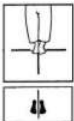
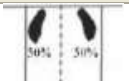
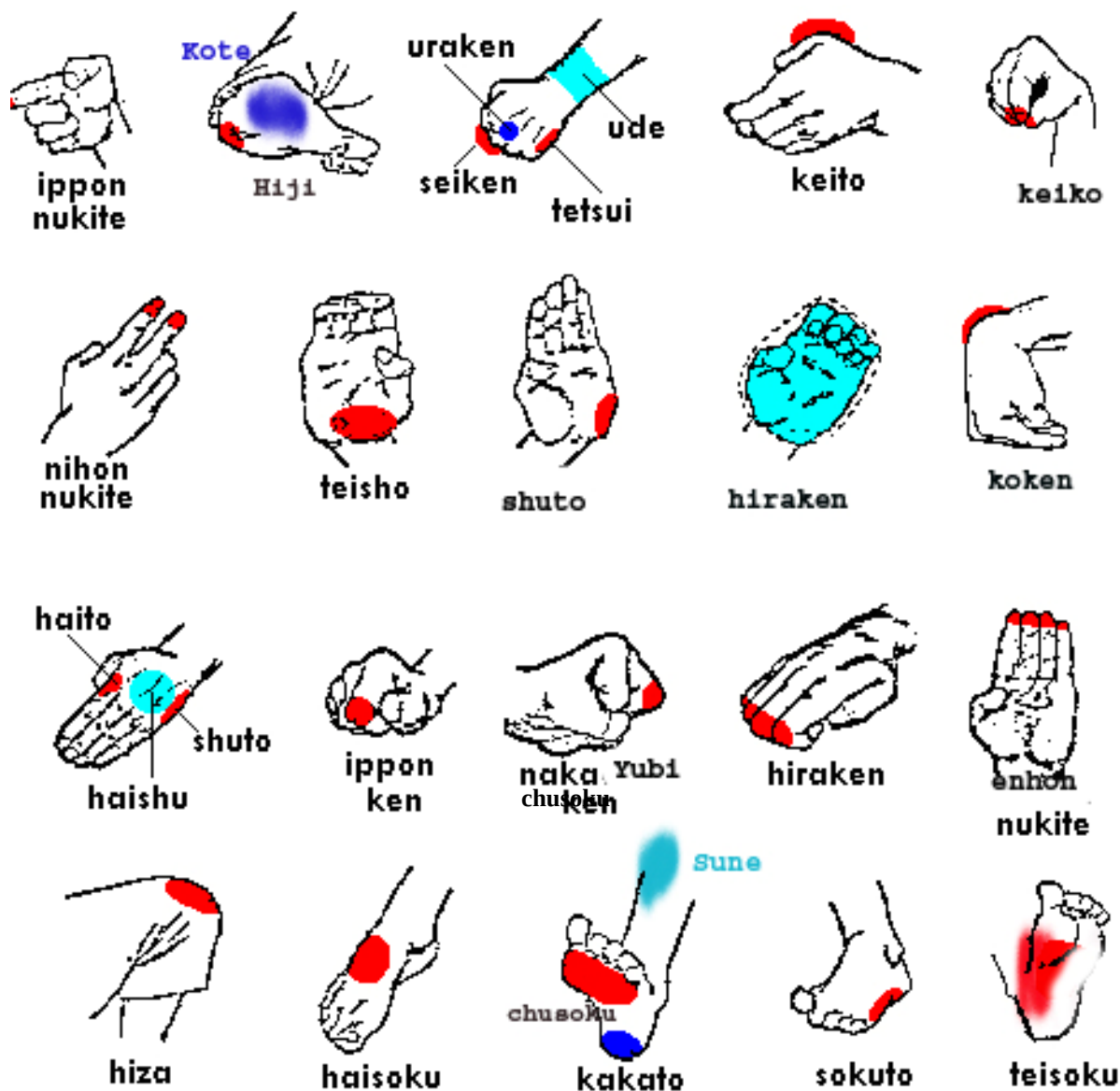


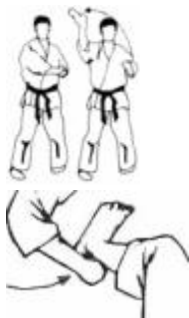
Karate Terminologi			
Stillinger/Posisjoner / Stances / ?			
Norsk	Engelsk	Japansk	
Parallell lukket posisjon	Parallel Closed Stance	Heisoku Dachi	
Åpen tå posisjon	Open Toes Stance	Musubi Dachi	
Parallell posisjon.	Parallel Stance	Heiko Dachi	
Vanlig stilling (klar)	Formal Stance	Fudo Dachi – Shizentai	
Åttetall	Figure of Eight Stance	Uchi Hachi Ji Dachi	
Trekant figur (stabil stilling)	Outstretched Leg Crouching	Sanchin Dachi	 
Ri hest	Straddle Stance	Kiba Dachi	
Fremoverlenende stilling	Forward Leaning Stance	Zenkutsu Dachi	
Bakoverlenende posisjon	Back Leaning Stance	Kokutsu Dachi	
Kattestilling	Cat Stance	Nekoashi Dachi	

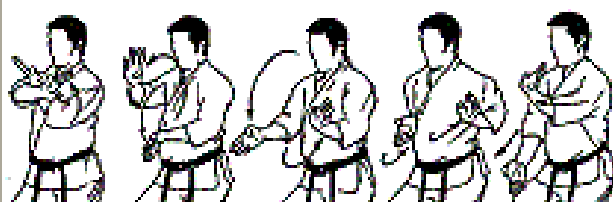
Tranestilling (en fot)	Crane Stance	Tsuruashi Dachi	
En fot fremover posisjon	One Foot Forward Stance	Moroashi Dachi	
Krok posisjon	Hook Stance	Takeashi dachi	



Blokkinger / Blocks / Uke		
Norsk	English	Japansk
Lav Blokk (blokkerer skrittet)	Lower Block	 Seiken Gedan – Barai
Innside blokk (chudan høyde)	Middle Inside Block	 Seiken Chudan Uchi – Uke
Utside blokk (chudan høyde)	Middle Outside Block	 Seiken Chudan Soto – Uke
Oppadgående blokk	Upper Block	 Seiken Jodan – Uke
Lav kryss blokk	Lower Cross Block	 Seiken Juji Gedan – Uke
Høy kryss blokk	Upper Cross Block	 Seiken Juji Jodan – Uke
Begge armer nede blokk	Both Hands Lower Block	 Morote Gedan- Barai
Begge armer innside blokk	Both Hands Middle Inside	 Morote Chudan Uchi – Uke
Utside håndkant på hånden blokk	Knife-Hand Lower Block	 Shuto Morote Gedan – Barai

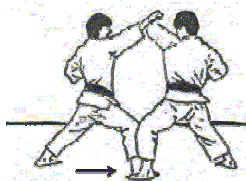
Utside håndkant blokk kroppshøyde	Knife-Hand Middle Outside	Shuto Chudan Soto – Uke	
Innside håndkant blokk kroppshøyde.	Inner Knife-Hand Middle Inside Block	Haito Chudan Uchi – Uke	  Haito:
Innside håndkant blokk i hodehøyde	Inner Knife-Hand Upper Block	Haito Uchi Jodan – Uke	
Utside håndkant innside blokk	Knife-Hand Inside Block	Shuto Uchi – Uke	
Håndkant utside blokk	Knife-Hand Upper Block	Shuto Jodan – Uke	
Håndkant innside blokk i hodehøyde	Knife-Hand Upper Inside Block	Shuto Jodan Uchi – Uke	
Håndkant (begge hender) i kryss lav blokk	Knife-Hand Lower Cross Block	Shuto Juji Gedan – Uke	
Håndkant (begge hender) høy kryssblokk	Knife-Hand Upper Cross Block	Shuto Juji Jodan – Uke	

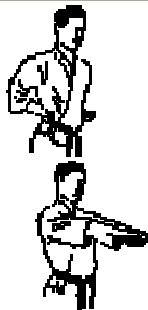
	Both Knife-Hands Lower Block	Shuto Morote Gedan- Barai	
	Both Knife-Hands Middle Inside Block	Shuto Morote Chudan Uchi- Uke	
	Both Knife-Hands Middle Outside Block	Shuto Morote Chudan Soto – Uke	
	Both Inner Knife-Hands Middle Inside Block	Haito Morote Chudan Uchi – Uke	
		Jodan	
	Hook Block	Kake – Uke	
		Jodan	
		Gedan	
	Both Hands Hook Block	Morote Kake – Uke	
	Knife-Hand Roundhouse Block	Shuto Mawashi – Uke	

		
	Round House Block	Mawashi - Uke 
	Palm-Hand Lower Block	 Shotei Gedan – Uke
	Palm-Hand Middle Outside Block	 Shotei Chudan Soto – Uke
	Palm-Hand Upper Block	 Shotei Jodan – Uke
	Both Palm-Hands Lower Block	 Shotei Morote Gedan – Uke
	Both Palm-Hands Outside Block	Shotei Morote Soto – Uke
	Both Palm-Hands Upper Block	Shotei Morote Jodan - Uke
	Palm-Hand Force Down Block	 Osae Uke

	Wrist Middle Inside Block	Koken Chudan Uchi – Uke	
	Wrist Middle Block	Koken Chudan – Uke	
	Wrist Upper Block	Koken jodan – Uke	
	Elbow Middle Block	Hiji Chudan – Uke	
	Elbow Upper Block	Hiji Jodan – Uke	

Hand Strikes			
Norsk	English	Japansk	
	Lower Punch	Seiken Gedan - Tsuki	
	Middle Punch	Seiken Chudan - Tsuki	

	Upper Punch	Seiken Jodan - Tsuki	
Motsatt slag. Altså motsatt hånd slår fram i forhold til hvilken fot som er framme i fx zenkutsu dachi	Opposite Punch	Seiken Gyaku Tsuki	
	Forefist Strike to the Jaw	Seiken Ago - Uchi	
	Hook Roundhouse Punch	Seiken Kagi Tsuki	
	Roundhouse Punch	Seiken Mawashi - Tsuki	
Vertikal knytteneve slag. Dvs som seikan chudan tsuki, men med tommelen opp mot himmelen.	Middle Vertical Punch	Seiken Tate Chudan Tsuki	
	Upper Vertical Punch	Seiken Tate Jodan - Tsuki	
	Punch with Kiba Dachi	Jun Tsuki – Jodan - chudan - gedan	

			
	Both Hands Punch	Seiken Morote - Tsuki	
	Front Inverted-Fist Strike	Uraken Shomen Ganmen - Uchi	
	Rising Inverted-Fist Strike to the Jaw	Uraken Age- Uchi	
	Right and Left Inverted-Fist Strike	Uraken Sayu Ganmen - Uchi	
	Inverted-Fist Strike to the Spleen	Uraken Hizo - Uchi	
	Inverted-Fist Low Punch	Uraken Shita - Uchi	
	Roundhouse Inverted-Fist Strike	Uraken Mawashi - Uchi	

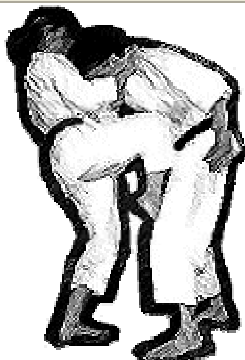
	Descending Inverted-Fist Strike to the Face	Uraken Oroshi Ganmen-Uchi	
	Fist-Edge Strike to the Face and body	Tettsui Mae Ganmen – Uchi Jodan Chudan	
	Fist-Edge Strike to the Spleen	Tettsui Hizo - Uchi	
	Descending Fist-Edge Strike	Tettsui Oroshi ganmen - Uchi	
	Middle Side Fist-Edge Strike	Tettsui Chudan Yoko - Uchi	
	Upper Side Fist-Edge Strike	Tettsui Jodan Yoko - Uchi	

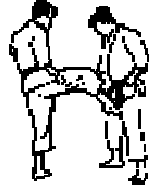
		Tettsui Yoko Uchi Gedan	
		Tettsui Kome Kami	
	Knife-Hand Strike to the Face	Shuto Ganmen - Uchi	
	Driving Knife-Hand Strike to the Collarbone	Shuto Sakotsu - Uchikomi	
	Descending Knife-Hand Strike	Shuto Sakotsu - Uchi	
	Knife-Hand Strike to the Spleen	Shuto Hizo - Uchi	
	Side Knife-Hand Strike	Shuto Yoko - Uchi	

	Upper Inside Knife-Hand Strike	Shuto Jodan Uchi - Uchi	
	Inner Knife-Hand Round-house Strike to Face	Haito Mawashi Ganmen –Uchi	
	Inner Knife-Hand Round-house Strike to Spleen	Haito Mawashi Hizo - Uchi	
	Inner Knife-Hand Front Strike	Haito Mae Gedan - Uchi	
	Inner Knife-Hand Side Strike	Haito Omote Yoko - Uchi	
	Upper Palm-Heel Strike	Shotei Jodan - Uchi	
	Middle Palm-Heel Strike	Shotei Chudan - Uchi	
	Lower Palm-Heel Strike	Shotei Gedan - Uchi	
	Two Fingers	Nihon Nukite	
	Four Fingers	Yohon Nukite	

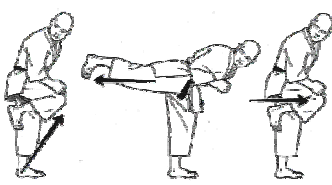
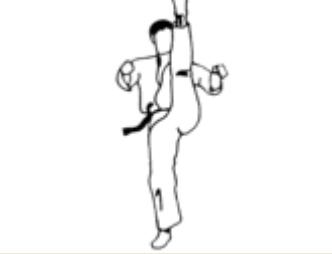
	Middle Side Backhand Strike	Haishu Chudan Yoko-Uchi	
	Upper Side Backhand Strike	Haishu Jodan Yoko-Uchi	
	Upper Elbow Strike	Hiji Jodan – Ate	
	Middle Elbow Strike	Hiji Chudan - Ate	
	Rising Elbow Strike	Hiji Age - Ate	
	Descending Elbow Strike	Hiji Oroscho Ganmen - Uchi	
	Backward Elbow Strike	Hiji Oshiro - Uchi	
	Side Elbow Strike	Hiji Yoko - Uchi	
	Upwards Elbow strike in front	Tate hiji Ate	

		Mawashi Hiji Ate	
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Kicks			
Norsk	Japansk	Norsk	Japansk
	Rising Front Kick	Mae Chusoku- Keage	
	Rising Side Kick	Yoko – Keage	
	Lower Front Knee Kick	Gedan Mae Hiza - Geri	
		Haisoku Mawashi Uchi Keage	
	Middle Front Knee Kick	Chudan Mae Hiza – Geri	
	Upper Front Knee Kick	Jodan Mae Hiza – Geri	

	Middle Roundhouse Knee Kick	Chudan Mawashi Hiza-Geri	
	Upper Roundhouse Knee Kick	Jodan Mawashi Hiza - Geri	
	Groin Kick	Kin – Geri	
	Instep Lower Roundhouse Kick	Haisoku Gedan Mawashi – Geri	
	Instep Middle Roundhouse Kick	Haisoku Chudan Mawashi –Geri	
	Instep Upper Roundhouse Kick	Haisoku Jodan Mawashi – Geri	
	Instep Inside Roundhouse Kick	Haisoku Uchi Mawashi-Geri	
	Arch Outside Roundhouse Kick	Teisoku Soto Mawashi-Geri	
	Lower Front Kick	Gedan Mae - Geri	

	Middle Front Kick	Chudan Mae – Geri	
	Upper Front Kick	Jodan Mae - Geri	
	Lower Roundhouse Kick	Gedan Mawashi - Geri	
	Middle Roundhouse Kick	Chudan Mawashi - Geri	
	Upper Roundhouse Kick	Jodan Mawashi – Geri	
	Shin Lower Roundhouse Kick	Sune Gedan Mawashi – Geri	
	Shin Middle Roundhouse Kick	Sune Chudan Mawashi- Geri	
		Gyaku Mawashi – Geri	
	Joint Kick	Kansetsu – Geri	
	Middle Side Kick	 Sokoto Sokoto Yoko chudan – Geri '	
	Upper Side Kick	Sokoto Yoko – Geri Jodan	
		Teisoku Mawashi Soto Keage	
	Joint Back Kick	Kansetsu Ushiro - Geri	

	Middle Back Kick	Chudan Ushiro - Geri	
	Upper Back Kick	Jodan Ushiro – Geri	
	Lower Front Heel Kick	Kakato Gedan Mae - Geri	
	Middle Front Heel Kick	Kakato Chudan Mae - Geri	
	Upper Front Heel Kick	Kakato Jodan Mae - Geri	
	Rising Heel Kick	Kakato Age - Geri	
		Oroshi Kakato Geri Uchi Soto	

			
	Back Roundhouse Kick	Ushiro Mawashi – Geri Jodan Chudan Gedan	  
	Foot Sweep	Ashi Barai	
	Jumping Front Kick	Tobi Mae – Geri	
	Jumping Side Kick	Tobi Yoko – Geri	

	Jumping Roundhouse Kick	Tobi Mawashi - Geri	
	Jumping Knee Kick	Tobi Hiza - Geri	
	Jumping Back Kick	Tobi Oshiro - Geri	
	Jumping Back Roundhouse Kick	Tobi Oshiro Mawashi - Geri	
	Jumping Inside Roundhouse Kick	Tobi Uchi Mawashi - Geri	
	Jumping Outside Roundhouse Kick	Tobi Soto Mawashi - Geri	

Various Terminology			
Norsk	Japansk	Norsk	Japansk
Empty - Hand	Kara -Te	Both Hands	Morote
Basic	Kihon	Descending Strike	Oroshi
Stances	Tachikata	Right and Left	Sayu
One Step Sparring	Ippon Kumite	Strike	Uchi
Three Steps Sparring	Sanbon Kumite	Jump	Tobi
P rearranged Sparring	Yakusoku Kumite	Punch	Tsuki
Free Sparring	Jiyu Kumite	Inverted Fist Strike	Uraken
Formal Exercise	Kata	Reverse	Ura
Self Defense	Gyakute	Rest	Yasume
Technique with Moving	Renraku	No Counting	Mogore
Basics with Moving	Ido	Focus	Kime
Return to Original Position	Naore	Breaking	Tameshiwari

Method of Breathing	Kokyu Ho	Headquarter	Honbu
Method of Breathing	Ibuki	Training Hall	Dojo
Method of Breathing	Nogare	Martial Art	Budo
Meditation (Eyes Closed)	Mokuso	Word of respect	Osu
Ready	Yoi	Kneeling Position	Seiza
Opposite	Gyaku	Training Suit	Gi
Shout	Kiai	Belt	Obi
Turn Around	Mawatte	Technique	Wasa

Refereeing Terminology			
Norsk	Japansk	Norsk	Japansk
Say: Osu to the Front	Shomen-Ni-Rei	Unclear	Churitsu Fumei
Say: Osu to the Referee	Shushin-Ni	Unobserved	Miezu
Say: Osu to each other	Otagai-Ni- Rei	Out of Bounds	Jyogai
Get Ready-Fighting Stance	Kamaete	First Penalty	Genten-Ichi
Start the bout	Hajime	Second Penalty	Genten-Ni
Stop the bout	Yame	Disqualification	Shikkaku
Face the Front	Shomen-Muite	Extension	Enchosen
Say: Osu	Rei	Start again the bout-Attack	Zokko
One Point	Ippon	White	Shiro
Half Point	Wasa-Ari	Red	Aka
Draw	Hiki Wake	Foul: to the face	Ganmen-Kogeki / or Ganmen
First Warning	Chui-Ichi	Foul: Grasping the dogi	Tsukami
Second Warning	Chui-Ni	Foul: Pushing	Shotei-Oshi / or Shotei
Stand By	Ichini-Tsuite	Foul: Kick to the groin	Kinteki-Kogeki
Foul Technique	Hansoku	Foul: Head Thrust	Zutsuki
Not Recognized	Mitomezu	Referee asks the decision of the judges	Hantei-O-Onegai-Shimasu

Names and Titles			
Norsk	Japansk	Norsk	Japansk
President	Sosai	4th-3th Kyu Green Belt	Midori Obi
Director	Kancho	2th-1th Kyu Brown Belt	Cha Obi
Master - Expert (5 Dan...)	Shihan	Black Belt 1 Dan	Shodan
Teacher (3-4 Dan)	Sensei	Black Belt 2 Dan	Nidan
Senior Student (1-2 Dan)	Senpai	Black Belt 3 Dan	Sandan
Junior Student	Kohai	Black Belt 4 Dan	Yondan

Referee	Shushin	Black Belt 5 Dan	Godan
Karate Student	Karateka	Black Belt 6 Dan	Rokudan
Grade Below Black Belt	Kyu	Black Belt 7 Dan	Shichi/Nana Dan
Black Belt Grade	Dan	Black Belt 8 Dan	Hachi Dan
10th-9th Kyu Orange Belt	Orengi Obi	Black Belt 9 Dan	Kudan
8th-7th Kyu Blue Belt	Mizuiro Obi	Black Belt 10 Dan	Judan
6th-5th Kyu Yellow Belt	Kuro Obi		

Body Terminology			
Norsk	Japansk	Norsk	Japansk
Head	Atama	Forearm	Kote
Face	Ganmen	Elbow	Hiji
Jaw	Ago	Thigh	Momo
Nose	Hana	Joints	Kansetsu
Mouth	Kuchi	Fingers	Yupi
Ear	Mimi	Forefist	Seiken
Eye	Me	Fist-Edge	Tettsui
Throat	Nodo	Knife-Hand	Shuto
Neck	Kubi	Inner Knife-Hand	Haito
Temple	Komekami	Palm-Heel	Shotei
Shoulder	Kata	Backhand	Haishu
Chest	Mune	Bent Wrist	Koken
Heart	Shinzo	Foot - Leg	Ashi
Ribs	Abara	Ball of the Foot	Chusoku
Spleen	Hizo	Instep	Haisoku
Collar Bone	Sakotsu	Knife Foot	Sokuto
Back	Senaka	Arch	Taisoku
Hip	Koshi	Heel	Kakato
Groin	Sokei	Knee	Hiza
Hand	Te	Shin	Sune

Directions											
Eng.	Lower	Middle	Upper	Right	Left	Front	Back	Side	Roundhouse	Inside	Outside
Jap.	Gedan	Chudan	Jodan	Migi	Hidari	Shomen	Ushiro	Yoko	Mawashi	Uchi	Soto

Numbers										
Eng.	1 One	2 Two	3 Three	4 Four	5 Five	6 Six	7 Seven	8 Eight	9 Nine	10 Ten
Jap.	Ichi	Ni	San	Shi	Go	Roku	Shichi	Hachi	Ku	Ju



dojo

The Japanese term dojo means "training hall" or school and was probably brought to Japan in the early 18th century. It comes from the Chinese word dao chang which means "place of the way".

Originally, the term referred to an area where monks performed religious ceremonies and purification rights through which to obtain enlightenment. Usually these areas were in the mountains or wilderness and were considered sacred places. Dojo(e)s as we know them today did not appear until the sixteen hundreds when many samurai found themselves out of work during a period of relative peace in Japan and began teaching martial arts in the cities.

Sensei

In Japanese "sen" means before and "sei" means born. The literal meaning is "one who is born before" or "born earlier". This means the one who is born before you is your teacher. This is not a matter of chronological age but of spiritual development and the teachers wisdom.

Kiai

"ki" means energy and "ai" means union. It literally means a union of energy. It is not just a word or sound but the projection of ones spirit.

Arigato Gozaimushita Takk

<http://www.adnantarsha.com/Terms2.htm>