, pliable, flexible, supple, elastic, pliant, lithe ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shinayaka.mp3)) |
| Shinden |  | 神殿 |  | Temple or sacred place; the most sacred building in a [Shintō](http://en.wikipedia.org/wiki/Shinto) shrine (also [*honden*](http://en.wikipedia.org/wiki/Honden)本殿 "main building) |
| [Shinden Fudō ryū](http://en.wikipedia.org/wiki/Shinden_Fudo_Ryu) |  | 神殿不動流 |  | [Koryū](http://www.koryu.com/) [dakentaijutsu](http://en.wikipedia.org/wiki/Dakentaijutsu) and [jūtaijutsu](http://en.wikipedia.org/wiki/Jutaijutsu)/[jūjutsu](http://en.wikipedia.org/wiki/Jujutsu) |
| Shindo |  |  |  | Short stick, 36 inches long originally recognized by the [Dai Nippon Butokukai](http://www.dnbk.org/) in the 1930s; used in Shintani Wadō-kai Karate. |
| [Shindō Jinen ryū](http://www.fightingarts.com/reading/article.php?id=87) |  | 神道自然流 |  | Japanese Karate ryū |
| [Shindō Musō ryū](http://www.shindomusoryu.com/) |  | 神道夢想流 |  | [Koryū](http://koryu.com/) [jōdō](http://en.wikipedia.org/wiki/Jodo); also *Shintō Musō ryū* |
| Shindō Yoshin ryū |  | 新道楊神流 |  | [Jūjutsu](http://ca.youtube.com/watch?v=ToZfTWYIYlk) ryū, "New School of the Willow Heart." |
| [Shindō Yoshin ryū](http://www.shinyokai.com/) |  | 神道楊神流 |  | Renaming of SYR as "School of the Sacred Heart of the Willow," first martial art of [Ōtsuka Hironori](http://www.z-teamkarate.com/grand_master_hironori_otsuka_i.htm) |
| Shingan |  | 心眼 |  | Rooted in [Zen](http://en.wikipedia.org/wiki/Zen) philosophy, it means "mind’s eye" or "heart's eye," and refers to the ability to sense an opponent's thoughts or feelings via an inner sense. It is fundmental to [Yagyū Shingan ryū](http://www.koryu.com/guide/shingan.html). |
| Shingi |  | 心技 |  | Spirit and technique |
| Shin gi tai |  | 心技体 |  | Spirit, technique and body |
| Shin gi tai ichi |  | 心技体一 |  | Spirit, technique and body as one |
| [Shin gi tai ichi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/shin%20gi%20tai%20ichi/shin%20gi%20tai%20ichi.html) |  | 身技体一致 |  | "I match the inner and outer to create technique" |
| [Shingyōtō ryū](http://www.koryu.com/guide/shingyo.html) |  | 心形刀流 |  | [Koryū](http://koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu), [iaijutsu](http://en.wikipedia.org/wiki/Kenjutsu) and [naginatajutsu](http://en.wikipedia.org/wiki/Naginatajutsu) |
| Shini te |  | 死手 |  | Lit "dead hand": a grip that does not allow a cut with a sword ([kendō](http://en.wikipedia.org/wiki/Kendo)); also *nobi te* |
| Shinjin Ichinyo |  | 心身一如 |  | Oneness of body and mind |
| Shinjō Kiyohide |  | 新城 清秀 |  | (1952 - ) [Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu) karateka, founder of [*Kenyukai*](http://www.alandollar.com/uechi/ken_hist_fr.htm) |
| Shinjō Seiyu |  |  |  | (1929 - 1979) [Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu) karateka, father of Shinjō Kiyohide |
| [Shinjutsu](http://en.wikipedia.org/wiki/Acupuncture) |  | 鍼術 |  | Acupuncture; also *harijutsu* |
| [Shinkage ryū](http://en.wikipedia.org/wiki/Shinkage-ryū) |  | 新陰流 |  | [Koryū](http://koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu), "New shadow school," |
| [Shinkei](http://books.google.com/books?id=dCpC9h1tCVcC&pg=PA80&lpg=PA80&dq=shinkei+zen+monk&source=bl&ots=NNZyvLbc5g&sig=uKDnxSjqF1rBc3OVwZ7pyeffBkQ&hl=en&ei=Ukr2SYibIZ2ctgPj35jRAQ&sa=X&oi=book_result&ct=result&resnum=1) |  |  |  | (1406 - 1475) Zen poet-priest |
| Shinkei |  | 神経 |  | Nerve (body part) |
| Shinken |  | 真剣 |  | Real sword; gravity, seriousness, earnestness |
| Shinken shōbu |  | 真剣勝負 |  | Fighting with real swords, life-and-death combat |
| [Shinken shōbu kumite](http://www.youtube.com/watch?v=ye_Cq_cNon0) |  | 真剣勝負組手 |  | Full contact [Kyokushinkai](http://en.wikipedia.org/wiki/Kyokushinkai) knockdown tournament allowing normally prohibited punches to the face (with light gloves) |
| Shin ki ryoku itchi |  | 心気力ー致 |  | Unity of mind, spirit and technique |
| Shin ki tai |  | 心気体 |  | Mind, spirit, body |
| Shin ki tai itt |  | 心気体ー到 |  | Total concentration of body, mind and spirit |
| Shinkō kai |  | 振興会 |  | Society for preservation, such as the [Ryūkyū Kobudō Hozon Shinkō Kai](http://www.ryukyu-kobudo.com/), the Society for the Preservation and Promotion of the Ancient Martial Arts of the [Ryūkyū](http://en.wikipedia.org/wiki/Ryukyu) Islands |
| Shinko kata |  |  |  | Kata required for promotion; techniques of a kata |
| Shinkū |  | 真空 |  | Vacuum, emptiness, void, hollow |
| Shinkū musō |  | 真空無想 |  | Emptiness of no mind; serene, untroubled mental and spiritual place ([kyūdō](http://en.wikipedia.org/wiki/Kyudo)); true emptiness without chracteristics ([Zen](http://en.wikipedia.org/wiki/Zen) painting) |
| Shinkyokū |  | 深呼吸 |  | Deep breathing, final junbi undō (warm-up exercise) ([Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu)) |
| Shinmei Muso ryū |  |  |  | [Koryū](http://koryu.com/) [iaijutsu](http://en.wikipedia.org/wiki/Kenjutsu), lit "Divinity inspired unparalled school"; also *Hayashizaki ryu* |
| Shinmen Takezō |  |  |  | Another name for [Miyamoto Musashi](http://en.wikipedia.org/wiki/Miyamoto_Musashi) |
| Shinmu fusatsu |  |  |  | To defeat without killing |
| [Shinmusō Hayashizaki ryu](http://www.koryu.com/guide/hayashizaki.html) |  | 神夢想林崎流 |  | [Koryū](http://koryu.com/) [iaijutsu](http://en.wikipedia.org/wiki/Kenjutsu) |
| Shinobi no o |  |  |  | Cords that secure a [*kabuto*](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kabuto/kabuto.html)to the head |
| [Shinobi shōzoku](http://en.wikipedia.org/wiki/Shinobi_shozoku) |  | 忍び装束 |  | Dark [keikogi](http://en.wikipedia.org/wiki/Keikogi) traditionally worn by [ninja](http://en.wikipedia.org/wiki/Ninjutsu) |
| Shinobu |  | 忍ぶ |  | To endure; to conceal oneself, to hide |
| [Shinpa](http://ca.youtube.com/watch?v=EWdfxCCr2Fw) |  | 心波 |  | Karate kata, "Mind wave" ([Shitō ryū](http://en.wikipedia.org/wiki/Shito_ryu)) |
| Shinpai |  | 心配 |  | Anxiety, worry, concern, care ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shinpai.wav)) |
| Shinri |  | 心理 |  | Mental state, psychology ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shinri.wav)) |
| Shinsa |  | 審査 |  | Grading or examination |
| Shinshin |  |  |  | Stopped or fixed mind; mind open to attack |
| Shinshin |  | 心身 |  | Mind and body |
| Shinshin to itsu |  | 心身統一 |  | Unification of mind and body |
| Shinshin shūgyō |  | 心身修行 |  | Mind and body training |
| Shintai |  | 身体 |  | Human body |
| Shintai |  | 神体 |  | Divine body |
| Shintai |  | 進退 |  | Movement; course of action; advance or retreat |
| Shintai sōsa |  | 身体操作 |  | Proper body mechanics |
| [Shintaidō](http://en.wikipedia.org/wiki/Shintaido) |  | 新体道 |  | "New body way," a body movement art derived from karate-dō |
| Shintani Masaru |  | 新谷勝 |  | (1927-2000) Canadian [Wadō ryū](http://en.wikipedia.org/wiki/Wado_ryu) kudan |
| [Shintani Wadō-kai Karate Federation](http://www.shintani.ca/) |  |  |  | Canadian [Wadō ryū](http://en.wikipedia.org/wiki/Wado_ryu) organization led by Denis Labbe |
| Shitanken |  | 指端拳 |  | Finger tip strike |
| [Shintō](http://en.wikipedia.org/wiki/Shinto) |  | 神道 |  | "The way of the Gods"; ancient religion of Japan ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shintou.wav)) |
| [Shint](http://www.koryu.com/guide/muso.html)[ō](http://www.koryu.com/guide/shingyo.html) [Musō ryū](http://www.koryu.com/guide/muso.html) |  | 神道夢想流 or 真道夢想流 or 新當夢想流 |  | [Koryū](http://koryu.com/) [jōjutsu](http://en.wikipedia.org/wiki/Jojutsu) and [kenjutsu](http://en.wikipedia.org/wiki/Jojutsu) |
| Shinu kikai o motomo |  |  |  | "Looking for the opportunity to die" |
| Shinyō |  | 信用 |  | Trust, confidence, faith, belief ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shinyou.wav)) |
| Shinza |  | 神座 |  | Spirit seat; also, *kamiza* |
| Shinza ni rei |  | 神座に礼 |  | Command to bow towards the shrine |
| Shinzen |  | 神前 |  | Altar or shrine |
| Shinzen ni rei |  | 神前に礼 |  | Command to bow towards the shrine |
| Shinzō |  | 心臓 |  | Heart (organ) |
| [Shioda Gozo](http://en.wikipedia.org/wiki/Gozo_Shioda) |  | 塩田 剛三 |  | (1915 - 1994) Japanese aikidōka, jūdan, [*meijin*](http://en.wikipedia.org/wiki/Meijin) |
| [Shiomitsu Masafumi](http://www.surreykarate.co.uk/articles/shiomitsu.html) |  |  |  | (1940 - ) Japanese [Wadō ryū](http://en.wikipedia.org/wiki/Wado_ryu) karateka, hachi dan. Founder of the [Wadō-Ryū Karate-Dō Academy](http://www.wado.academy.btinternet.co.uk/Main.html) |
| Shiri |  | 尻 |  | Buttocks, hips ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shiri.wav)) |
| Shiro |  | 城 |  | Castle ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shiro%20(castle).wav)) |
| Shiro |  | 白 |  | White ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shiro.wav)); also *haku* ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/Sound%20files/haku.wav)), *byaku* ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/sound%20files/byaku.wav)) |
| Shiroi |  | 白い |  | White ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shiroi.wav)) |
| Shiroma Shinpan |  |  |  | (1890 - 1954) Okinawan karateka, student of [Itosu Ankō](http://en.wikipedia.org/wiki/Ankō_Itosu) |
| Shisei |  | 至誠 |  | Sincerity, devotion |
| Shisei |  | 姿勢 |  | Posture, attitude |
| Shiseidō |  | 資生堂 |  | The way of femininity |
| Shishō |  | 師匠 |  | Martial arts instructor |
| Shiso |  | 始祖 |  | Founder or originator |
| Shita |  | 下 |  | Under, below, beneath, inferior ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shita.wav)); also *ge* |
| Shitabaki |  | 下履き |  | Pants; underpants; outdoor shoes |
| Shita kara |  | 下から |  | From below |
| Shita zuki |  | 下突き or 振突 |  | Uppercut |
| Shite |  | 仕手 |  | Person responding to an attack by the *uke* (aikidō); also *tori* or *nage* |
| Shitei |  | 師弟 |  | Relationship of teacher and student |
| [Shitei kata](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Shitei%20kata/shitei%20kata.html) |  | 指定形 |  | Standard kata as defined by the World Karate Federation |
| Shitei waza |  | 指定技 |  | Set form in grading or competition |
| Shitōken |  | 指刀拳 |  | Thumb tip strike; also *bōshiken* |
| [Shitō ryū](http://en.wikipedia.org/wiki/Shito_ryu) |  | 糸東流 |  | Karate school founded 1931 by [Mabuni Kenwa](http://en.wikipedia.org/wiki/Kenwa_Mabuni) 摩文仁賢和 |
| Shitsu |  | 膝 |  | Knee ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shitsu.wav)) |
| Shitsukansetsu |  | 膝関節 |  | Knee joint |
| Shitsuga |  |  |  | Natural talent or abilities which cannot be taught |
| Shitsuken |  | 膝腱 |  | [Hamstring](http://en.wikipedia.org/wiki/Hamstring) |
| Shi waza |  | 死技 |  | Death technique or counter to a dangerous technique |
| Shizen |  | 自然 |  | Nature; natural or spontaneous ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shizen.wav)) |
| Shizenhontai |  | 自然本体 |  | Natural posture; also *shizentai* |
| Shizentai |  | 自然体 |  | “Natural body stance”; natural stance, *hachiji dachi*; also *shizenhontai* |
| Shizentai dachi |  | 自然体立 |  | Same as *shizentai* |
| Shizenteki |  | 自然的 |  | Naturalness and reverence for nature |
| Shizoku |  | 死側 |  | Dead side; vulnerable angle, usually the "outside" flank; |
| Shizoku |  | 士族 |  | Warriors, [samurai](http://en.wikipedia.org/wiki/Samurai) |
| Sho |  | 初 |  | First or new ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sho.wav)) |
| Sho |  | 暑 |  | Hot ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sho.wav)) |
| Shō |  | 掌 |  | Palm |
| Shō |  | 小 |  | Minor, little or small ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shou.wav)) |
| Shōbu |  | 勝負 |  | Victory or defeat; match, contest, game, bout ; cf *shinken shōbu*, a contest with real swords or life-and-death combat |
| Shōbu |  | 尚武 |  | Militarism, warlike spirit |
| Shōbu hō |  | 尚武法 |  | Combat training, esp. [jūdō](http://en.wikipedia.org/wiki/Judo) as a martial art; one of [Kanō](http://en.wikipedia.org/wiki/Jigoro_Kano)'s three principles |
| Shochū geiko |  | 暑中 稽古 |  | Midsummer training |
| Shodai |  | 初代 |  | Founder, first generation |
| [Shodan](http://en.wikipedia.org/wiki/Shodan) |  | 初段 |  | First degree black belt; first level |
| Shoden |  | 初伝 |  | First transmission (cf. *chuden* and *okuden*), esp. in koryū |
| [Shodō](http://en.wikipedia.org/wiki/Shodo) |  | 書道 |  | The way of the brush (calligraphy) ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shodou.wav)) |
| Shōdōkan aikidō |  | 昭道館合気道 |  | Style of [aikidō](http://en.wikipedia.org/wiki/Aikido) founded by [Tomiki Kenji](http://en.wikipedia.org/wiki/Kenji_Tomiki) |
| Shodōka |  | 書道家 |  | Exponent of [shodō](http://en.wikipedia.org/wiki/Shodo) |
| Shofu |  |  |  | [Kyūsho](http://en.wikipedia.org/wiki/Kyusho-jitsu), side of neck; also *dokosen* |
| [Shogi](http://en.wikipedia.org/wiki/Shogi) |  | 将棋 |  | Japanese chess |
| [Shōgō](http://shitokai.com/shogo.php) |  | 称号 |  | Martial arts titles developed by the [*Dai Nippon Butokukai*](http://www.dnbk.org/); eg *renshi* |
| [Shōgun](http://en.wikipedia.org/wiki/Shogun) |  | 将軍 |  | Absolute military leader in feudal Japan ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shogun.wav)) |
| [Shōhei ryū](http://en.wikipedia.org/wiki/Shohei-ryu) |  | 照平流 |  | Version of [Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu) karate |
| Shoji Hiroshi |  |  |  | (1931 - 2003) [Shōtōkan](http://en.wikipedia.org/wiki/Shotokan) karateka |
| Shōjiki |  | 正直 |  | Honesty; straight from the heart ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shoujiki.wav)) |
| [Shojitsu Kenri Kataichi ryū](http://www.koryu.com/guide/muso.html) |  | 初実倹理方一流 |  | [Koryū](http://koryu.com/) battōkenjutsu and [jōjutsu](http://en.wikipedia.org/wiki/Jojutsu) |
| [Shōkai](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/shoukai/shoukai.html) |  | 紹介 |  | Letter of introduction |
| [Shōkaijō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/shoukai/shoukai.html) |  | 紹介状 |  | Letter of introduction |
| Shoken |  | 初拳 |  | First knuckle punch ([Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu)) |
| Shoken sukui age uke |  | 初拳掬い揚げ受け |  | Scooping block, as in the karate kata Kanchin ([Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu)) |
| Shomen |  | 正面 |  | Front |
| Shomen geri |  | 正面蹴り |  | Front kick ([Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu)) |
| [Shomokuroku](http://www.judoinfo.com/ranks.htm) |  | 初目録 |  | "Beginning register"; lower middle grade of menkyo rank system |
| Shonen |  | 初年? |  | Adolescent grade ([jūdō](http://en.wikipedia.org/wiki/Judo)) |
| [Shō osae uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/tate%20nukite/tate%20nukite.html) |  | 掌押え受け |  | Pressing block with palm, as executed with *tate nukite* in *Pinan/Heian Nidan* and *Sandan* |
| [Shootfighting](http://en.wikipedia.org/wiki/Shooto) |  | 修斗 |  | Japanese [MMA](http://en.wikipedia.org/wiki/Mixed_martial_arts) combat sport; also *Shooto* or *Shoot Wrestling* |
| [Shooto](http://en.wikipedia.org/wiki/Shooto) |  | 修斗 |  | Japanese [MMA](http://en.wikipedia.org/wiki/Mixed_martial_arts) combat sport; lit "learn combat"; also *Shootfighting* or *Shoot Wrestling* |
| Shopai |  |  |  | Auxiliary kata for Shintani Wadōkai Karate-dō |
| [Shōrei ryū](http://en.wikipedia.org/wiki/Shōrei-ryū) |  | 昭霊流 |  | Style of karate |
| [Shōrin ryū](http://en.wikipedia.org/wiki/Shorin_ryu) |  | 小林流 |  | Style of karate |
| [Shōrinji kempō](http://www.shorinjikempo.or.jp/wsko/) |  | 少林寺拳法 |  | "[Shaolin Temple](http://en.wikipedia.org/wiki/Shaolin_temple) way of the fist"; Founded by So Doshin 宗 道臣 (1911 -1980) in 1947. |
| [Shōrinji ryū](http://en.wikipedia.org/wiki/Shōrinji-ryū) |  | 少林寺流 |  | Karate [ryū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/ryu/ryu.html) |
| [Shōrinji ryū Kenkokan](http://en.wikipedia.org/wiki/Shorinjiryu_Kenkokan_Karate) |  | 少林寺流拳行館 |  | Karate [ryū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/ryu/ryu.html) |
| Shōsei |  | 勝 声 |  | "Victorious voice"; type of [kiai](http://en.wikipedia.org/wiki/Kiai) |
| [Shoshin](http://www.ironpalm.com/beginner.html) |  | 初心 |  | Beginner's mind; also, *nyuanshin* |
| Shoshinsha |  | 初心者 |  | Beginner ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shoshinsha.wav)) |
| Shōtei |  | 掌底 |  | Palm heel; also *teisho* |
| [Shōtō](http://en.wikipedia.org/wiki/Shoto) |  | 小刀 |  | Short sword, 1 -2 shaku long; also *wakizashi kodachi* |
| [Shōtōkai](http://www.shotokai.com/) |  | 松濤会 |  | Karate [ryū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/ryu/ryu.html) |
| [Shōtōkan](http://en.wikipedia.org/wiki/Shotokan) |  | 松濤館 |  | Karate [ryū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/ryu/ryu.html) practiced by the [Japanese Karate Association](http://en.wikipedia.org/wiki/Joko_Ninomiya) (JKA), literally "Shōtō's hall," after the pen name of founder [Funakoshi Gichin](http://en.wikipedia.org/wiki/Joko_Ninomiya) |
| [Shuai Chiao](http://en.wikipedia.org/wiki/Shuai_Chiao) |  | 摔跤 |  | Chinese and Mongolian wrestling; also *Shuaijiao* |
| Shubaku |  | 手白 |  | Unarmed close combat |
| [Shubō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/wan/wan.html) |  | 手棒 |  | Forearm, lit "arm stick"; also *wantō* |
| Shubō uchi |  | 手棒打ち |  | Stick hand strike ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Shūchū |  | 集中 |  | Concentration |
| Shūchū ryoku |  | 集中力 |  | Power of concentration |
| [Shūdōkan](http://en.wikipedia.org/wiki/Shūdōkan) |  | 修道館 |  | Style of karate founded by [Tōyama Kanken](http://en.wikipedia.org/wiki/Kanken_Tōyama) |
| Shūgeki |  | 襲撃 |  | Attack, charge, raid |
| Shūgenja |  | 修験者 |  | Ascetic mountain-dwelling monks, practitioners of the religion [Shugendō](http://en.wikipedia.org/wiki/Shugendo) |
| Shugo |  | 守護 |  | Protection or safeguard |
| Shugojin |  | 守護神 |  | Demon, guardian deity, tutelary god ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shugojin.wav)) |
| Shūgō |  | 集合 |  | Command to line up or come together for instruction |
| [Shūgyō](http://www.tsuki-kage.com/shugyo.html) |  | 修行 |  | Severe or austere training; lit "conducting oneself in a way that inspires mastery" |
| [Shūgyō](http://www.tsuki-kage.com/shugyo.html) |  | 修業 |  | The pursuit of knowledge; cultivation of the mind and spirit |
| Shūgyōsha |  | 修行者 |  | One practicing [shūgyō](http://www.tsuki-kage.com/shugyo.html); notable examples: [Ōyama Masutatsu](http://en.wikipedia.org/wiki/Masutatsu_Oyama) and [Ueshiba Morihei](http://en.wikipedia.org/wiki/Morihei_Ueshiba); one who trains diligently |
| Shuhai |  | 手背 |  | Back of hand |
| Shuhaku |  | 手白 |  | [Kempō](http://en.wikipedia.org/wiki/Kempo) or [chu'an fa](http://en.wikipedia.org/wiki/Chuan_fa); lit "white hand"; also *hakuda* |
| [Shu Ha Ri](http://en.wikipedia.org/wiki/Shuhari) |  | 守 破 離 |  | Obey, break, leave; fundamental principle for transformation in the [dō](http://en.wikipedia.org/wiki/Tao) |
| Shukō |  | 手甲 |  | Back of hand; also *haishu* 背手 |
| [Shūkōkai](http://en.wikipedia.org/wiki/Shukokai) |  | 修交会 |  | Group of closely related styles of karate |
| Shukū |  | 手鉤 |  | Hand claws used for climbing; also *tekagi* |
| [Shukumine Seiken](http://www.fightingarts.com/reading/article.php?id=118) |  | 祝嶺正献 |  | (1925-2001) Founder of [Gensei ryū karate dō](http://www.genseiryu.jp/eng/e-karatedo/e-karatedo1.html) |
| Shūkyō |  | 宗教 |  | Spiritual life; religion; faith ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/shuukyou.wav)) |
| Shūren |  | 修練 |  | Training, discipline, drill; also *tanren* |
| [Shuriken](http://en.wikipedia.org/wiki/Shuriken) |  | 手裏剣 |  | "Secret sword"; throwing knives or stars |
| Shuriken dome |  | 手裏剣止め |  | Stopping or avoiding thrown weapons |
| [Shuriken jutsu](http://en.wikipedia.org/wiki/Shurikenjutsu) |  | 手裏剣術 |  | Art of throwing knives or stars |
| [Shuri te](http://en.wikipedia.org/wiki/Okinawan_martial_arts#Shuri-te) |  | 首里手 |  | Okinawan karate practiced in the village of Shuri. |
| [Shuri ryū](http://en.wikipedia.org/wiki/Shuri-ryu) |  | 首里流 |  | Okinawan karate [ryū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/ryu/ryu.html) |
| Shusha |  | 守者 |  | Defender, cf. *kosha* 攻者, attacker |
| Shūshi |  | 修士 |  | Master |
| Shu shi |  | 朱熹 |  | [Neo-Confucianism](http://en.wikipedia.org/wiki/Judo) drawn from the teachings of [Chu Hsi](http://en.wikipedia.org/wiki/Chu_Hsi) (1130 - 1200) of the [Sung Dynasty](http://en.wikipedia.org/wiki/Sung_dynasty); also *tei shu* |
| Shūshin |  | 修身 |  | Ethics, training, morals |
| Shūshin hō |  | 修身法 |  | Moral training, one of [Kanō](http://en.wikipedia.org/wiki/Kano_Jigoro)'s three main purposes for [jūdō](http://en.wikipedia.org/wiki/Judo) |
| [Shūshiwa](http://www.kusunoki.de/meister/shushiwa.html) |  | 周子和 |  | (1874 - 1926) Practitioner of Tiger style [kung fu](http://en.wikipedia.org/wiki/Kung_fu) and teacher of [Uechi Kanbun](http://en.wikipedia.org/wiki/Kanbun_Uechi); also *Chou Tsu-Ho, Zhou Ze Her* or *Cho Zen Ho* |
| Shuso |  | 宗祖 |  | Founder or originator; cf *shiso* |
| Shutō |  | 手刀 |  | Knife or sword hand; also *tegatana*; also 外手 |
| [Shutō age uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/shuto%20age%20uke/shuto%20age%20uke.jpg) |  | 手刀揚げ受け |  | Rising knife hand block |
| Shutō teisho uke |  | 手刀底掌受け |  | Knife hand palm heel block |
| Shutō uchi |  | 手刀打ち |  | Knife hand strike |
| [Shutō uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/shuto%20uke/shuto%20uke.html) |  | 手刀受け |  | Knife hand block |
| [Shutsui](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/tettsui%20uchi/tettsui%20uchi.html) |  | 手槌 |  | Hammerfist, lit "hand hammer," also *tettsui* or *kentsui* |
| [Shuudag](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/shuudag/shuudag.html) |  |  |  | Small, tight, briefs worn in [Mongolian wrestling](http://en.wikipedia.org/wiki/Mongolian_wrestling) |
| [Shuwan](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/wan/wan.html) |  | 手腕 |  | Skill; lower (little finger) side of the forearm |
| Sifu |  | 師傅 or 師父 |  | Chinese term for teacher |
| [Silambam](http://en.wikipedia.org/wiki/Silambam) |  |  |  | Traditional South [Indian](http://en.wikipedia.org/wiki/Indian_martial_arts) stick fighting; also *Silambattam* or *Chilambam* |
| [Silat](http://en.wikipedia.org/wiki/Silat) |  |  |  | Umbrella term designating Malaysian martial arts; also [*pencak silat*](http://en.wikipedia.org/wiki/Pencak_Silat) |
| [Silva, Anderson](http://en.wikipedia.org/wiki/Anderson_Silva) |  |  |  | (1975 - ) Brazilian [MMA](http://en.wikipedia.org/wiki/Mixed_martial_arts) fighter |
| [So Doshin](http://everything2.com/index.pl?node_id=1421358) |  | 宗 道臣 |  | (1911 - 1980) Founder of [Shōrinji Kempō](http://en.wikipedia.org/wiki/Shorinji_kempo) |
| [Sōchin](http://en.wikipedia.org/wiki/Sochin) |  | 壯鎭 |  | Karate [kata](http://en.wikipedia.org/wiki/Kata), lit. "tranquil force" |
| Sōchin dachi |  | 壮鎮立ち |  | Rooted stance |
| Sode |  | 袖 |  | Sleeve ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sode.wav)) |
| Sodeguchi |  | 袖口 |  | Cuff or wristband |
| Sōden |  | 相伝 |  | Inherited teachings |
| Sōdensho |  | 相伝書 |  | Book or scroll of inherited teachings |
| Soesho chudan zuki |  |  |  | Attached middle level punch ([Shōtōkan](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Shōtōkan)) |
| Soete morote zuki |  | 添え手双手突き |  | Double attached punch ([Gōjū ryū](http://en.wikipedia.org/wiki/Goju_Ryu)) |
| Sōgō |  | 総合 |  | Comprehensive or composite |
| Sōgō budō |  | 総合武道 |  | Comprehensive or composite martial way, practicing several arts or weapons |
| Sōgō bujutsu |  | 総合武術 |  | Comprehensive or composite martial art, practicing several arts or weapons |
| Sōgō kakutōgi |  | 総合格闘技 |  | [Mixed martial arts](http://en.wikipedia.org/wiki/Mixed_martial_arts) |
| [Sōhei](http://en.wikipedia.org/wiki/Sohei) |  | 僧兵 |  | Buddhist warrior monks |
| Sōji |  | 掃除 |  | Cleaning the [dōjō](http://en.wikipedia.org/wiki/Dojo); cleaning, sweeping, dusting, scrubbing, mopping ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/souji.wav)) |
| [Sōjutsu](http://en.wikipedia.org/wiki/Sojutsu) |  | 槍術 |  | Art of the spear |
| Sō katsu |  | 層活 |  | "Composite method" of [kappō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kappo.html?&req=printentry&eid=101) |
| Sōke |  | 宗家 |  | Headmaster of a style (need not be the founder) ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/souke.wav)) |
| [Soken Hohan](http://www.matsumuraseitohozonkai.com/hohan_soken.html) |  | 祖堅方範? |  | (1889 - 1982) Okinawan master of [Shōrin ryū](http://en.wikipedia.org/wiki/Shorin_ryu) Matsumura Seito Karate-dō |
| Sok glub |  | ศอกกลับ |  | Spinning elbow ([Muay Thai](http://en.wikipedia.org/wiki/Muay_thai)) |
| [Sok ngad](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/sok%20ngad/sok%20ngad.html) |  | ศอกงัด |  | Uppercut elbow ([Muay Thai](http://en.wikipedia.org/wiki/Muay_thai)) |
| Sokō geri |  | 足甲蹴り |  | Instep kick ([Gōjū ryū](http://en.wikipedia.org/wiki/Goju_Ryu)) |
| Sok poong |  | ศอกพุ่ง |  | Forward albow thrust ([Muay Thai](http://en.wikipedia.org/wiki/Muay_thai)) |
| Sok sub |  | ศอกสับ |  | Chopping elbow ([Muay Thai](http://en.wikipedia.org/wiki/Muay_thai)) |
| Sok ti |  | ศอกต |  | Slashing elbow ([Muay Thai](http://en.wikipedia.org/wiki/Muay_thai)) |
| Sok tud |  | ศอกตัด |  | Horizontal elbow ([Muay Thai](http://en.wikipedia.org/wiki/Muay_thai)) |
| Soku |  | 足 |  | Foot ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/soku.wav)); also *ashi* |
| Soku |  | 速 |  | Fast, quick, speed, velocity ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/soku.wav)) |
| Soku |  | 側 |  | Side, neighbourhood, vicinity, proximity |
| Sokudo |  | 速道 |  | Speed |
| Sokuhai |  | 足背 |  | Instep, top (back) of foot |
| Sokumen |  | 側面 |  | Side, flank, aspect ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sokumen.wav)) |
| [Sokumen awase uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/haishu%20awase%20uke/haishu%20awase%20uke.html) |  | 側面合せ受け |  | Side flowing block |
| Sokumen tettsui otoshi uchi |  | 側面鉄槌落とし打ち |  | Side hammerfist dropping strike ([Shōtōkan](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Shōtōkan)) |
| Sokusen |  | 足先? |  | Toe kick ([Uechi ryū](http://en.wikipedia.org/wiki/Uechi-ryū)) |
| [Sokushinza](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Seiza/seiza.html) |  | 足心坐 |  | [*Seiza*](http://en.wikipedia.org/wiki/Seiza)with the feet crossed. |
| Sokusō |  | 足爪 |  | Tips of toes |
| Sokutei |  | 足底 |  | Sole of foot or bottom of heel |
| [Sokutei mawashi uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/sokutei%20mawashi%20uke/sokutei%20mawashi%20uke.html) |  | 足底回し受け |  | Roundhouse sole block |
| Sokuten |  | 側転 |  | Cartwheel |
| Sokutō |  | 足刀 |  | "Foot sword," outer edge of foot; abbreviation of *sokutō geri*, side kick |
| Sokutō geri |  | 足刀蹴り |  | Side kick |
| [Sokutō uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/sokuto%20uke/sokuto%20uke.html) |  | 足刀受け |  | Foot sword block |
| Sokuyakuken |  | 足躍拳 |  | Strike using the heel of the foot |
| Sombo |  | самбо |  | Modern Russian grappling art; also *Sambo* or *Cambo* |
| [Som Bo Gin](http://ca.youtube.com/watch?v=gzergSMsui8) |  | 三步箭 |  | Kata of Hakka [Southern Praying Mantis Kung Fu](http://en.wikipedia.org/wiki/Uechi-ryū), comparable to [*Sanchin*](http://en.wikipedia.org/wiki/Sanchin); also *Sarm Bo Jin*; lit "three steps forward" or "three step arrow" |
| Sonkei |  | 尊敬 |  | Respect ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sonkei.wav)) |
| Sonkyo |  | 蹲踞 |  | Traditional start to a fight or drill, kneeling or squatting |
| [Sonoba zuki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/choku%20zuki/choku%20zuki.html) |  | その場突き |  | Punching while standing in place |
| [Soobak](http://en.wikipedia.org/wiki/Soobak) |  | 수박 |  | Ancient [Korean martial art](http://en.wikipedia.org/wiki/Korean_martial_arts); also *Subak, Supak* or *Soo Bak-Gi* |
| Sorashi |  |  |  | Feint |
| Sori |  | 反り |  | Curvature of a sword blade |
| Sōsai |  | 総裁 |  | President or director-general; title given to [Ōyama Masutatsu](http://en.wikipedia.org/wiki/Masutatsu_Oyama), founder of [Kyokushinkai](http://en.wikipedia.org/wiki/Kyokushinkai) karate |
| Sōshu rei |  | 双手礼 |  | Basic everyday bow in Japan |
| [Sosuishitsu ryu](http://www.sosuishitsuryu.com/) |  | 双水執流 |  | [Koryū](http://koryu.com/) *kogusoku* ([jūjutsu](http://en.wikipedia.org/wiki/Jujutsu)) and *Koshi no mawari* ([iaijutsu](http://en.wikipedia.org/wiki/Iaijutsu)) |
| Sōtai renshū |  | 相対練習 |  | Partner practice |
| Soto |  | 外 |  | Outside; outer ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/soto.wav)); also *gai* |
| [Soto ashi gake](http://www.judo-web.com/judomove/Nage_Waza/DescriptionWaza/nage_move.php?rbt&jlang=en&tech=74) |  | 外足掛 |  | Throw over the thigh while rolling back, a sacrifice technique in [jūdō](http://en.wikipedia.org/wiki/Judo) |
| Soto furi uchi |  | 外振り打ち |  | Outward swinging strike ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Soto hachiji dachi |  | 外八字立 |  | *Hachiji dachi* (natural stance) with toes pointed outward |
| Soto kote |  | 外小手 |  | Outside of forearm |
| [Soto makikomi](http://en.wikipedia.org/wiki/Soto_Makikomi) |  | 外巻込 |  | One of the traditional forty throws of [jūdō](http://en.wikipedia.org/wiki/Judo) |
| [Soto uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/soto%20uke/soto%20uke.html) |  | 外受け |  | Outer block |
| [Southern Praying Mantis](http://en.wikipedia.org/wiki/Southern_Praying_Mantis) |  | 南派螳螂拳 |  | Southern style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu); also *Nan Pai Tanglang* |
| Sotowa dachi |  | 外環立 |  | Outer circular stances, in which knees are opened outward, eg. *shikodachi* |
| Subak |  | 수박 |  | Ancient Korean martial art; also *Soobak, supak,* or *Soo bak gi* |
| [Suburi](http://en.wikipedia.org/wiki/Suburi) |  | 素振り |  | Repetitive solo practice with [bō](http://en.wikipedia.org/wiki/Bō) or [bokken](http://en.wikipedia.org/wiki/Bokken) |
| [Suburitō](http://en.wikipedia.org/wiki/Suburitō) |  | 素振り刀 |  | Heavy wooden practice sword, heavier than a [bokken](http://en.wikipedia.org/wiki/Bokken) |
| Sudōri |  | 素通り |  | Momentum; passing through without stopping |
| Suemono giri |  | 据え物切り |  | Lit "fixed (non-living) object cutting"; practice cutting with a sword |
| Suhada bujutsu |  | 素肌武術 |  | Lit "naked martial arts," techniques done in street clothes |
| Suhada kumiuchi |  | 素肌組打 |  | Fighting without armor |
| Suibajutsu |  | 水馬術 |  | Subspeciality of horsemanship specializing in crossing water |
| [Suibokuga](http://en.wikipedia.org/wiki/Sumi-e) |  | 水墨画 |  | Ink painting; also *sumi-e* |
| Suigetsu |  | 水月 |  | [Solar plexus](http://en.wikipedia.org/wiki/Solar_plexus), lit. "water moon" |
| [Suihasu ryū](http://en.wikipedia.org/wiki/Suihasu-ryu) |  | 水蓮流 |  | [Koryū](http://koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu), [iaijutsu](http://en.wikipedia.org/wiki/Sojutsu), [sōjutsu](http://en.wikipedia.org/wiki/Sojutsu), [kyūjutsu](http://en.wikipedia.org/wiki/Kyujutsu), [taijutsu](http://en.wikipedia.org/wiki/Taijutsu), koppojutsu and others |
| [Suijutsu](http://smaa-hq.com/bios/iwasaki.php) |  | 水術 |  | Art of swimming in armour; also suieijutsu |
| Sui katsu |  | 水活 |  | Water method of [kappō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kappo.html); also *suishi katsu* 水死活 |
| [Suiō ryū](http://en.wikipedia.org/wiki/Suiō-ryū) |  | 水鴎流 |  | [Koryū](http://koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu), [jōjutsu](http://en.wikipedia.org/wiki/Jojutsu), [naginatajutsu](http://en.wikipedia.org/wiki/Jojutsu) and [kusarigamajutsu](http://en.wikipedia.org/wiki/Kusarigama) |
| [Suiseki](http://en.wikipedia.org/wiki/Suiseki) |  | 水石 |  | Art of stone appreciation |
| Suishii katsu |  | 水死活 |  | "Death by drowning" method of [kappō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kappo.html); also水活 |
| Suji |  | 筋 |  | Line of muscle or nerve ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/suji.wav)) |
| Sujikabuto |  | 筋兜 |  | Armored helmet, lit "ribbed helmet" |
| Sūjiku |  | 枢軸 |  | Axis or pivot |
| Sukashi |  | 透かし |  | Evasive action ([jūdō](http://en.wikipedia.org/wiki/Judo)) |
| Suki |  | 隙 |  | A gap of space between objects; in warriorship, an opening that can be taken advantage of ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/suki.wav)) |
| Sukima |  | 隙間 or 透き間 |  | An opening or gap in [kamae](http://en.wikipedia.org/wiki/Kamae) 構え |
| Sukoshi |  | 少し |  | A little ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sukoshi.wav)) |
| Sukui |  | 救い |  | Help, aid, relief ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sukui.wav)) |
| Sukui te |  | 掬手 |  | Scooping block; also *sukui uke* |
| [Sukui uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sukui%20uke/sukui%20uke.html) |  | 掬受 |  | Scooping block; also *sukui te* |
| [Sukui nage](http://ca.youtube.com/watch?v=Pva9gBV0Edo) |  | 掬投 |  | Scooping throw |
| Sumi |  | 隅 |  | Corner ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sumi.wav)) |
| Sumi |  | 墨 |  | Ink, ink stick ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sumi%20(ink).wav)) |
| [Sumi-e](http://en.wikipedia.org/wiki/Sumi-e) |  | 墨絵 |  | Ink painting; also *suibokuga* 水墨画 |
| [Sumimasen](http://japanese.about.com/blqow6.htm) |  | 済みません |  | "Excuse me"; "I'm sorry" ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sumimasen.wav)) |
| [Sumō](http://en.wikipedia.org/wiki/Sumo) |  | 相撲 |  | Japanese wrestling ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sumou.wav)) |
| Sun |  | 寸 |  | Measure of length about 1.2 inches, 10 sun = one *shaku* ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sun.wav)) |
| Sunao |  | 素直 |  | Obedient, meek, unaffected, honest, frank; sometimes used in respect to a simple and direct [bunkai](http://en.wikipedia.org/wiki/Bunkai) |
| [Sun dome](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/sun%20dome/sun%20dome.html) |  | 寸止め |  | To arrest a technique just before contact with a target |
| Sune |  | 胫 or 脛 |  | Shin ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/sune.wav)) |
| [Suneate](http://en.wikipedia.org/wiki/Suneate) |  | 脛当て |  | [Greave](http://en.wikipedia.org/wiki/Greave) for [Japanese armor](http://en.wikipedia.org/wiki/Yoroi) |
| [Sun style tai chi chuan](http://en.wikipedia.org/wiki/Sun_style_tai_chi_chuan) |  | 孫氏太極拳 |  | Tai chi style developed by Sun Lu Tang 孫祿堂 (1861 - 1932) |
| [Suntetsu](http://www.shadowofleaves.com/Suntetsu.htm) |  | 寸鉄 |  | Japanese concealed weapon, a spiked ring worn on the middle finger |
| Suparempai |  | 壱百零八手 |  | Karate kata; also *Supparinpe* |
| Suri ashi |  | 摺り足 |  | Gliding movement beginning with forefoot |
| [Suruchin](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/suruchin/suruchin.html) |  | スルチン |  | Flexible weapon consisting of a chain or rope with weights on each end |
| [Sūshiwa](http://www.kusunoki.de/meister/shushiwa.html) |  | 周子和 |  | (1874 - 1926) Practitioner of Tiger style [kung fu](http://en.wikipedia.org/wiki/Kung_fu) and teacher of [Uechi Kanbun](http://en.wikipedia.org/wiki/Kanbun_Uechi): also *Chou Tsu-Ho, Zhou Ze Her* or *Cho Zen Ho* |
| Suso |  | 裾 |  | Hem, bottom or skirt of a uniform ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/suso.wav)) |
| [Susuharai](http://neoshinka.wordpress.com/2008/12/31/beating-out-the-dust-susuharai-tradition/) |  | 煤払い |  | Traditional Japanese end-of-the-year cleaning, as in a [dōjō](http://en.wikipedia.org/wiki/Dojo) |
| Sutemi |  | 捨て身 |  | Sacrifice |
| Sutemi waza |  | 捨て身技 |  | Sacrifice technique |
| Suwari |  | 座り |  | Sit |
| Suwari taiso |  | 座り体操 |  | Sitting exercises; seated stretching |
| Suwari waza |  | 座り技 |  | Seated technique |
| Suwatte |  | 座って |  | Command to sit or kneel |
| Suwatte kudasai |  | 座ってください |  | Request to sit down ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/S/Sound%20files/suwattekudasai.wav)) |
| [Suzuki Tatsuo](http://www.wikf.com/tatsuo.htm) |  | 鈴木竜雄 |  | (1928 - ) Japanese [Wadō ryū](http://en.wikipedia.org/wiki/Wado_ryu) karateka, hachi dan |
| [Systema](http://en.wikipedia.org/wiki/Systema) |  | Система |  | "The system," Russian martial art |

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| [Tabi](http://en.wikipedia.org/wiki/Tabi) |  | 足袋 |  | Japanese divided sock |
| Tabudō geiko |  | 他武道稽古 |  | Practicing other martial arts |
| [Tachi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/tachi/tachi.html) |  | 立 |  | Stance |
| [Tachi](http://en.wikipedia.org/wiki/Tachi) |  | 太刀 |  | Sword |
| Tachi |  | 二 or 貳 or 弐 |  | Okinawan for "two" |
| [Tachi rei](http://en.wikipedia.org/wiki/Uchigatana) |  | 立礼 |  | Standing bow, also *ritsu rei* |
| Tadashi katachi |  | 正し形 |  | Correct form |
| [Taekkyeon](http://en.wikipedia.org/wiki/Taekyon) |  | 택견 |  | Traditional [Korean martial art](http://en.wikipedia.org/wiki/Korean_martial_art); also *taekkyon* or *taekyon* |
| [Taekwondo](http://en.wikipedia.org/wiki/Tae_kwon_do) |  | 태권도 |  | [Korean](http://en.wikipedia.org/wiki/Korean_martial_art) striking art |
| Tai |  | 体 |  | Body ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tai.wav)) |
| [Tai chi chuan](http://en.wikipedia.org/wiki/Tai_chi) |  | 太极拳 |  | One of the three most well-known styles of [neijia](http://en.wikipedia.org/wiki/Neijia), internal kung fu. Also, *taijiquan*. (Chinese) |
| Tai chikara |  | 体力 |  | Using external muscle power |
| [Taidō](http://en.wikipedia.org/wiki/Taido) |  | 躰道 |  | "The way of the body," Japanese martial art founded 1965 by [Shukumine Seiken](http://www.geocities.com/tokyo/dojo/2194/about.html) |
| Taihenjutsu |  | 体変術 |  | Lit "body changing skill"; methods of rolling, leaping and running to avoid injury |
| [Taijiquan](http://en.wikipedia.org/wiki/Tai_chi) |  | 太极拳 |  | One of the three most well-known styles of [internal kung fu](http://en.wikipedia.org/wiki/Internal_kung_fu); also, *tai chi chuan.* (Chinese) |
| [Taiji tu](http://en.wikipedia.org/wiki/Taijitu) |  | 太极图 |  | The diagram of [yin and yang](http://en.wikipedia.org/wiki/Yin_and_yang) |
| [Taijutsu](http://en.wikipedia.org/wiki/Taijutsu) |  | 体術 |  | Art of unarmed combat; lit "body skill" or "body art"; another name for [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu) |
| [Take bō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/bou/bou.html) |  | 竹棒 |  | Bamboo staff |
| Taiken no hokyō undō |  | 体幹の補強運動 |  | [Core training](http://sportsmedicine.about.com/od/abdominalcorestrength1/a/NewCore.htm) |
| [Taiki bansei](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/taiki%20bansei/taiki%20bansei.html) |  | 大器晩成 |  | "Great talents mature late," "To achieve greatness late in life" ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/taikibansei.wav)) |
| [Taikiken](http://www.taikiken.blogspot.com/) |  | 太気拳 |  | "Great energy boxing," Japanese version of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) founded by [Sawai Kenichi](http://www.taikiken.org/kenichi_sawai.html); also *Taiki shisei kempō* |
| [Taiki shisei kempō](http://www.taikiken.blogspot.com/) |  | 太気至誠拳法 |  | Japanese version of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) founded by [Sawai Kenichi](http://www.taikiken.org/kenichi_sawai.html); also *Taiki-ken* |
| [Taikyoku](http://en.wikipedia.org/wiki/Taikyoku_shodan) |  | 太極 |  | "First cause," karate kata ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| Taikyokuken |  | 太極拳 |  | Japanese name for [taijiquan](http://en.wikipedia.org/wiki/Taijiquan) |
| Tainin |  | 体認 |  | Body recognition |
| [Tai no henkō](http://www.aikidojournal.com/encyclopedia?entryID=652) |  | 体の変更 |  | Body change or shift; also *tenkan* |
| Tai no sen |  | 待の先 |  | To wait for the initiative |
| Tai no shinsuku |  |  |  | Physical expansion and contraction, as in kata |
| Tai o mae ni taosu undō |  | 体を前に倒す運動 |  | Waist scoop, [junbi undō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Categories/junbi%20undo/junbi%20undo.html) (warm-up exercise) ([Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu)) |
| [Tai otoshi](http://www.youtube.com/watch?v=DwOec61jXiA) |  | 體落 |  | "Body drop" throw ([Kōdōkan jūdō](http://en.wikipedia.org/wiki/Kodokan_Judo)) |
| [Taira](http://en.wikipedia.org/wiki/Taira) |  | 平 |  | Family of warriors ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/taira.wav)); enemies of the [Minamoto](http://en.wikipedia.org/wiki/Minamoto) 源 |
| [Tairaguwa Gushikawa](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/A/Agena%20Shokuho/Agena%20Shokuho.html) |  |  |  | (1870 - 1924) Okinawan karateka ([Shuri-te](http://en.wikipedia.org/wiki/Okinawan_martial_arts#Shuri-te)) and expert in [kobudō](http://en.wikipedia.org/wiki/Okinawan_kobudō); also *Agena Shokuho* or *Agena Ukikata* |
| Tairyō |  | 体量 |  | Body weight |
| Tairyoku |  | 体力 |  | Physical strength ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tairyoku.wav)) |
| [Tai sabaki](http://en.wikipedia.org/wiki/Tai_sabaki) |  | 体捌き |  | Body movement, body shifting, body turning |
| [Tai Sheng Men](http://www.monkeykungfu.com/history.htm) |  |  |  | "Great Saint" (Mandarin) style of [Monkey Kung Fu](http://en.wikipedia.org/wiki/Monkey_Kung_Fu) |
| Tai Shing Pek War |  | 大聖劈掛門 |  | Style of [Monkey Kung Fu](http://en.wikipedia.org/wiki/Monkey_kung_fu) developed by Kan Tak Hoi |
| Taisō |  | 体操 |  | Calisthenics, exercises, gymnastics |
| Tai tai no sen |  |  |  | Tactic of simultaneous attack; in[*Go Rin no Sho*](http://en.wikipedia.org/wiki/Go_rin_no_sho), "accompany and forestall him" |
| [Taitō](http://en.wikipedia.org/wiki/Daitō_(long_sword)) |  | 大刀 |  | Long sword; also *dai katana* |
| [Taitoku](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/taitoku/taitoku.html) |  | 体得 |  | Body realization; mastery, knack, realization, experience, comprehension |
| Taka geri |  | 高蹴 |  | High kick ([jūdō](http://en.wikipedia.org/wiki/Judo) [atemi](http://en.wikipedia.org/wiki/Atemi)) |
| [Takahara Peichin](http://www.newsfinder.org/site/more/peichin_takahara/) |  |  |  | (1683 - 1760) Okinawan karateka, sensei of ["Tōde" Sakugawa](http://en.wikipedia.org/wiki/Kanga_Sakukawa) |
| Takano Hiromasa |  |  |  | (1900 - 1987) Japanese [kendōka](http://en.wikipedia.org/wiki/Kendo), jūdan, [meijin](http://en.wikipedia.org/wiki/Hojōjutsu) |
| [Takeda Sokaku](http://en.wikipedia.org/wiki/Sokaku_Takeda) |  | 武田惣角 |  | Master of [Daito-ryū aikijutsu](http://en.wikipedia.org/wiki/Kanga_Sakukawa) and teacher of [Ueshiba Morihei](http://en.wikipedia.org/wiki/Morihei_Ueshiba) |
| [Takemusu](http://en.wikipedia.org/wiki/Takemusu) |  | 武産 |  | Spontaneously created martial arts ([aikidō](http://en.wikipedia.org/wiki/Aikido) ) |
| [Takenouchi ryū](http://www.koryu.com/guide/takenouchi.html) |  | 竹内流 |  | [Koryū](http://koryu.com/) [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu), hade, [bōjutsu](http://en.wikipedia.org/wiki/Bō), [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu), [iaijutsu](http://en.wikipedia.org/wiki/Iaijutsu), [hojōjutsu](http://en.wikipedia.org/wiki/Hojōjutsu), [naginatajutsu](http://en.wikipedia.org/wiki/Naginata) and others |
| [Take ori](http://www.youtube.com/watch?v=gsybzywWEtA) |  | 竹折 |  | Type of wristlock , lit. "bamboo break" |
| [Taki](http://en.wikipedia.org/wiki/Misogi) |  | 滝 |  | Waterfall ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/taki.wav)) |
| [Takuan Sōhō](http://en.wikipedia.org/wiki/Takuan_Soho) |  | 沢庵 宗彭 |  | (1573 - 1645) [Zen](http://en.wikipedia.org/wiki/Zen) priest who influenced [kendō](http://en.wikipedia.org/wiki/Kendo) |
| [Tama gusari](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/M/manriki%20gusari/manriki%20gusari.html) |  | 玉鎖 |  | Japanese chain weapon with weight on one or two ends; also *manrikigusari, kusari-bundo, ryo-bundo, sode-kusari* or *kusari-jutte.* |
| [Tamashii](http://www.fightingarts.com/reading/article.php?id=495) |  | 魂 |  | Soul or spirit ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tamashii.wav)) |
| [Tambō](http://en.wikipedia.org/wiki/Tambo_(weapon)) |  | 短棒 |  | Japanese short walking stick, three feet long; also *tanjō* or *hanbō* |
| [Tameshigiri](http://www.youtube.com/watch?v=DwOec61jXiA) |  | 試し切り |  | Test cutting with a sword |
| [Tameshiwari](http://www.youtube.com/watch?v=e3PxKXXfS4c) |  | 試し割り |  | Breaking, as in a demonstration of breaking boards or bricks |
| [Tamiya ryū](http://www.koryu.com/guide/tamiya.html) |  | 田宮流 |  | [Koryū](http://koryu.com/) [iaijutsu](http://en.wikipedia.org/wiki/Iaijutsu) |
| Tan |  | 胆 |  | [Gallbladder](http://en.wikipedia.org/wiki/Gall_bladder); spirit ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tan.wav)) |
| Tan |  | 鍛 |  | Forge, temper, train, drill, [instill] discipline ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tan.wav)) |
| [Tanaka Fumon](http://en.wikipedia.org/wiki/Fumon_Tanaka) |  |  |  | (1943 - ) [Sōke](http://en.wikipedia.org/wiki/Sōke) of Kukishin Ryu Bujutsu, Koden Enshin Ryū, Honmon Enshin Ryū Suemonogiri Kenpō, Tenshin Hyoho Shoden Kukamishin Ryū |
| [Tanbō](http://en.wikipedia.org/wiki/Tambo_(weapon)) |  | 短棒 |  | Japanese short walking stick, three feet long; also *tanjō* or *hanbō* |
| Tanbō |  |  |  | One and one-half foot stick; also *tankon* |
| [Tanden](http://en.wikipedia.org/wiki/Tanden) |  | 丹田 |  | Abdomen below the navel; center of balance of the body; in Chinese, *dantian* |
| Tanden katsu |  | 丹田活 |  | "Abdomen method" of [kappō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kappo.html) |
| Tandoku renshū |  | 単独練習 |  | Solo practice |
| [Tanemura Shōtō](http://en.wikipedia.org/wiki/Shoto_Tanemura) |  | 種村匠刀 |  | (1947 - ) founder of [Genbukan](http://en.wikipedia.org/wiki/Genbukan), a modern Japanese fighting system |
| [Tang Lang Quan](http://en.wikipedia.org/wiki/Northern_Praying_Mantis) |  | 螳螂拳 |  | Northern Praying Mantis, style of [Northern kung fu](http://en.wikipedia.org/wiki/Northern_kung_fu), also Praying Mantis Fist |
| Tanin geiko |  | 他人稽古 |  | Practicing with multiple attackers |
| [Tanjō](http://en.wikipedia.org/wiki/Tambo_(weapon)) |  | 短杖 |  | Japanese short stick or walking stick; also *tanbō* |
| Tanjōjutsu |  | 短杖術 |  | Art of short or walking stick |
| [Tankendō](http://www.koryu.com/library/mskoss12.html) |  | 探险道 |  | The way of the short sword |
| Tanren |  | 鍛練 |  | Training, as process of forging |
| [Tanren bō](http://en.wikipedia.org/wiki/Tanren_bo) |  | 鍛錬棒 |  | Bat used in [aikidō](http://en.wikipedia.org/wiki/Aikido) for strength and [suburi](http://en.wikipedia.org/wiki/Suburi) training |
| [Tanren uchi](http://www.rivercityaikido.com/tanrenuchi.html) |  | 鍛練打 |  | Bokken practice striking a resistant target, such as a tire |
| [Tant](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/wakizashi.html)[ō](http://www.koryu.com/guide/tendo.html) |  | 短刀 |  | Knife or dagger-sized short sword, less than one *shaku* (11.9") long |
| Tantō dori |  | 短刀取り |  | Art of disarming an opponent with a knife; knife take-away |
| Tantō jutsu |  | 短刀術 |  | Art of fighting with a knife |
| [Tán Tuǐ](http://en.wikipedia.org/wiki/Tantui) |  | 彈腿 |  | [Northern kung fu](http://en.wikipedia.org/wiki/Northern_kung_fu) style emphasizing kicks (Chinese) |
| Tare |  | 垂れ |  | Hanging; skirts of [bōgu](http://en.wikipedia.org/wiki/Bogu) or coat |
| Taryū jiai |  | 他流試合 |  | Challenge match between practitioners of different styles |
| [Tatami](http://en.wikipedia.org/wiki/Pangainoon) |  | 畳 |  | Floor mat ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tatami.wav)) |
| Tate |  | 縦 |  | Vertical, standing or upright ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tate.wav)) |
| [Tate empi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20tate%20empi%20uchi/jodan%20tate%20empi%20uchi.html) |  | 縦猿臂 |  | Vertical (uppercut) elbow |
| [Tate hiza](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Tate%20hiza/tate%20hiza.html) |  | 立膝 |  | Battlefield sitting posture |
| Tateken |  | 縦拳 |  | Standing fist |
| Tateki geiko |  | 干城稽古 |  | Practice with multiple attackers |
| Tateki uchi |  | 干城 打ち |  | Fighting with multiple attackers |
| Tate kote ori |  | 縦小手折 |  | Vertical wrist break |
| Tatemae |  | 縦前 |  | Vertical front, facade; keeping a poker face |
| [Tate nukite](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/tate%20nukite/tate%20nukite.html) |  | 縦貫手 |  | Vertical spear hand |
| Tate seishan dachi |  | 縦十三立 |  | Yoko seishan dachi rotated 90 degrees to the front. |
| Tate shakai |  | 縦社会 |  | Vertical society; system of relationships such as sempai/kohai |
| [Tate shutō uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/tate%20shuto%20uke/tate%20shuto%20uke.html) |  | 縦手刀受 |  | Vertical sword hand block |
| Tate uraken uchi |  | 縦裏拳打 |  | Vertical backfist strike |
| Tate zuki |  | 縦突き |  | Vertical punch (punch with vertical or standing fist) |
| [Tatsumi](http://www.koryu.com/guide/tatsumi.html) [ryū](http://www.koryu.com/guide/takenouchi.html) |  | 立身流 |  | [Koryū](http://en.wikipedia.org/wiki/Koryu) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu), [iai](http://en.wikipedia.org/wiki/Iaijutsu), [yawara](http://en.wikipedia.org/wiki/Jujutsu), [sōjutsu](http://en.wikipedia.org/wiki/Sojutsu), [bōjutsu](http://en.wikipedia.org/wiki/Bojutsu), [shurikenjutsu](http://en.wikipedia.org/wiki/Hojojutsu), [hojōjutsu](http://en.wikipedia.org/wiki/Hojojutsu) and others |
| Tatte |  | 立って |  | "Stand up" (command) |
| Tawara |  | 俵 |  | Rice bale |
| Tay Son |  |  |  | [Vietnamese martial art](http://en.wikipedia.org/wiki/Vietnamese_martial_arts) (Vietnamese) |
| Te |  | 手 |  | Hand; the indigenous martial art of Okinawa (also *ti*) ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/te.wav)) |
| Techhu |  |  |  | Okinawan weapon, a short wooden or metal rod with a ring or short projection |
| Teep |  | ถีบ |  | Lit "foot jab," push kick with front leg ([Muay Thai](http://en.wikipedia.org/wiki/Muay_thai)) |
| Tegatana |  | 手刀 |  | Hand sword; also *shutō* |
| [Tegumi](http://en.wikipedia.org/wiki/Tegumi) |  | 手組 |  | Originally a multi-faceted style of Okinawan fighting that evolved into grappling |
| Teh Chiang |  | เตะเฉียง |  | Lit "diagonal kick," angled [Muay Thai](http://en.wikipedia.org/wiki/Muay_thai) kick somewhat like a conventional roundhouse, but rising up at an angle instead of moving horizontally |
| Tehodoki |  | 手解き |  | Techniques for escaping from a hand or wrist grab; lit "hand untying"; trial or provisional period of a student's membership |
| Teiji dachi |  | 丁字立ち |  | "T stance," with the front foot at right angles to and aligned with the middle of the back foot, cf. *renoji dachi* |
| [Teishō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/teisho/teisho.html) |  | 底掌 |  | Palm heel; palm heel strike |
| [Teishō ate](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/teisho/teisho.html) |  | 底掌当 |  | Palm heel strike |
| [Teishō awase uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/gedan%20awase%20teisho%20uke/gedan%20awase%20teisho%20uke.html) |  | 底掌合せ受 |  | Combined palm heel block |
| Teishō hasami uke |  | 底掌はさみ受 |  | Palm heels scissors block |
| Teishō otoshi |  | 底掌落 |  | Palm heel drop |
| [Teishō uchi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/teisho/teisho.html) |  | 底掌打ち |  | Palm heel strike |
| [Teishō uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Teisho%20uke/teisho%20uke.html) |  | 底掌受 |  | Palm heel block |
| Teisoku |  | 低足 |  | Arch of foot or sole of foot |
| [Teisoku osae uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/G/gedan%20teisoku%20osae%20uke/gedan%20teisoku%20osae%20uke.html) |  | 低足押え受け |  | Sole of the foot pressing block |
| Tekkan |  | 鉄貫 or 鉄環 |  | Japanese weapon, type of knuckleduster |
| Teki |  | 敵 |  | Opponent ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/teki.wav)) |
| [Tekki](http://www.arts.ualberta.ca/~aoki/Karate-do/Kata/Tekki/tekki.html) |  | 鉄騎 |  | “Iron Horse,” karate kata series (shodan, nidan, sandan) ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| [Tekkō](http://en.wikipedia.org/wiki/Tekko) |  | 鉄甲 |  | Brass knuckles, knuckle duster, lit "iron back of hand" |
| Tekubi |  | 手首 |  | Wrist; lit "neck of the hand" ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tekubi.wav)) |
| Tekubikossetsu |  | 手首骨折 |  | Fractured wrist |
| [Tekubi kake uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/tekubi%20kake%20uke/tekubi%20kake%20uke.html) |  | 手首掛受 |  | Bent wrist block |
| Tekubi kansetsu waza |  | 手首関節技 |  | Wrist joint techniques |
| Tekubi undo |  | 手首運動 |  | Wrist exercises |
| Tembun jutsu |  | 天文術 |  | Weather forecasting |
| Ten |  | 天 |  | Heaven ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/ten.wav)); in Chinese, *tian tang* 天堂 |
| [Tenarashigata bokusen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/B/bokusen/bokusen.html) |  | 手慣らし型木扇 |  | Wooden fan; a wooden *tenarashi*, a weapon that looks like a closed folding fan; also *bokusen* |
| Tenchi |  | 天地 |  | Heaven and earth ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tenchi.wav)) |
| [Tenchi nage](http://ca.youtube.com/watch?v=N60SPslSCbE) |  | 天地投 |  | Heaven and earth throw ([aikidō](http://en.wikipedia.org/wiki/Aikido)) |
| Tendo |  |  |  | Atemi point on the top of the head, at the frontal coronal suture; also *tento* |
| [Tendō](http://www.koryu.com/guide/tendo.html)[ryū](http://www.koryu.com/guide/takenouchi.html) |  | 天道流 |  | [Koryū](http://koryu.com/) [naginatajutsu](http://en.wikipedia.org/wiki/Naginata-Jutsu), [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu), [jōjutsu](http://en.wikipedia.org/wiki/Jojutsu) and [kusarigamajutsu](http://en.wikipedia.org/wiki/Kusarigama) |
| [Tenegui](http://en.wikipedia.org/wiki/Tenugui) |  | 手拭い |  | Small hand cloth used by [kendōka](http://en.wikipedia.org/wiki/Kendo) under their helmets to absorb sweat; also *tenugui*, *men-tenegui* or *hachimaki* |
| [Tengu](http://en.wikipedia.org/wiki/Tengu) |  | 天狗 |  | Demon or goblin |
| [Tenjin Shinyo](http://www.koryu.com/guide/shinyo.html) [ryū](http://www.koryu.com/guide/takenouchi.html) |  | 天神真楊流 |  | [Koryū](http://koryu.com/) [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu) |
| Tenkai |  | 転回 |  | Pivoting 180 degrees on balls of feet |
| Tenkan |  | 転換 |  | Pivoting 180 degrees by moving one foot behind the other |
| [Ten no kata](http://www.uga.edu/karatedo/video/ten.no.kata.html) |  | 天の形 |  | "Kata of heaven," karate kata ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)) |
| [Ten no kokyū](http://theaikidodojo.com/articles/chinkon.htm) |  | 天の呼吸 |  | [Aikidō](http://en.wikipedia.org/wiki/Aikido) breathing exercise, "breath of heaven" |
| Te no hira |  | 手の平 |  | Palm of the hand |
| [Te no uchi](http://www.aikidojournal.com/article.php?articleID=181) |  | 手の内 |  | Lit "within the hand," proper grip of the sword or bow; a hidden skill or capacity; in empty-hand arts, taking hold of the opponent's body |
| Te no yubi |  | 手の指 |  | Finger; also *yubi* |
| Tenshin |  | 転進 |  | Sideward body shifting |
| Tenshin |  | 転身 |  | Pivot or sweeping body turn |
| Tenshin happō |  | 転身八方 |  | "Movements in eight directions" |
| [Tenshinsh](http://www.koryu.com/guide/katorishinto.html)[ō](http://www.koryu.com/guide/tendo.html)[den Katori Shint](http://www.koryu.com/guide/katorishinto.html)[ō](http://www.koryu.com/guide/tendo.html)[ryū](http://www.koryu.com/guide/takenouchi.html) |  | 天真正伝香取神道流 |  | [Koryū](http://koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu), [iaijutsu](http://en.wikipedia.org/wiki/Iaijutsu), [bōjutsu](http://en.wikipedia.org/wiki/Bō), [naginatajutsu](http://en.wikipedia.org/wiki/Naginata-Jutsu), [sōjutsu](http://en.wikipedia.org/wiki/Sojutsu), [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu) and others |
| Tenshō |  |  |  | "Fluid or rolling hand," karate kata credited to [Miyagi Chojun](http://en.wikipedia.org/wiki/Chojun_miyagi) ([Gōjū ryū](http://en.wikipedia.org/wiki/Goju_Ryu)) |
| Tento |  |  |  | Atemi point on the top of the head, at the frontal coronal suture; also *tendo* |
| [Tenugui](http://images.google.com/imgres?imgurl=http://www.kendoinfothek.de/ks_deutsch/tenugui_binden_I_5.jpg&imgrefurl=http://www.kendoinfothek.de/ks_deutsch/ruestung_tenugui.htm&h=300&w=400&sz=38&hl=en&start=34&um=1&tbnid=4AVEPhEsMTSHIM:&tbnh=93&tbnw=124&prev=/images%3Fq%3Dtenugui%2B%26start%3D20%26ndsp%3D20%26svnum%3D10%26um%3D1%26hl%3Den%26client%3Dopera%26rls%3Den%26sa%3DN) |  | 手拭い |  | Small hand cloth used by [kendōka](http://en.wikipedia.org/wiki/Kendo) under their helmets to absorb sweat; also *tenegui*, *men-tenegui* or *hachimaki* |
| [Te osae uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/O/osae%20uke/osae%20uke.html) |  | 手押え受 |  | Pressing hand block |
| Teppō |  | 鉄砲 |  | [Arquebus](http://en.wikipedia.org/wiki/Arquebus); gun; wooden pole that sumōtori strike in practice |
| Tesaki |  | 手先 |  | Fingertips |
| [Tessen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/tessen) |  | 鉄扇 |  | War fan |
| Tessen jutsu |  | 鉄扇術 |  | Art of using the war fan |
| Tesumi |  | 手墨 |  | Lit "hand ink," intertwined practice of combatives and literature; cf *bunbu ryōdō* and *bunbu ichi* |
| [Tetsubishi](http://en.wikipedia.org/wiki/Makibishi) |  | 鉄 菱 |  | [Caltrop](http://en.wikipedia.org/wiki/Caltrop) (iron ball with projecting spikes); lit "iron diamond"; also *makibishi* |
| Tetsudai |  | 手伝い |  | Assistant, helper, help |
| Tetsu bō |  | 鉄棒 |  | Iron staff |
| Tetsu bō jutsu |  | 鉄棒術 |  | The art of the iron staff |
| Tetsu geta |  | 鉄下駄 |  | Iron clogs |
| [Tettsui](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/tettsui%20uchi/tettsui%20uchi.html) |  | 鉄槌. |  | Hammerfist |
| [Tettsui uchi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/tettsui%20uchi/tettsui%20uchi.html) |  | 鉄槌打ち |  | Hammerfist strike |
| Teura |  | 手裏 |  | Inside of wrist |
| [Te waza](http://en.wikipedia.org/wiki/Judo_techniques#Te-waza_.28.E6.89.8B.E6.8A.80.29:_hand_throwing_techniques) |  | 手技 |  | Hand throws ([Kōdōkan](http://en.wikipedia.org/wiki/Kodokan) [jūdō](http://en.wikipedia.org/wiki/Judo)) |
| [Thai kickboxing](http://en.wikipedia.org/wiki/Muay_thai) |  | มวยไทย |  | Muay Thai |
| [Thang ta](http://en.wikipedia.org/wiki/Thang-Ta) |  |  |  | [East Indian](http://en.wikipedia.org/wiki/Indian_martial_arts) use of sword or spear |
| Thieu Lam Viet Nam |  |  |  | [Vietnamese martial art](http://en.wikipedia.org/wiki/Vietnamese_martial_arts) (Vietnamese) |
| [Thoda](http://sports.indiapress.org/thoda.php) |  |  |  | [East Indian archery](http://en.wikipedia.org/wiki/Indian_martial_arts) |
| [Tibetan White Crane](http://en.wikipedia.org/wiki/Tibetan_White_Crane) |  | 白鶴派 |  | Style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) ; also *Bai He Pai* |
| Tichi |  | 一 or 壹 or 壱 |  | Okinawan for "one" |
| [Tien Shan Pai](http://en.wikipedia.org/wiki/Tien_Shan_Pai) |  | 天山派 |  | Style of [Northen kung fu](http://en.wikipedia.org/wiki/Northern_Shaolin) |
| Ti'gwa |  |  |  | Okinawan interpretation of [muay thai](http://en.wikipedia.org/wiki/Muay_thai); basis of Okinawan te or di. |
| Tō |  | 唐 |  | Tang or China ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tou.wav)) |
| [Tō](http://en.wikipedia.org/wiki/Nihonto) |  | 刀 |  | Sword ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tou.wav)) |
| Tobi |  | 飛び |  | Flying |
| Tobi geri |  | 飛び蹴 |  | Flying or jumping kick |
| Tobikomizuki |  |  |  | Jumping front hand punch |
| Tobi maegeri |  | 飛び前蹴 |  | Jumping front kick |
| Tobi yokogeri |  | 飛び横蹴 |  | Flying side kick |
| [Toda-ha Buk](http://www.koryu.com/guide/buko.html)[ō](http://www.koryu.com/guide/tendo.html)[ryū](http://www.koryu.com/guide/takenouchi.html) |  | 戸田派武甲流 |  | [Koryū](http://koryu.com/) [naginatajutsu](http://en.wikipedia.org/wiki/Naginatajutsu), [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu), [sōjutsu](http://en.wikipedia.org/wiki/Sojutsu), [bōjutsu](http://en.wikipedia.org/wiki/Bō) and [kusarigamajutsu](http://en.wikipedia.org/wiki/Kusarigama) |
| Tōde |  | 唐手 |  | Precursor to karate, "China hand"; also *tōdi, tōte* or *toudi* |
| Tōdi |  | 唐手 |  | "Tang hand" or "China hand"; Okinawan precursor to karate; also also *tōde, tōdi*, *tōte*or *Okinawa-te* |
| Todomeosatsu |  | 止めを刺す |  | Give the coup de grace |
| [Togeidō](http://en.wikipedia.org/wiki/Japanese_pottery_and_porcelain) |  | 陶芸道 |  | The Japanese way of pottery |
| [Tōhō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/toho/toho.html) |  | 刀锋 |  | Sword peak hand |
| [Tōjutsu](http://en.wikipedia.org/wiki/Tojutsu) |  | 刀術 |  | Use of [ōdachi](http://en.wikipedia.org/wiki/Odachi), [kodachi](http://en.wikipedia.org/wiki/Kodachi), [tantō](http://en.wikipedia.org/wiki/Tantō) and [bokken](http://en.wikipedia.org/wiki/Bokken) |
| Tōken |  | 投剣 |  | Lit "throwing sword," also [*shuriken*](http://en.wikipedia.org/wiki/Shuriken), *anken, byō, daken, fusatsuken, gekiken, onken, sanbukaken* or *shaken* |
| Tōkotsu |  | 橈骨 |  | [Radius](http://en.wikipedia.org/wiki/Radius_(bone)) (arm bone) |
| Tōkiryō |  | 登記料 |  | Registration fee |
| Tokuda Anbun |  |  |  | (1886 -1945) Okinawan karateka, student of [Itosu Ankō](http://en.wikipedia.org/wiki/Anko_Itosu) |
| [Tokugawa Ieyasu](http://en.wikipedia.org/wiki/Tokugawa_Ieyasu) |  | 徳川 家康 |  | (1543-1616) [Shōgun](http://en.wikipedia.org/wiki/Shogun) |
| Tokui kata |  | 得意形 |  | Favorite or chosen kata |
| Tokui waza |  | 得意技 |  | Favorite technique |
| Tokumine Pechin |  | 徳嶺親雲上 |  | Okinawan karateka |
| Tokkun |  | 特訓 |  | Intensive or special training ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tokkun.wav)) |
| Tōkyō |  | 東京 |  | Capital city of Japan ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tokyo.wav)) |
| [Tōma](http://en.wikipedia.org/wiki/Tōma) |  | 遠間 |  | Long range interval between opponents; one of three ranges of [maai](http://en.wikipedia.org/wiki/Maai) in [kendō](http://en.wikipedia.org/wiki/Kendo) |
| [Tomari te](http://en.wikipedia.org/wiki/Kusarigama) |  | 泊手 |  | Okinawan style of karate practiced in the village of Tomari |
| [Tomiki Kenji](http://en.wikipedia.org/wiki/Kenji_Tomiki) |  | 富木 謙治 |  | (1900 - 1979) Aikidōka, founder of [Shōdōkan aikidō](http://en.wikipedia.org/wiki/Shodokan_Aikido), aka Tomiki aikidō |
| [Tomoe nage](http://www.youtube.com/watch?v=tOIbQ2cXRHU&feature=related) |  | 巴投 |  | "Stomach or circle throw" ([Kōdōkan jūdō](http://en.wikipedia.org/wiki/Kodokan_Judo)) |
| Tomoe zuki |  | 巴突 |  | Circle punch ([Shōrin ryū](http://en.wikipedia.org/wiki/Shorin_ryu)) |
| [Tomoi](http://en.wikipedia.org/wiki/Tomoi) |  |  |  | Malaysian martial art similar to [muay thai](http://en.wikipedia.org/wiki/Muay_thai) |
| [Tomoyose Ryuko](http://www.threebattles.com/offline%20files/Side%20Page%20Links/NRKS%20Teachers/Tomoyose.htm) |  |  |  | [Shōhei ryū](http://en.wikipedia.org/wiki/Shohei-ryu) karateka, jūdan |
| [Tonfa](http://en.wikipedia.org/wiki/Tonfa) |  | トンファー |  | [Kobudō](http://en.wikipedia.org/wiki/Okinawan_kobudō) weapon |
| Tonosama gei |  | 殿様芸 |  | Dilettantism, amateurism |
| [Tonosama keiko](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/tonosama%20keiko/tonosama%20keiko.html) |  | 殿様稽古 |  | Dilettante practice; practice by those who intellectualize instead of working with the body |
| Tora |  | 虎 |  | Tiger ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tora.wav)) |
| Tori |  | 鳥 |  | Bird ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tori.wav)) |
| Tori |  | 取り |  | Person responding to an attack, especially in [aikidō](http://en.wikipedia.org/wiki/Muay_thai) ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tori.wav)) |
| Tori |  | 捕リ |  | Grapple, grab, grasp |
| Toride |  | 捕手 |  | Capturing and restraining, another name for [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu); also *Torite* |
| [Torinawa jutsu](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/hojojutsu/hojojutsu.html) |  | 捕り縄術 |  | Art of capturing and binding an enemy with rope; also *hojōjutsu* or *nawajutsu* |
| Torite |  | 捕手 |  | Capturing and restraining, another name for [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu); also *Toride* |
| Torite kogusoku |  |  |  | Close combat, grappling with & without weapons |
| Torite uke |  | 捕手受 |  | Grasping block |
| [Toritsu ukemi](http://ca.youtube.com/watch?v=549ux5JWbJ4) |  | 倒立受身 |  | Breakfalling onto feet; also "bridgefall" or *ashi ura ukemi* |
| [Tornado kick](http://en.wikipedia.org/wiki/540_kick) |  | 旋 風腳 |  | A particular spinning kick used in [Taekwondo](http://en.wikipedia.org/wiki/Taekwondo), [Wushu](http://en.wikipedia.org/wiki/Taekwondo) and [Capoeira](http://en.wikipedia.org/wiki/Taekwondo); also *inside turning kick, jump inside kick, 540 kick* and *Xuanfengjiao* |
| [Tōrō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/tourou/tourou.html) |  | 螳螂 |  | Praying mantis, a Japanese symbol of courage and cunning, and a harbinger of good fortune; also *kamakiri* or *ōkamakiri mushi* |
| Tōrōken |  | 螳螂拳 |  | [Praying mantis boxing](http://en.wikipedia.org/wiki/Northern_Praying_Mantis_(martial_art)) |
| Tōshi |  | 闘志 |  | Fighting spirit, the will to fight |
| Toshu no bu |  | 徒手の武 |  | Barehanded (weaponless) attack |
| Tōte |  | 唐手 |  | "Tang hand" or "China hand." Okinawan precursor to karate; also *tōde, tōdi*, *toudi* or *Okinawa-te* |
| [Toteki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/toteki/toteki.html) |  |  |  | Mechanical accuracy in [kyūdō](http://en.wikipedia.org/wiki/Kyudo); attention to external details; cf *zaiteki* |
| [Toyama](http://www.koryu.com/guide/toyama.html) [ryū](http://www.koryu.com/guide/takenouchi.html) |  | 戸山流 |  | [Koryū](http://koryu.com/) iaijutsu |
| [Tōyama Kanken](http://piotech.wsd.wednet.edu/student/StudentPages/02-03/Brett%20Piepel/kanken_toyama_biography.htm) |  | 遠山寬賢 |  | (1888 - 1966) Okinawan karateka, student of [Itosu Ankō](http://en.wikipedia.org/wiki/Ankō_Itosu) 糸洲 安恒 |
| [Toyama Military Academy](http://www.webdiva4hire.com/kenshinkan/toyama02.html) |  | 陸軍富山学校 |  | Rikugun Toyama Gakko, birthplace of [jūkendō](http://en.wikipedia.org/wiki/Jukendo) 銃剣道 |
| [Toyotomi Hideyoshi](http://en.wikipedia.org/wiki/Toyotomi_Hideyoshi) |  | 豊臣秀吉 |  | (1536 or 1537 – 1598). [Daimyō](http://en.wikipedia.org/wiki/Daimyo) who unified Japan, ending the [Sengoku](http://en.wikipedia.org/wiki/Sengoku) or Warring States period. |
| [Tres personas escrima](http://www.quick-stick.de/quickstickneu/html/maranga__timoteo.html) |  |  |  | "Three persons escrima," [Filipino martial art](http://en.wikipedia.org/wiki/Filipino_martial_art) founded by [Timoteo Maranga](http://www.maranga.8m.net/custom.html) |
| [Tsuba](http://home.earthlink.net/~jggilbert/tsuba.htm) |  | 鍔 or 鐔 |  | Sword guard |
| Tsuba dome |  | 鍔止め |  | Stopper ring for [tsuba](http://en.wikipedia.org/wiki/Tsuba) |
| Tsubute |  | 礫 |  | Small throwing stones ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tsubute.wav)) |
| Tsuchi fumazu |  | 土踏まず |  | Arch of the foot ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tsuchifumazu.wav)) |
| Tsugi ashi |  | 次ぎ足 |  | Stutter step, move back foot even with front, then step forward with front (type of [tai sabaki](http://en.wikipedia.org/wiki/Tai_sabaki)) |
| Tsuka |  | 柄 |  | Hilt, handgrip, handle; authority ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tsuka.wav)) |
| [Tsuka maki](http://pages.prodigy.net/tlbuck/tsuka/tsuka.htm) |  | 柄巻 |  | Wrapping the *tsuka*, the handle of a sword |
| Tsukkake |  | 突っ掛け |  | Punch ([jūdō](http://en.wikipedia.org/wiki/Judo) [atemi](http://en.wikipedia.org/wiki/Atemi)) |
| Tsukami tsuka |  | 掴み柄 |  | To seize and immobilize |
| [Tsukami uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Tsukami%20uke/tsukami%20uke.html) |  | 掴み受 |  | Grasping block |
| Tsukami waza |  | 掴み技 |  | Catching techniques |
| Tsukate |  | 掴み手 |  | The hand drawing the [sword](http://en.wikipedia.org/wiki/Japanese_sword) |
| Tsukene |  | 付け根 |  | Root, joint, base, crotch or groin |
| Tsuki |  | 月 |  | Moon ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tsuki.wav)) |
| [Tsuki](http://en.wikipedia.org/wiki/Tsuki) |  | 突 |  | Throat as a target for a thrust in [kendō](http://en.wikipedia.org/wiki/Kendo) ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tsuki.wav)) |
| [Tsuki](http://en.wikipedia.org/wiki/Tsuki) |  | 突 |  | Thrust or punch ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tsuki.wav)) |
| Tsuki age |  | 突上 |  | Upward punch ([jūdō](http://en.wikipedia.org/wiki/Judo) [atemi](http://en.wikipedia.org/wiki/Atemi)) |
| Tsukiai |  | 付き合い |  | Social debt |
| Tsuki dashi |  | 突出 |  | Advancing punch ([jūdō](http://en.wikipedia.org/wiki/Judo) [atemi](http://en.wikipedia.org/wiki/Atemi)) |
| Tsuki no sen geiko,    tsuki no sen seikō |  | 突きの千稽古 突きの千性交 |  | "A thousand thrusts in martial arts practice and a thousand thrusts in making love are the ingredients for making an individual of character.” |
| Tsuki no kokoro |  | 月の心 |  | Mind like the moon |
| Tsuki uchi |  | 突き打ち |  | Strike to throat ([kendō](http://en.wikipedia.org/wiki/Kendo)) |
| Tsukuri |  | 作り |  | Construction; makeup |
| [Tsumasaki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/tsumasaki/tsumasaki.html) |  | 爪先 |  | Toe; tip of toe ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tsumasaki.wav)) |
| Tsume |  | 爪 |  | Nail (body part) ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tsume.wav)) |
| Tsunagari |  | 繋がり |  | Connection, link, relationship (between techniques) |
| [Tsune](http://books.google.com/books?id=k3T-ySa_gU4C&pg=PA81&lpg=PA81&dq=tsune+lowry&source=bl&ots=0jDTbYy4wS&sig=ncDPatzfUodiebKgJMr6AUsbAuI&hl=en&ei=MwKjSaq2K4KOsQOfvr2_CQ&sa=X&oi=book_result&resnum=1&ct=result) |  | 常 |  | Training as a “daily habit" ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tsune.wav)) |
| [Tsuri goshi](http://www.youtube.com/watch?v=OLqryPZyUuA) |  | 釣腰 |  | "Lifting hip" throw ([Kōdōkan](http://en.wikipedia.org/wiki/Kodokan) [jūdō](http://en.wikipedia.org/wiki/Judo)) |
| Tsurikomiashi |  | 钓进足 |  | Step across, two steps forward or backward, type of [tai sabaki](http://en.wikipedia.org/wiki/Tai_sabaki) |
| [Tsurikomi goshi](http://www.youtube.com/watch?v=hoipL2RjF6I&feature=related) |  | 釣進腰 |  | "Lifting pulling hip" throw ([Kōdōkan](http://en.wikipedia.org/wiki/Kodokan) [jūdō](http://en.wikipedia.org/wiki/Judo)) |
| Tsuri te |  | 吊手 |  | Lifting hand |
| Tsuru |  | 弦 |  | Bowstring; string that holds the shinai together; string ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tsuru.wav)) |
| Tsuru |  | 鶴 |  | Crane ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tsuru%20(crane).wav)) |
| Tsuruiashi dachi |  | 鶴足立 |  | Stance with one foot hooked behind the other knee |
| Tsuru dachi |  | 鶴立 |  | Crane stance |
| [Tsurugi](http://en.wikipedia.org/wiki/Tsurugi) |  | 剱 |  | Sword; straight sword with two sides, as opposed to the single-sided *katana* |
| Tsurushiwari |  | 弦し割り |  | Breaking in which the object to be broken is suspended or supported by one hand |
| Tsutomureba kanrazu tassu |  |  |  | "If there is effort, there is always accomplishment" |
| [Tsutsushimi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/tsutsushimi/tsutsushimi.html) |  | 慎み |  | Restraint, care, discretion, modesty; propriety, circumspect and careful observance of rules ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tsutsushimi.wav)) |
| Tsuwamono |  | 兵 |  | Soldier; man of courage; strong person |
| Tsuyoi |  | 強い |  | Strong ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/T/Sound%20files/tsuyoi.wav)) |
| Tsuyoki |  | 強気 |  | Firm, strong |
| Tu |  | 拾 or 十 |  | Okinawan for "ten" |
| Tudi |  | 唐手 |  | "Tang hand" or "China hand." Okinawan precursor to karate. Sometimes *Todi* or *Okinawa-te* |
| Tuifa |  |  |  | Tonfa, in the Okinawan dialect |
| [Tuiolosega, Tu'umamao "Tino"](http://limalama.net/Tinobio.htm) |  |  |  | (1931 - ) Founder of [Lima Lama](http://en.wikipedia.org/wiki/Limalama) |
| [Tuishou](http://en.wikipedia.org/wiki/Tuishou) |  | 推手 |  | "Pushing hands" exercises of [internal kung fu](http://en.wikipedia.org/wiki/Internal_kung_fu) |
| Tuite |  |  |  | Okinawan grappling techniques |

U

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| --- | --- | --- | --- | --- |
| U |  | 右 |  | Right; also *migi* ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/U/Sound%20files%20U/u.wav)) |
| Uchi |  | 打ち |  | Strike ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/U/Sound%20files%20U/uchi.wav)) |
| Uchi |  | 内 |  | Inside ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/U/Sound%20files%20U/uchi.wav)) |
| Uchi dachi |  | 打太刀 |  | First, unsuccessful striker in kata ([kendō](http://en.wikipedia.org/wiki/Kendo)), cf. *shidachi* |
| [Uchida ryu](http://www.koryu.com/guide/uchida.html) |  | 内田流 |  | [Koryū](http://www.koryu.com/) tanjōjutsu |
| Uchi deshi |  | 内弟子 |  | Live-in or inner student |
| [Uchigatana](http://en.wikipedia.org/wiki/Uchigatana) |  | 打刀 |  | [Japanese sword](http://en.wikipedia.org/wiki/Japanese_sword) carried edge-down in its scabbard, which hung from the belt |
| [Uchi hachiji dachi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/U/Uchi%20hachijidachi.html) |  | 内八字立 |  | Hachiji dachi with toes pointed inward |
| [Uchi komi](http://www.markstraining.com/2007/10/key-to-judo-uchi-komi-nage-komi.html) |  | 内込 |  | Drill training; practicing a throw to the point just before opponent is thrown ([jūdō](http://en.wikipedia.org/wiki/Judo)) |
| Uchi komi geiko |  | 内込稽古 |  | Partner practice with an advanced student or teacher ([aikidō](http://en.wikipedia.org/wiki/Aikido)) |
| Uchi makikomi |  | 内巻込 |  | Inner winding, [Kōdōkan](http://en.wikipedia.org/wiki/Kodokan) [jūdō](http://en.wikipedia.org/wiki/Judo) throw |
| Uchi mawashigeri |  | 内回し蹴り |  | Inner [roundhouse kick](http://en.wikipedia.org/wiki/Roundhouse_kick) |
| [Uchi mata](http://ca.youtube.com/watch?v=O93a4H5dEis) |  | 內股 |  | Inner thigh, [Kōdōkan](http://en.wikipedia.org/wiki/Kodokan) [jūdō](http://en.wikipedia.org/wiki/Judo) throw |
| Uchi mikazukigeri |  | 內三日月蹴り |  | Inner crescent kick |
| Uchina |  | 沖縄 |  | [Okinawa](http://en.wikipedia.org/wiki/Okinawa) |
| Uchinan |  |  |  | Native Okinawan name for [Okinawa](http://en.wikipedia.org/wiki/Okinawa) |
| Uchine jutsu |  |  |  | Art of using the unstrung bow as a flexible fighting staff |
| Uchi otoshi |  | 打落 |  | Falling strike |
| Uchi te |  | 打手 |  | Striking hand; the attacker |
| Uchi ude |  | 內腕 |  | Inside of forearm |
| [Uchi ude uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/U/Ude%20uke/ude%20uke.html) |  | 內腕受け |  | Inner forearm block |
| Uchi oroshi |  | 打下ろし |  | Downward strike ([jūdō](http://en.wikipedia.org/wiki/Judo) [atemi](http://en.wikipedia.org/wiki/Atemi)) |
| [Uchi uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/U/Ude%20uke/ude%20uke.html) |  | 內受け |  | Inner block |
| Uchiwa dachi |  | 打環立ち |  | Inner circular stances, in which the knees are bent inward; eg *sanchin dachi* |
| Uchi waza |  | 打技 |  | Striking techniques |
| [Ude](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/wan/wan.html) |  | 腕 |  | Arm or forearm ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/U/Sound%20files%20U/ude.wav)) |
| Ude garami |  | 腕緘 |  | Entangled arm, [Kōdōkan](http://en.wikipedia.org/wiki/Kodokan) [jūdō](http://en.wikipedia.org/wiki/Judo) joint locking technique; also [*Kimura*](http://en.wikipedia.org/wiki/Armlock#Kimura)([Brazilian jiujitsu](http://en.wikipedia.org/wiki/Brazilian_jiujitsu)) |
| Ude gatame |  | 腕固 |  | Arm lock; [Kōdōkan](http://en.wikipedia.org/wiki/Kodokan) [jūdō](http://en.wikipedia.org/wiki/Judo) joint locking technique |
| [Ude hineri](http://www.youtube.com/watch?v=gG7B5m-S-vk) |  | 腕捻り |  | Arm twist throw ([aikidō](http://www.aikidofaq.com/)) |
| Ude kansetsu |  | 腕関節 |  | Arm joint |
| Ude kansetsu nage |  | 腕関節投 |  | Arm joint throw |
| Ude nare |  | 腕 |  |  |
| Ude o mae yoko shita ni nobasu undō |  | 腕を前横下に伸ばす運動 |  | Double arm thrusting, junbi undō (warm-up exercise) ([Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu)) |
| Ude otoshi |  | 腕落 |  | Arm drop, *sutemi* technique |
| [Ude uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/U/Ude%20uke/ude%20uke.html) |  | 腕受け |  | Forearm block |
| Udewa |  |  |  | "Grab leg" takedown |
| Ue |  | 上 |  | Upper part, higher place, lift up, rise ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/U/Sound%20files%20U/ue.wav)) |
| Ugan |  |  |  | Uchinanchu (native Okinawan) term for a grove reserved for certain ceremonies and a traditional training site for karate |
| Uhō |  | 右方 |  | Right direction |
| [Uechi Kanbun](http://en.wikipedia.org/wiki/Kanbun_Uechi) |  | 上地 完文 |  | (1877 - 1948) Founder of [Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu) |
| [Uechi Kanei](http://www.threebattles.com/offline%20files/Side%20Page%20Links/NRKS%20Teachers/Kanei.htm) |  |  |  | (1911 - 1991) Son of [Uechi Kanbun](http://en.wikipedia.org/wiki/Uechi_Kanbun) and head of [Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu) until his death. |
| Uechi Kanmei |  |  |  | Son of Uechi Kanei and head of the Uechi ryū Karate Dō Association |
| [Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu) |  | 上地流 |  | Okinawan karate ryū |
| Uehara Seikichi |  |  |  | (1904 - 2004) Okinawan Motobu ryū karateka |
| [Ueshiba Morihei](http://en.wikipedia.org/wiki/Morihei_Ueshiba) |  | 植芝 盛平 |  | (1883-1969). Founder of [aikidō](http://en.wikipedia.org/wiki/Aikido) |
| Ujumchin |  |  |  | A type of [Mongolian wrestling](http://en.wikipedia.org/wiki/Mongolian_wrestling) |
| [Uke](http://en.wikipedia.org/wiki/Uke_(martial_arts)) |  | 受け |  | Block; [receiving](http://www.fightingarts.com/reading/article.php?id=181); the receiver of a technique |
| Uke nagashi |  | 受流 |  | Flowing reception |
| [Uke no go gensoku](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/U/Uke%20no%20go%20gensoku/uke%20no%20go%20gensoku.html) |  | 受の五原則 |  | "Five general rules of defense," aka *uke no go genri* or *uke no go hō* ([Shitō ryū](http://en.wikipedia.org/wiki/Shito_ryu)) |
| [Uke no go genri](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/U/Uke%20no%20go%20gensoku/uke%20no%20go%20gensoku.html) |  | 受の五原 |  | "Five principles of defense," aka *uke no go gensoku* or *uke no go hō* ([Shitō ryū](http://en.wikipedia.org/wiki/Shito_ryu)) |
| [Uke no go hō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/U/Uke%20no%20go%20gensoku/uke%20no%20go%20gensoku.html) |  | 受の五法 |  | "Five directives of defense," aka *uke no go gensoku* or *uke no go genri* ([Shitō ryū](http://en.wikipedia.org/wiki/Shito_ryu)) |
| Uke waza |  | 受け技 |  | Techniques of receiving |
| Ukemi |  | 受身 |  | Literally, “receiving body”; breakfall |
| Uki ashi |  | 浮き足 |  | Floating foot, leg without weight |
| [Uki goshi](http://ca.youtube.com/watch?v=dFXK9plNIss) |  | 浮き腰 |  | Floating hip, [Kōdōkan](http://en.wikipedia.org/wiki/Kodokan) [jūdō](http://en.wikipedia.org/wiki/Judo) throw |
| [Uki otoshi](http://ca.youtube.com/watch?v=dFXK9plNIss) |  | 浮落 |  | Floating drop, [Kōdōkan](http://en.wikipedia.org/wiki/Kodokan) [jūdō](http://en.wikipedia.org/wiki/Judo) throw |
| [Uki waza](http://ca.youtube.com/watch?v=3ixocFp5ngY) |  | 浮技 |  | Floating technique, [Kōdōkan](http://en.wikipedia.org/wiki/Washin_ryu) [jūdō](http://en.wikipedia.org/wiki/Judo) throw |
| [Umpohō](http://www.shorinji.co.uk/kenshi/umpoho.html) |  | 運歩法 |  | Foot movements ([Shōrinji Kempō](http://www.shorinjikempo.or.jp/wsko/)) |
| Undō |  | 運動 |  | Exercise ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/U/Sound%20files%20U/undou.wav)) |
| [Unsoku](http://www.kt.rim.or.jp/~spt-aiki/corporate%20folder/unsoku/unsoku-2.htm) |  | 運足 |  | Stepping, as in from one stance to another |
| [Unsu](http://en.wikipedia.org/wiki/Unsu) |  | 雲手 |  | “Hands in a cloud,” karate kata ([Shōtōkan](http://en.wikipedia.org/wiki/Shotokan)); also *Unshu* |
| [Unsui](http://www.jinenkanseigi.com/clouds&water.htm) |  |  |  | Name taken by Manaka Fumio, founder of [Jinenkan](http://jinenkan.com/en/Default.htm) |
| Ura |  | 裏 |  | Backward direction or in the rear side of the opponent ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/U/Sound%20files%20U/ura.wav)) |
| Ura gamae |  | 裏構え |  | Back posture; ducking; low posture with leg extended, as in Kūshankū kata |
| [Uraken](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/U/uraken/uraken.html) |  | 裏拳 |  | Backfist |
| [Uraken uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/U/uraken%20uke/uraken%20uke.html) |  | 裏拳受け |  | Backfist block |
| Ura mawashigeri |  | 裏回し蹴り |  | Reverse roundhouse kick |
| Ura shutō |  | 裏手刀 |  | Reverse sword hand |
| Urauke |  | 裏受 |  | Back hand block |
| [Uragakeuke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/U/Uragakeuke.html) |  | 裏掛け受け |  | Block with the back of the hand hooking over the opponent's forearm |
| Ura uchi |  | 裏打ち |  | Reverse strike |
| [Ura zuki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/U/urazuki.html) |  | 裏突き |  | Close punch, bodyshot |
| Ushiro |  | 後ろ |  | Rear ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/U/Sound%20files%20U/ushiro.wav)) |
| Ushiro age zuki |  | 後ろ肋突き |  | Reverse upward punch |
| Ushiro ashi geri |  | 後ろ足蹴り |  | Kick with the back foot |
| Ushiro chidori ashi |  | 後ろ千鳥足 |  | Retreating movement |
| Ushiro dori |  | 後取 |  | Hold from behind |
| Ushiro empi uchi |  | 後ろ肘打ち |  | Back elbow strike |
| Ushiro eri dori |  | 後ろ襟取り |  | Rear collar grab; choke from the rear |
| [Ushiro geri](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/C/chudan%20ushiro%20geri/chudan%20ushiro%20geri.html) |  | 後ろ蹴り |  | Back kick |
| Ushiro geri keage |  | 後ろ蹴り蹴上げ |  | Back snap kick |
| Ushiro geri kekomi |  | 後ろ蹴り蹴込み |  | Back thrust kick |
| [Ushiro goshi](http://ca.youtube.com/watch?v=w-Q-pu64QMU) |  | 後ろ腰 |  | Rear hip, [Kōdōkan](http://en.wikipedia.org/wiki/Kodokan) [jūdō](http://en.wikipedia.org/wiki/Judo) throwing technique |
| Ushiro kakato |  | 後ろ踵 |  | Back of the heel |
| Ushiro kubi jime |  | 後ろ首絞め |  | Rear neck strangle |
| [Ushiro mawashi barai](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/U/ushiro%20mawashi%20barai/ushiro%20mawashi%20barai.html) |  | 後ろ回し払い |  | Reverse roundhouse sweep |
| [Ushiro mawashigeri](http://www.youtube.com/watch?v=wtaVJGUmDf0) |  | 後ろ回し蹴り |  | Reverse roundhouse kick, hook kick |
| Ushiro oshi |  | 後押 |  | Rear push |
| Ushiro otoshi |  | 後ろ落 |  | Rear drop, aikido throw |
| Ushiro ryokata dori |  | 後ろ両肩取り |  | Rear two shoulder grab |
| Ushiro ryote dori |  | 後ろ両手取り |  | Rear two-handed grab |
| Ushiro sumi zuki |  | 後隅突 |  | Rear corner punch ([jūdō](http://en.wikipedia.org/wiki/Judo) atemi) |
| Ushiro tekubi |  | 後ろ手首 |  | Back of wrist |
| Ushiro tekubi dori |  | 後ろ手首取り |  | Rear grab of both wrists |
| [Ushiro tobi geri](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/U/ushiro%20tobi%20geri/ushiro%20tobi%20geri.html) |  | 後ろ飛び蹴り |  | Flying back kick |
| [Ushiro tobi mikazuki geri](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/U/ushiro%20tobi%20mikazuki%20geri/ushiro%20tobi%20mikazuki%20geri.html) |  | 後ろ飛び三日月蹴り |  | Flying back crescent kick |
| [Ushiro uraken uchi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/J/jodan%20ushiro%20uraken%20uchi/jodan%20ushiro%20uraken%20uchi.html) |  | 後ろ裏拳打ち |  | Reverse backhand strike |
| Ushiro waza |  | 後ろ技 |  | Rear techniques |
| Ushiro zuki |  | 後ろ突 |  | [Rear thrust (stick technique)](http://ca.youtube.com/watch?v=g-0ULs25T-Q); rear punch ([jūdō](http://en.wikipedia.org/wiki/Judo) atemi) |
| Utaki |  |  |  | Uchinanchu (native Okinawan) term for fortified estate, a traditional training site for karate |
| Utsuroi |  | 移ろい? |  | Ephemerality, like the reflection in a mirror |
| Utsuwa |  | 器 |  | Capacity ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/U/Sound%20files%20U/utsuwa.wav)) |
| Utsuwa ga ooki |  | 器が大きい |  | Be of high caliber, big-hearted, magnanimous ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/U/Sound%20files%20U/utsuwagaookii.wav)) |
| Uwagi |  | 上着 |  | [Keikogi](http://en.wikipedia.org/wiki/Keikogi) jacket; outerwear; coat; jacket ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/U/Sound%20files%20U/uwagi.wav)) |
| Uye |  | 上 |  | Up; also *ue* |

V

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| [Vacón](http://en.wikipedia.org/wiki/Vacón) |  | [Hybrid martial](http://en.wikipedia.org/wiki/Hybrid_martial_art) art used by the Peruvian military |
| [Vajra](http://en.wikipedia.org/wiki/Vajra) | वज | Lit "thunderbolt" or "diamond," short metal weapon used symbolically in Buddhism, [Jainism](http://en.wikipedia.org/wiki/Jainism) and Hinduism; in Tibetan, *dorje* |
| [Vajramushti](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/V/Vajramushti/vajramushti.pdf) |  | [East Indian art](http://en.wikipedia.org/wiki/Indian_martial_arts) of grappling |
| [Vargo, Keith](http://www.blackbeltmag.com/archives/630) |  | [MMA](http://en.wikipedia.org/wiki/Mixed_martial_arts) fighter and columnist for [*Black Belt*](http://www.blackbeltmag.com/) [magazine](http://www.blackbeltmag.com/) |
| Vat |  | Form of [Vietnamese wrestling](http://en.wikipedia.org/wiki/Vietnamese_martial_arts) |
| [Viet Vo Dao](http://en.wikipedia.org/wiki/Viet_Vo_Dao) | 越武道 | Philosophy behind [Vietnamese martial arts](http://en.wikipedia.org/wiki/Vietnamese_martial_arts) |
| [Vo Binh Dinh](http://en.wikipedia.org/wiki/Vo_Binh_Dinh) |  | [Vietnamese martial art](http://en.wikipedia.org/wiki/Vietnamese_martial_arts) |
| Vo Co Truyen |  | [Vietnamese martial art](http://en.wikipedia.org/wiki/Vietnamese_martial_arts) |
| [Vo Thuat](http://en.wikipedia.org/wiki/Vo_Thuat) | 武秫 | Collective Vietnamese term for [Vietnamese martial art](http://en.wikipedia.org/wiki/Vietnamese_martial_arts) |
| [Vovinam](http://en.wikipedia.org/wiki/Vovinam) |  | [Vietnamese martial art](http://en.wikipedia.org/wiki/Vietnamese_martial_arts) |

W

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| [Wa](http://en.wikipedia.org/wiki/Wa_(Japanese)) |  | 和 |  | Accord or harmony ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/Sound%20files/wa.wav)) |
| Wa |  | 輪 |  | Circle, wheel, ring, loop ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/Sound%20files/wa.wav)) |
| [Wabi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/Wabi%20sabi/wabi%20sabi.html) |  | 侘 |  | Spartan understatement ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/Sound%20files/wabi.wav)) |
| [Wabi-sabi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/Wabi%20sabi/wabi%20sabi.html) |  | 侘寂 |  | The beauty to be found in quiet and elegant simplicity |
| [Wadō International Karate-dō Federation](http://www.wikf.com/) |  |  |  | (WIKF) [Wadō ryū](http://en.wikipedia.org/wiki/Wado_Ryu) organization led by [Suzuki Tatsuo](http://www.wikf.com/tatsuo.htm) |
| [Wadō Karate Association of Canada](http://www.wadokai.org/index.html) |  |  |  | Shintani Wadōkai organization led by Greg Reid |
| [Wadō ryū](http://en.wikipedia.org/wiki/Wado_Ryu) |  | 和道流 |  | Karate school founded by [Ōtsuka Hironori](http://www.z-teamkarate.com/grand_master_hironori_otsuka_i.htm), "Way of peace school " |
| [Wad](http://www.wado.academy.btinternet.co.uk/Main.html)[ō](http://en.wikipedia.org/wiki/Wado_Ryu)[-Ry](http://www.wado.academy.btinternet.co.uk/Main.html)[ū](http://en.wikipedia.org/wiki/Wado_Ryu) [Karate-D](http://www.wado.academy.btinternet.co.uk/Main.html)[ō](http://en.wikipedia.org/wiki/Wado_Ryu) [Academy](http://www.wado.academy.btinternet.co.uk/Main.html) |  |  |  | [Wadō ryū](http://en.wikipedia.org/wiki/Wado_Ryu) organization led by [Shiomitsu Masafumi](http://www.surreykarate.co.uk/articles/shiomitsu.html) |
| [Wai chia](http://en.wikipedia.org/wiki/Shaolin_Kung_Fu) |  | 外家 |  | External styles of [kung fu](http://en.wikipedia.org/wiki/Kung_fu); lit."external family"; also *waijia*; cf. *nei chia* or [*neijia*](http://en.wikipedia.org/wiki/Neijia) |
| [Waijia](http://en.wikipedia.org/wiki/Shaolin_Kung_Fu) |  | 外家 |  | External styles of [kung fu](http://en.wikipedia.org/wiki/Kung_fu); lit."external family"; also *wai chia* ; cf. *nei chia* or [*neijia*](http://en.wikipedia.org/wiki/Neijia) |
| [Wai khru ram muay](http://www.sprypublishing.com/ch3_P72-87.pdf) |  | ไหว้ครูรำมวย |  | A dance-like ritual performed before Muay Thai matches, also *Wai Khru* or *Ram Muay* |
| Wajutsu |  | 和術 |  | "Art of harmony," form of [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu), empty hand method devised by Oguri Neimon, who found Oguri Ryū |
| Wakarimasu ka |  | 分かりますか |  | "Do you understand?" ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/Sound%20files/wakarimasuka.wav)) |
| Waka sensei |  | 若先生 |  | Young master; son of the headmaster or founder |
| Wakai |  | 若い |  | Young, green, inexperienced, immature ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/Sound%20files/wakai.wav)) |
| Waki |  | 脇 |  | Ribs, armpit, side; in [kendō](http://en.wikipedia.org/wiki/Kendo), side [kamae](http://www.wikf.com/tatsuo.htm) ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/Sound%20files/waki.wav)) |
| Waki gatame |  | 脇固め |  | Side lock, arm bar |
| Waki kage |  | 脇影 |  | Armpit |
| Waki no shita |  | 脇の下 |  | Armpit |
| [Wakizashi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/wakizashi.html) |  | 脇差 or 脇指 |  | Short sword, between 11.9" (1 *shaku*) and 23.7"; also *maezashi* |
| [Wan](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/wan/wan.html) |  | 腕 |  | Arm([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/Sound%20files/wan.wav)); also *ude* or *zenwan* |
| [Wankan](http://www.youtube.com/watch?v=JzSi49qhqDY) |  | 王冠 |  | "King's crown," karate kata ([Shōtōkan](http://www.shintanikarate.com/)) |
| Wan ryoku |  | 腕力 |  | Brute strength, physical strength, muscular power, force ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/Sound%20files/wanryoku.wav)); cf *seishin ryoku* |
| [Wanshu](http://www.youtube.com/watch?v=ZboxHdRNnDM) |  | 云手 |  | Karate kata ([Wadō](http://en.wikipedia.org/wiki/Wado_ryu) and other ryū); also *Wansu* |
| [Wang Yang Ming](http://en.wikipedia.org/wiki/Wang_Yang_Ming) |  | 姓陽明 |  | (1472 - 1529) Founder of Oyomei-style [Confucianism](http://en.wikipedia.org/wiki/Confucianism). |
| [Wantō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/wan/wan.html) |  | 腕刀 |  | Forearm, lit "arm sword," also shubō, "arm stick" |
| Wan uke |  | 腕受け |  | Arm block |
| [Wari uke](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/wari%20uke/wari%20uke.html) |  | 割受 |  | Split block ([Shōrin ryū](http://en.wikipedia.org/wiki/Shorin_ryu)) |
| Wari uke zuki |  | 割受突 |  | Split block punch ([Shōrin ryū](http://en.wikipedia.org/wiki/Shorin_ryu)) |
| [Washide](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/washide/washide.html) |  | 鷲手 |  | Eagle hand |
| [Washin ryū](http://www.hidyochiai.org/washin-ryu.php) |  | 和真流 |  | "Harmony with truth," karate-dō ryū |
| [Wa uke](http://ca.youtube.com/watch?v=Gpdp7bE8J2Y) |  | 輪受け |  | Circle block ([Uechi ryū](http://en.wikipedia.org/wiki/Uechi_Ryu)) |
| Waza |  | 技 |  | Technique; also *gi* ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/Sound%20files/waza.wav)) |
| Waza ari |  | 技有 |  | Half point; literally, "Almost a point" |
| Waza geiko |  | 技-稽古 |  | Practice in which the student learns and refines technique with a receiving partner |
| [Wing Chun](http://en.wikipedia.org/wiki/Wing_chun) |  | 詠春 |  | “Spring chant” or “forever spring”: Southern Chinese [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| [World Congress of Shintani Wadōkai](http://www.worldcongresskarate.com/) |  |  |  | Organization led by [Paul Leonard](http://www.shintanikarate.com/) |
| [World Karate Federation](http://www.karateworld.org/) |  |  |  | Global karate organization |
| [Wudanquan](http://en.wikipedia.org/wiki/Wudangquan) |  | 武當拳 |  | Style of [internal kung fu](http://en.wikipedia.org/wiki/Neijia) |
| [Wudang Mountains Wǔdāng Shān Wudang](http://en.wikipedia.org/wiki/Wudang_Mountains) |  | 武当山 |  | Venerated mountain range in China's [Hubei](http://en.wikipedia.org/wiki/Hubei) province, the site of monasteries known for [martial arts](http://en.wikipedia.org/wiki/Wudang_Mountains#Wudang_Martial_Arts), meditation, [traditional Chinese medicine](http://en.wikipedia.org/wiki/Traditional_Chinese_medicine) and related arts |
| Wu de |  | 武德 |  | Martial virtue or martial culture (Mandarin) |
| Wu gong |  | 武功 |  | Martial ability (Mandarin) |
| [Wu (Hao) Taijiquan](http://en.wikipedia.org/wiki/Wu/Hao_style_tai_chi_chuan) |  | 武氏太極拳 or 武氏氏太極拳 |  | Wu or Wu (Hao) style of T'ai chi ch'uan |
| Wu ming shi |  |  |  | "Nameless one" (Mandarin) |
| [Wu Pei Chih or Wu Bei Ji](http://en.wikipedia.org/wiki/Wu_Pei_Chih) |  | 武備志 |  | Chinese name for the 18th or 19th c. book, [*Bubishi*](http://en.wikipedia.org/wiki/Bubishi), crucial to the development of karate-dō |
| [Wu style T'ai Chi Ch'uan](http://en.wikipedia.org/wiki/Wu_style_tai_chi_chuan) |  | 吳氏太極拳 or 吳家太極拳 |  | Wu family style of T'ai chi ch'uan |
| [Wushu](http://en.wikipedia.org/wiki/Wushu_(sport)) |  | 武術 |  | Chinese performing martial arts ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/Sound%20files/Zh-wu3shu4.ogg)); Chinese pronounciation of [budō](http://en.wikipedia.org/wiki/Budo) |
| Wu wei jen ren |  |  |  | "A true person of no rank" (Mandarin) |
| [Wu xing](http://en.wikipedia.org/wiki/Five_Animals) |  | 五形 |  | [Five Animals kung fu](http://en.wikipedia.org/wiki/Five_Animals); five forms [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| [Wu Zu Quan](http://en.wikipedia.org/wiki/Five_Ancestors) |  | 五祖拳 |  | Five Ancestors Fist, a Southern style of [kung fu](http://en.wikipedia.org/wiki/Five_Animals) |

X

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| [Xinyiquan](http://en.wikipedia.org/wiki/Xingyiquan) | 形意拳 | Lit. "Form/Intent Boxing," one of the major [neijia](http://en.wikipedia.org/wiki/Neijia) of [Chinese martial arts](http://en.wikipedia.org/wiki/Kung_fu); also *Hsing I Ch'uan* |  |  |
| [Xuanfengjiao](http://en.wikipedia.org/wiki/540_kick) | 旋風腳 | A spinning kick in [wushu](http://en.wikipedia.org/wiki/Chinese_martial_arts); also *540 kick or tornado kick* |  |  |

Y

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| --- | --- | --- | --- | --- |
| Ya |  | 矢 |  | Arrow ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/Sound%20files%20Y/ya.wav)) |
| Yabiku Moden |  |  |  | (1880 - 1941) Okinawan karateka, student of [Itosu Ankō](http://en.wikipedia.org/wiki/Anko_Itosu) |
| [Yabu Kentsu](http://en.wikipedia.org/wiki/Yabu_Kentsū) |  | 屋部 憲通 |  | (1866 - 1937) Okinawan karateka, student of [Itosu Ankō](http://en.wikipedia.org/wiki/Anko_Itosu) |
| Yachi |  | 捌 or 八 |  | Okinawan for "eight" |
| [Yadomejutsu](http://listserv.uoguelph.ca/cgi-bin/wa?A2=ind0501&L=iaido-l&D=0&T=0&P=3264) |  | 矢留術 |  | Japanese art of deflecting arrows with a sword |
| [Yagai geiko](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/yagai%20geiko/yagai%20geiko.html) |  | 野外稽古 |  | Practice outdoors in nature |
| [Yaguchi Yutaka](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/Yaguchi%20Yutaka/Yaguchi%20Yutaka.html) |  | 矢口豊 |  | (1932 - ), Japanese [Shōtōkan](http://en.wikipedia.org/wiki/Shotokan) karateka, [ISKF](http://www.iskf.com/) |
| [Yagyū Munenori](http://en.wikipedia.org/wiki/Yagyū_Munenori) |  | 柳生宗矩 |  | (1571 - 1646) Swordsman, founder of Edo branch of [Yagyū Shinkage-ryū](http://en.wikipedia.org/wiki/Yagyū_Shinkage-ryū) |
| [Yagyū ryū](http://www.yagyu-ryu.org/history.shtml) |  | 柳生流 |  | [Koryū](http://koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu), [iaijutsu](http://en.wikipedia.org/wiki/Iaijutsu) and [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu) |
| [Yagyū Seigō ryū](http://www.koryu.com/guide/seigo.html) |  | 柳生制剛流 |  | [Koryū](http://koryu.com/) [battojutsu](http://en.wikipedia.org/wiki/Iaijutsu) |
| [Yagyū Shingan ryū](http://www.koryu.com/guide/shingan.html) |  | 柳生心眼流 |  | [Koryū](http://koryu.com/) taijutsu, [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu), [bōjutsu](http://en.wikipedia.org/wiki/Bō), [naginatajutsu](http://en.wikipedia.org/wiki/Nage_waza), [iaijutsu](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/iaijutsu) |
| [Yagyū Shinkage ryū](http://en.wikipedia.org/wiki/Yagyū_Shinkage-ryū) |  | 柳生新陰流 |  | [Koryū](http://koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu) |
| [Yahara Mikio](http://www.kwf.jp/eng/yaharamikio.html) |  | 矢原 美紀夫 |  | (1947 - ) Former JKA karateka and founder of the [Karatenomichi World Federation](http://www.kwf.jp/eng/philosophy.html). |
| Yajiri |  | 砮 or 鏃 |  | Arrowhead |
| Yajiri kabuyara |  | 鏑 |  | Barb of an arrow; head of a javelin |
| Yakusō |  | 薬草 |  | Medicinal herbs and their usage |
| Yakusoku keiko |  | 約束稽古 |  | Prearranged training |
| [Yakusoku kumite](http://www.burlingtonkarateandkobudo.ca/yakusoku_kumite.htm) |  | 約束組手 |  | Prearranged sparring in karate-dō |
| Yama |  | 山 |  | Mountain ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/Sound%20files%20Y/yama.wav)) |
| [Yama arashi](http://ca.youtube.com/watch?v=kqNa5bUp0Y8) |  | 山嵐 |  | Mountain storm, [Kōdōkan](http://en.wikipedia.org/wiki/Kodokan) [jūdō](http://en.wikipedia.org/wiki/Judo) and [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu) throw |
| [Yamabushi](http://en.wikipedia.org/wiki/Yamabushi) |  | 山武士 |  | Japanese ascetic mountain hermit |
| [Yamadera](http://www.pbase.com/neilthomas_bham/yamadera) |  | 山寺 |  | Mountain temple ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/Sound%20files%20Y/yamadera.wav)) |
| Yamaga ryū |  | 山鹿流 |  | [Koryū](http://koryu.com/) [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu) and [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu), founded by Yamaga Sokō (1622 - 1685) |
| [Yamaga Sokō](http://en.wikipedia.org/wiki/Yamaga_Sokō) |  | 山鹿素行 |  | (1622 - 1685) Founder of Yamaga ryū |
| [Yamaguchi Gogen, "The Cat"](http://www.dragon-tsunami.org/Dtimes/Pages/articlej.htm) |  | 山口剛玄 |  | (1909 - 1989) Japanese [Gōjū ryū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/Gōjū%20ryū) karateka |
| [Yamaguchi Gosei](http://www.gojukai.com/yamaguch1.htm) |  | 山口剛正 |  | (1935 - ) Japanese [Gōjū ryū](http://en.wikipedia.org/wiki/Gōjū-ryū) karateka, eldest son of [Yamaguchi Gogen](http://www.dragon-tsunami.org/Dtimes/Pages/articlej.htm) |
| [Yamaguchi Katsuō](http://www.wykko.com/Yoshukai/History/tabid/59/Default.aspx) |  | 山口克夫 |  | (1917 - 2006) Japanese [iaidōka](http://en.wikipedia.org/wiki/Iaido), jūdan, [meijin](http://en.wikipedia.org/wiki/Meijin) |
| Yamamoto Mamoru |  |  |  | Japanese karateka, founder of [Yoshukai karate](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/Neijia.html) |
| Yamaji uke |  | 山字受け |  | Mountain form block |
| [Yamato damashii](http://en.wikipedia.org/wiki/Yamato-damashii) |  | 大和魂 |  | Japanese fighting spirit |
| Yama uke |  | 山受け |  | Mountain block |
| [Yama zuki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/yama%20zuki/yama%20zuki.html) |  | 山突き |  | Mountain punch |
| Yame |  | 止め |  | Command: "Finish/complete your movement" |
| Yamichi |  | 矢道 |  | Arrow pathway, part of a [*kyūdōjō*](http://www.kyudo.com/kyudo-e7.html) |
| [Yang shi taijiquan](http://en.wikipedia.org/wiki/Yang_style_tai_chi_chuan) |  | 楊氏太極拳 |  | Yang style tai chi chu'an |
| [Yari](http://en.wikipedia.org/wiki/Yari) |  | 槍 |  | Spear ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/Sound%20files%20Y/yari.wav)) |
| [Yari jutsu](http://en.wikipedia.org/wiki/Sojutsu) |  | 槍術 |  | Art of the spear; also *sōjutsu* 槍術 |
| Yasumi |  | 休み |  | Command to rest or relax ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/Sound%20files%20Y/yasumi.wav)) |
| [Yau Kung Mun](http://en.wikipedia.org/wiki/Yau_Kung_Mun) |  | 软功門 |  | Style of Flexible Power, style of Southern [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| Yawara |  | 柔 or 和 |  | Grappling; [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu) |
| [Yawara](http://en.wikipedia.org/wiki/Yawara) |  | 和尺棍 |  | Very short stick weapon that protudes from each side of the hand |
| Yawarakai |  | 柔らかい |  | Flexible, soft or liquid; one of [four levels of technique in aikidō](http://www.iwama-aikido.cz/pvnft.php?id=clanky_det&id_sem=2007-11-05%2014:17:58&j=a) ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/Sound%20files%20Y/yawarakai.wav)) |
| [Yingzhaoquan](http://en.wikipedia.org/wiki/Yingzhaoquan) |  | 鷹爪拳 |  | Eagle Claw Fist, style of [Northern kung fu](http://en.wikipedia.org/wiki/Northern_kung_fu) |
| [Yi Quan](http://en.wikipedia.org/wiki/Yiquan) |  | 意拳 |  | Mind Boxing, style of [internal kung fu](http://en.wikipedia.org/wiki/Internal_kung_fu); also *Dacheng Quan* |
| [Yo](http://en.wikipedia.org/wiki/Yin_and_yang) |  | 陽 |  | Yang; cf. *in* 陰 (yin) |
| [Yohon nukite](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/N/nukite/nukite.html) |  | 四本贯手 |  | Four-fingered spear hand |
| Yōi |  | 用意 |  | Ready |
| [Yo ibuki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/yo%20ibuki/yo%20ibuki.html) |  | 陽息吹 |  | Hard aggressive breathing (yo=yang of yin/yang) |
| Yōi dachi |  | 用意立ち |  | Ready stance |
| Yōjō |  | 養生 |  | Hygeine; health care; recuperation |
| Yōjō gi |  | 養生技 |  | Techniques for healing |
| Yoko |  | 横 |  | Side ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/Sound%20files%20Y/yoko.wav)) |
| Yoko ate |  | 横当 |  | Side strike ([jūdō](http://en.wikipedia.org/wiki/Judo) atemi) |
| Yoko dachi |  | 横立ち |  | Side stance |
| Yoko empi uchi |  | 横肘打ち |  | Side elbow strike |
| Yoko furimi |  | 横振り身 |  | Sideways motion |
| [Yoko geri](http://ca.youtube.com/watch?v=wkJb2CU-VWM) |  | 横蹴り |  | Side kick |
| [Yoko geri fumikomi](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/yoko%20geri%20fumikomi/yoki%20geri%20fumikomi.html) |  | 横蹴り踏み込み |  | Side stamping kick |
| [Yoko geri keage](http://ca.youtube.com/watch?v=lEZRTB_bsB4&feature=related) |  | 横蹴り蹴上げ |  | Side snap kick |
| [Yoko geri kekomi](http://ca.youtube.com/watch?v=rYG4OpE9lR4) |  | 横蹴り蹴込み |  | Side thrust kick |
| Yokoha |  |  |  | Side hook on the [jutte/jitte](http://en.wikipedia.org/wiki/Jitte_(weapon)) |
| Yoko mawashi empi uchi |  | 横回し肘打ち |  | Side roundhouse elbow strike |
| Yoko mawashi shuto uchi |  | 横回し手刀打ち |  | Side roundhouse knife hand strike |
| Yoko mawashi uraken uchi |  | 横回し裏拳打ち |  | Side backfist strike |
| Yokomen |  | 横面 |  | Side of the head |
| Yokomen uchi |  | 横面打ち |  | Diagonal strike to the head ([aikidō](http://en.wikipedia.org/wiki/Aikido)) |
| [Yokomen uchi shiho nage](http://ca.youtube.com/watch?v=1WYZPUJNTIU) |  | 横面 打ち 四方 投げ |  | Throw countering a diagonal strike to the head ([aikidō](http://en.wikipedia.org/wiki/Aikido)) |
| Yoko otoshi |  | 横落 |  | Side drop; class of throws; Kōdōkan [jūdō](http://en.wikipedia.org/wiki/Judo) throw |
| Yoko seishan dachi |  | 横十三立 |  | Stance similar to *sanchin dachi*, except wider |
| Yoko shiho gatame |  | 横四方固 |  | Side four corners lock, Kōdōkan [jūdō](http://en.wikipedia.org/wiki/Judo) hold |
| [Yoko tobi geri](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/yoko%20tobi%20geri/yoko%20tobi%20geri.html) |  | 横飛び蹴り |  | Flying side kick |
| [Yoko tomoe nage](http://www.youtube.com/watch?v=Ji9MSQvmkQw&feature=related) |  | 横巴投 |  | "Side stomach throw" ([Kōdōkan jūdō](http://en.wikipedia.org/wiki/Kodokan_Judo)) |
| Yoko uchi |  | 横打ち |  | Side strike |
| Yoko uke |  | 横受け |  | Sideways receiving, [kenjutsu](http://en.wikipedia.org/wiki/Kenjutsu) term |
| Yoko ukemi |  | 横受身 |  | Side breakfall |
| Yoko zuki |  | 横突き |  | Side punch |
| Yomi |  | 読み |  | Read ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/Sound%20files%20Y/yomi.wav)) |
| Yon |  | 四 |  | Four ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/Sound%20files%20Y/yon.wav)); also *shi* |
| Yonen |  | 四年 |  | Children's grade, especially in [jūdō](http://en.wikipedia.org/wiki/Judo), usually for those younger than 13 |
| [Yongmudo](http://english.chosun.com/english/contents/magazine/2001/Attraction200106_3.html) |  | 용무도 |  | Modern hybrid Korean art |
| Yonshaku bō |  | 四尺棒 |  | Four foot (50 inch) [bō](http://en.wikipedia.org/wiki/Bō) |
| [Yoroi](http://en.wikipedia.org/wiki/O-yoroi) |  | 鎧 |  | Japanese armor ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/Sound%20files%20Y/yoroi.wav)) |
| Yō ryū |  | 陽流 |  | [Koryū](http://koryu.com/) hojutsu |
| Yōsei |  | 養成 |  | Training |
| [Yōseikan](http://en.wikipedia.org/wiki/Yoseikan) |  | 養正館 |  | Lit "the place to cultivate truth/righteousness"; [dōjō](http://en.wikipedia.org/wiki/Dojo) in [Shizuoka](http://en.wikipedia.org/wiki/Shizuoka%2C_Shizuoka), Japan. |
| [Yōseikan budō](http://en.wikipedia.org/wiki/Yoseikan) |  | 養正館武道 |  | Composite martial art founded in 1931 by [Mochizuki Minoru](http://en.wikipedia.org/wiki/Minoru_Mochizuki). |
| Yoshin ryū |  | 楊神流 |  | [Koryū](http://koryu.com/) [jūjutsu](http://en.wikipedia.org/wiki/Jujutsu), "School of the Willow Heart" |
| [Yōshin ryū](http://www.koryu.com/guide/yoshin.html) |  | 揚心流 |  | [Koryū](http://koryu.com/) [naginatajutsu](http://en.wikipedia.org/wiki/Nage_waza), [sōjutsu](http://en.wikipedia.org/wiki/Sojutsu), [bōjutsu](http://en.wikipedia.org/wiki/Bō), [kusarigamajutsu](http://en.wikipedia.org/wiki/Kusarigama) |
| [Yōshūkai](http://en.wikipedia.org/wiki/Yoshukai_karate) |  | 養秀会 |  | Japanese school of karate, lit. "Training Hall of Continued Improvement" |
| Yowai |  | 弱い |  | Weak ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/Sound%20files%20Y/yowai.wav)) |
| Yowaki |  | 弱気 |  | Timid or faint-hearted presence, personality or sentiment; weak spirit |
| [Yoyū](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/yoyuu/yoyuu.html) |  | 余裕 |  | Margin, surplus, spare, as in a margin of time (to execute a technique) |
| Yū |  | 勇 |  | Courage ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/Sound%20files%20Y/yuu.wav)) |
| Yubi |  | 指 |  | Finger ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/Sound%20files%20Y/yubi.wav)); also *te no yubi* |
| [Yubi basami](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/yubi%20basami/yubi%20basami.html) |  | 指挟み |  | Thumb and forefinger scissors |
| Yubi no fushi |  | 指の節 |  | Knuckle |
| Yubi sake ate |  | 指先当 |  | Fingertip strikes ([jūdō](http://en.wikipedia.org/wiki/Judo) atemi) |
| Yuchi |  | 四 or 肆 |  | Okinawan for "four" |
| [Yūdansha](http://en.wikipedia.org/wiki/Yudansha) |  | 有段者 |  | Holder of a dan grade |
| [Yuejiaquan](http://en.wikipedia.org/wiki/Yuejiaquan) |  | 岳家槍 |  | Yue Family Spear, style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| Yūga |  | 優雅 |  | Elegance, grace, refinement ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/Sound%20files%20Y/yuuga.wav)) |
| [Yūgen](http://www.aisf.or.jp/~jaanus/deta/y/yuugen.htm) |  | 幽玄 |  | Subtle beauty, lit. "profound mystery" |
| Yuiju ichinin |  | 唯受一人 |  | Teaching all the ryu’s secrets to a single designated inheritor who was not a member of one’s family; person in a dominant position |
| Yūkan |  | 勇敢 |  | Brave, gallant, heroic ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/Sound%20files%20Y/yuukan.wav)) |
| [Yūkansa](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kyouyuu/kyouyuu.html) |  | 勇敢さ |  | Bravery, heroism, gallantry |
| Yuki |  | 雪 |  | Snow or snowflake ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/Sound%20files%20Y/yuki.wav)) |
| Yūki |  | 勇気 |  | Courage, bravery ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/Sound%20files%20Y/yuuki.wav)) |
| Yukkuri |  | 徐り? |  | Slowly |
| Yumi |  | 弓 |  | Bow ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/Sound%20files%20Y/yumi.wav)); also *kyū* |
| Yumi gamae |  | 弓構え |  | Positioning the bow, 3rd of 7 steps in shooting sequence ([kyudō](http://en.wikipedia.org/wiki/Kyudo)) |
| Yumi uke |  | 弓 受け |  | Bow block or archer's block |
| Yumiya |  | 弓矢 |  | Bow and arrow ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Y/Sound%20files%20Y/yumiya.wav)) |
| Yūsanso undō |  | 有酸素運動 |  | Aerobic exercise |
| [Yuthakun khom](http://www.youtube.com/watch?v=aF-TOh4DDAk) |  |  |  | Ancient Cambodian or [Khmer](http://en.wikipedia.org/wiki/Khmer_people) martial art. |
| Yuyo semarazu |  |  |  | Composed attitude reflecting calmness and sincerity |

Z

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| --- | --- | --- | --- | --- |
| Za |  | 座 |  | Sitting or seated ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Z/Sound%20files%20Z/za.wav)) |
| [Zageri](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Z/zageri.html) |  | 座蹴り |  | Sitting or kneeling kick |
| Zaidan Hōjin Aikikai |  | 財団法人合気会 |  | Original organization for [aikidō](http://en.wikipedia.org/wiki/Aikido); also Aikikai Honbu or Aikikai |
| [Zaiteki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Z/zaiteki/zaiteki.html) |  |  |  | Skill level when actions do not require conscious thought |
| [Zanshin](http://en.wikipedia.org/wiki/Zanshin) |  | 残心 |  | Remaining mind |
| [Zarei](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Z/zarei/zarei.html) |  | 座礼 |  | Seated bow |
| [Zazen](http://en.wikipedia.org/wiki/Zazen) |  | 座禅 |  | Seated meditation |
| Zen |  | 前 |  | Front, prior, previous, last; also *mae* ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Z/Sound%20files%20Z/zen.wav)) |
| Zen |  | 全 |  | All ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Z/Sound%20files%20Z/zen.wav)) |
| [Zen](http://en.wikipedia.org/wiki/Zen) |  | 禪 or 禅 |  | A Japanese form of Chinese Ch’an Buddhism ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Z/Sound%20files%20Z/zen.wav)) |
| Zengaku |  | 前額 |  | Forehead |
| [Zenka fuza](http://www.aisf.or.jp/~jaanus/deta/k/kekkafuza.htm) |  | 全跏趺坐 |  | Full lotus seated position; also *kekka fuza, zenkaza, kaza, kafuza* |
| [Zankaza](http://www.aisf.or.jp/~jaanus/deta/k/kekkafuza.htm) |  | 全跏坐 |  | Full lotus seated position; also *kekka fuza, zenka fuza, kaza, kafuza* |
| Zenkutsu |  | 前屈 |  | Forward bent |
| Zenkutsu dachi |  | 前屈立 |  | Front stance |
| [Zen Nihon Karate-dō Renmei](http://www.karatedo.co.jp/jkf/jkf-eng/e_index.htm) |  | 全日本空手道連盟 |  | Japan Karate-dō Federation (JKF) |
| Zen Nippon Iaidō Renmei |  | 全日本居合道連盟 |  | Japan [Iaidō](http://en.wikipedia.org/wiki/Iaido) Federation |
| Zen Nippon Jūkendō Renmei |  | 全日本銃剣道連盟 |  | Japan [Jūkendō](http://en.wikipedia.org/wiki/Jukendo) Federation |
| [Zen Nippon Karate-dō Renmei](http://www.karatedo.co.jp/jkf/jkf-eng/e_index.htm) |  | 全日本空手道連盟 |  | Japan Karate-dō Federation (JKF) |
| [Zen Nippon Karate-dō Renmei Gōjūkai](http://www.karatedo.co.jp/gojukai/english/index.html) |  | 全日本空手道連盟剛柔会 |  | [Gōjū ryū](http://en.wikipedia.org/wiki/Goju_Ryu) division of the JKF |
| [Zen Nippon Karate-dō Renmei Renbukai](http://www.karatedo.co.jp/shitokai/English/et-index.html) |  | 全日本空手道連盟錬武会 |  | [Renbukai](http://homepage2.nifty.com/renbu/renbukai.htm) division of the JKF |
| [Zen Nippon Karate-dō Renmei Shitōkai](http://www.karatedo.co.jp/shitokai/English/et-index.html) |  | 全日本空手道連盟糸東会 |  | [Shitō ryū](http://en.wikipedia.org/wiki/Shito_ryu) division of the JKF |
| [Zen Nippon Karate-dō Renmei Wadōkai](http://www.karatedo.co.jp/wado/w_eng/e_index.htm) |  | 全日本空手道連盟和道会 |  | [Wadō ryū](http://en.wikipedia.org/wiki/Wado_ryu) division of the JKF |
| [Zen Nippon Kendō Renmei](http://www.kendo-fik.org/english-page/english-top-page.html) |  | 全日本剣道連盟 |  | All Japan [Kendō](http://en.wikipedia.org/wiki/Kendo) Federation |
| [Zen Nippon Nagainata Renmei](http://naginata.jp/index.html) |  | 全日本なぎなた連盟 |  | Japan [Naginata](http://en.wikipedia.org/wiki/Naginata) Federation |
| Zenpo |  | 前方 |  | Front or forward |
| Zenpo dachi |  | 前方立 |  | Front stance |
| [Zenpo kaiten](http://ca.youtube.com/watch?v=3asEemZxjWc) |  | 前方回転 |  | Forward rolling breakfall |
| [Zenpo kaiten ukemi](http://ca.youtube.com/watch?v=m4WsJjCqlNw) |  | 前方回転受身 |  | Forward rolling breakfall |
| [Zenpo ukemi](http://ca.youtube.com/watch?v=CGPsm8kPoh0) |  | 前方受身 |  | Forward rolling breakfall |
| Zenshin |  | 全身 |  | Entire body |
| Zenshin |  | 前進 |  | Advance, drive or progress |
| Zenshin |  | 前身 |  | Antecedents, ancestor, previous position, predecessor organization |
| [Zenwan](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/W/wan/wan.html) |  | 全腕 |  | [Forearm](http://ca.youtube.com/watch?v=CGPsm8kPoh0) |
| [Zenwan hitai mae yoko gamae](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/H/haiwan%20uke/haiwan%20uke.html) |  | 全腕額前横構え |  | Forearm at side of forehead posture, as in the opening block of *Pinan/Heian Nidan* |
| Zenyō |  | 善用 |  | Good use |
| Zenzoku |  | 前足 |  | Ball of foot; also *koshi* or *jōsokutei* |
| [Zhang zhuang](http://www.yiquan.org.uk/art-zz.html) |  | 站桩 |  | Standing [qigong](http://en.wikipedia.org/wiki/Qigong); lit "pole standing"; also zhan zhuang |
| [Zhou Ze Her](http://www.kusunoki.de/meister/shushiwa.html) |  | 周子和 |  | (1874 - 1926) Practitioner of Tiger style [kung fu](http://en.wikipedia.org/wiki/Kung_fu) and teacher of [Uechi Kanbun](http://en.wikipedia.org/wiki/Kanbun_Uechi); also *Shūshiwa* or *Cho Zen Ho* |
| [Zhuan Shu Kuan](http://en.wikipedia.org/wiki/Zhuan_Shu_Kuan) |  |  |  | Modern hybrid style deriving from [Northern Shaolin](http://en.wikipedia.org/wiki/Northern_Shaolin), [Taekwondo](http://en.wikipedia.org/wiki/Northern_Shaolin) and [Muay Thai](http://en.wikipedia.org/wiki/Muay_thai) |
| [Zi Ran Men](http://en.wikipedia.org/wiki/Zi_Ran_Men) |  | 自然门 |  | "Natural Style," Northern [internal kung fu](http://en.wikipedia.org/wiki/Neijia) |
| Zō |  | 臓 |  | Viscera ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Z/Sound%20files%20Z/zou.wav)) |
| Zokuju |  | 俗儒 |  | Mediocre scholar |
| Zu |  | 頭 |  | Head, brains, hair, chief, boss, leader, beginning ([click to listen](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Z/Sound%20files%20Z/zu.wav)) |
| Zubon |  | ズボン |  | Pants or trousers, esp for [keikogi](http://en.wikipedia.org/wiki/Keikogi) |
| [Zui Quan](http://en.wikipedia.org/wiki/Zui_Quan) |  | 醉拳 |  | "Drunken Fist," style of [kung fu](http://en.wikipedia.org/wiki/Kung_fu) |
| Zuki |  | 突き |  | Thrust or punch, when characters for *tsuki* used in combination with others, e.g.*gyakuzuki* 逆突 |
| Zuki ashi dachi |  |  |  | Dragged foot stance |
| Zu nō katsu |  | 頭脳活 |  | "Brain method" of [kappō](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/K/kappo.html) |
| [Zu zuki](http://www.arts.ualberta.ca/~aoki/Karate-do/Glossary/Z/zu%20zuki/zu%20zuki.html) |  | 頭突き |  | Head butt |