

KARATE TERMINOLOGY

AGE UKE

Upward Block.

AGE ZUKI

Rising Punch.

AIUCHI

"Simultaneous Scoring Technique." No point awarded to either contestant. Referee brings fists together in front of the chest.

AKA

Red

AKA (SHIRO) IPPON

"Red (White) Scores Ippon." The Referee obliquely raises his arm on the side of the winner (as in ...NO KACHI).

AKA (SHIRO) NO KACHI

"Red (White) Wins!" The Referee obliquely raises his arm on the side of the winner.

ASHI BARAI

Foot Sweep.

ASHI WAZA

Name given to all leg and foot techniques..

ATEMI WAZA

Striking techniques that are normally used in conjunction with grappling and throwing techniques.

ATENAI YONI

"Warning without penalty." This may be imposed for attended minor infractions or for the first instance of a minor infraction. The Referee raises one hand in a fist with the other hand covering it at chest level and shows it to the offender.

ATOSHI BARAKU

"A little more time left." An audible signal will be given by the time keeper 30 seconds before the actual end of the bout.

ATTATE IRU

"Contact"

AWASE UKE

Joined Hand Block.

AWASE ZUKI

U Punch. Also referred to as MOROTE ZUKI.

AYUMI DACHI

A stance found in ITOSU-KAI SHITO-RYU. It is a natural "Walking" stance with the weight over the center.

BO

Staff. A long stick used as a weapon (approximately 6 feet long).

BOGYO ROKU KYODO

Six Defense Actions. A basic drill of the Japan Karate-Do Ryobu-Kai. Uses the old names of techniques such as AGE TE, HARAI TE (or GEDAN BARAI), SOTO YOKO TE, UCHI YOKO TE, SHUTO TE, and SUKUI TE.

BUDO

Martial way. The Japanese character for "BU" (martial) is derived from characters meaning "stop" and (a weapon like a) "halberd." In conjunction, then, "BU" may have the connotation "to stop the halberd." In Karate, there is an assumption that the best way to prevent violent conflict is to emphasize the cultivation of individual character. The way (DO) of Karate is thus equivalent to the way of BU, taken in this sense of preventing or avoiding violence so far as possible.

BUNKAI

A study of the techniques and applications in KATA.

CHOKU ZUKI

Straight Punch.

CHUDAN

Mid-section. During the practice of KIHON IPPON KUMITE (one step basic sparring), the attacker will normally announce where he/she will attack JODAN, CHUDAN, or GEDAN (Upper level, Mid-level, or lower level).

CHUDAN ZUKI

A punch to the mid-section of the opponent's body.

CHUI

"Warning"

COUNTING TO 10 IN JAPANESE

1. Ichi
2. Ni
3. San
4. Shi
5. Go
6. Roku
7. Shichi

8. Hachi
9. Kyu or Ku
10. Ju

DANI

Lever, Rank or Degree. Black Belt rank. Ranks under Black Belt are called KYU ranks.

DO

Way/path. The Japanese character for "DO" is the same as the Chinese character for Tao (as in "Taoism"). In Karate, the connotation is that of a way of attaining enlightenment or a way of improving one's character through traditional training.

DOJO

Literally "place of the Way." Also "place of enlightenment." The place where we practice Karate. Traditional etiquette prescribes bowing in the direction of the designated front of the dojo (SHOMEN) whenever entering or leaving the dojo.

DOMO ARIGATO GOZAIMASHITA

Japanese for "thank you very much." At the end of each class, it is proper to bow and thank the instructor and those with whom you've trained.

EKKU

A Wooden oar used by the Okinawans which was improvised as a weapon.

EMBUSEN

Floor pattern of a given kata.

EMPI

- (1) One the Black Belt level KATA, translated as "The Flight of a Sparrow".**
- (2) Elbow. Sometimes referred to as HIJI.**

EMPI UCHI

elbow strike (also called HIJI-ATE)

ENCHO-SEN

"Extension." After a draw, the match goes into overtime. Referee reopens match with command "SHOBU HAJIME."

FUDO DACHI

Immovable Stance. Also referred to as SOCHIN DACHI.

FUJUBUN

"Not enough power"

FUKUSHIN SHUGO

"Judges Conference"

FUMIKOMI

Stomp kick, usually applied to the knee, shin, or instep of an opponent.

GANKAKU DACHI

Crane Stance, sometimes referred to as TSURU ASHI DACHI and SAGI ASHI DACHI.

GASSHUKUA

special training camp.

GEDAN

Lower section. During the practice of KIHON IPPON KUMITE (one step basic sparring), the attacker will normally announce where he/she will attack JODAN, CHUDAN, or GEDAN (Upper level, Mid-level, or lower level).

GEDAN BARAI

Downward Block.

GEDAN UDE UKE

Low Forearm Block.

GEDAN ZUKI

A punch to the lower section of the opponent's body.

GI (DO GI) (KEIKO GI) (KARATE GI)

Training costume. In JKR and in most other traditional Japanese and Okinawan Karate Dojo, the GI must be white and cotton (Synthetics with Cotton allowed). The only markings allowed are the JKR patch on the left breast area and the person's name at the front bottom corner of the jacket.

GO NO SEN

The tactic where one allows the opponent to attack first so to open up targets for counterattack.

GOHON KUMITE

Five step basic sparring. The attacker steps in five consecutive times with a striking technique with each step. The defender steps back five times, blocking each technique. After the fifth block, the defender executes a counter-strike.

GYAKU MAWASHI GERI

Reverse Round-house Kick.

GYAKU ZUKI

Reverse Punch.

HACHIJI DACHI

A natural stance, feet positioned about one shoulder width apart, with feet pointed slightly outward.

HAI
"Yes".

HAISHU UCHI
A strike with the back of the hand.

HAISHU UKE
A block using the back of the hand.

HAITO UCHI
Ridge-hand Strike.

HAJIME
"Begin". A command given to start a given drill, Kata, or Kumite.

HANGETSU
A Black Belt level Kata.

HANGETSU DACHI
"Half-Moon" Stance.

HANSHI
"Master." An honorary title given to the highest Black Belt of an organization, signifying their understanding of their art. In Japan Karate-Do Ryobu-Kai, the Hanshi is the Grandmaster of Ryobu-Kai, Yasuhiro Konishi II.

HANSOKU
"Foul." This is imposed following a very serious infraction. It results in the opponent's score being raised to SANBON.
HANSOKU is also invoked when the number of **HANSOKU-CHUI** and **KEIKOKU** imposed raise the opponent's score to SANBON.
The Referee points with his index finger to the face of the offender at a 45 degree angle and announces a victory for the opponent.

HANSOKU CHUI
"Warning with an IPPON penalty. This is a penalty in which IPPON is added to the opponent's score. **HANSOKU-CHUI** is usually imposed for infractions for which a **KEIKOKU** has previously been given in that bout. The Referee points with his index finger to the abdomen of the offender of the offender parallel to the floor.

HANTEI
"Judgment." Referee calls for judgment by blowing his whistle and the Judges render their decision by flag signal.

HANTEI KACHI
"Winner by decision".

HARAI TE
Sweeping technique with the arm.

HARAI WAZA

Sweeping techniques.

HASAMI ZUKI

Scissor Punch.

HEIKO DACHI

A natural stance. Feet positioned about one shoulder width apart, with feet pointed straight forward. Some Kata begin from this position.

HEIKO DACHI (HIGAONNA LINE)

A Heiko Dachi stance, where the front foot is turned slightly inwards while the rear foot is straight. This stance is found in the Shinpa kata.

HEIKO ZUKI

"Parallel Punch" (A double, simultaneous punch).

HEISOKU DACHI

An informal attention stance. Feet are together and pointed straight forward.

HENKA WAZA

Techniques used after OYO WAZA is applied. HENKA WAZA is varied and many, dependent on the given condition.

HIDARI

"Left".

HIJI

"Elbow", also known as Empi.

HIJI ATEMI

Elbow Strikes.

HIJI UKE

A blocking action using the elbow.

HIJI-ATE

elbow strike (also called EMPI-UCHI)

HIKI-TE

The retracting (pulling and twisting) arm during a technique. It gives the balance of power to the forward moving technique. It can also be used as a pulling technique after a grab, or a strike backward with the elbow.

HIKIWAKE

"Draw." Referee crosses arms over chest, then uncrosses and holds arms out from the body with the palms showing upwards.

HITOSASHI IPPON KEN

Forefinger Knuckle.

HIZA GERI

Knee Kick.

HIZA UKE

A blocking action using the knee.

HOMBU DOJO

A term used to refer to the central dojo of an organization.

HORAN NO KAMAE

"Egg in the Nest Ready Position." A "ready" position used in some KATA where the fist is covered by the other hand.

INASU

evasion of an on-coming attack through the course of removing the body from the line of attack.

IPPON KEN

"One Knuckle Fist".

IPPON KUMITE

One step sparring.

IPPON NUKITE

A stabbing action using the extended index finger.

IPPON SHOBU

One point match, used in tournaments.

IRIMI

to penetrate, to enter. Usually describes moving closer to the opponent than the attack as you close in defense.

JIKAN

"Time".

JIYU IPPON KUMITE

One step free sparring. The participants can attack with any technique whenever ready.

JIYU KUMITE

Free Sparring.

JO

Wooden staff about 4'-5' in length. The JO originated as a walking stick.

JODAN

Upper level. During the practice of KIHON IPPON KUMITE (one step basic sparring), the attacker will normally announce where he/she will attack JODAN, CHUDAN, or GEDAN (Upper level, Mid-level, or lower level).

JOGAI

"Exit from fighting area." The Referee points with his index finger at a 45 degree angle to the area boundary on the side of the offender.

JOGAI HANSOKU CHUI

"Fourth and Final Exit from the fighting area." Fourth exit from the fighting area causes victory to the opponent.

JOGAI HANSOKU CHUI

"Third exit from fighting area". Referee uses two hand signals with announcement "AKA (or SHIRO) JOGAI HANSOKU CHUI". He first points with his index finger to the match boundary on the side of the offender, then to the offender's abdomen. An IPPON is awarded to the opponent.

JOGAI KEIKOKU

"Second exit from fighting area." WAZA-ARI penalty is given to the opponent.

JUJI UKE

X Block.

JUN ZUKI

The WADO RYU term for OI-ZUKI.

KACHI

Victorious. (e.g., AKA KACHI) in a tournament.

KAGI ZUKI

Hook Punch.

KAISHO

Open hand. This refers to the type of blow which is delivered with the open palm. It can also be used to describe other hand blows in which the fist is not fully clenched.

KAKE-TE

Hook Block.

KAKIWAKE

A two handed block using the outer surface of the wrist to neutralize a two-handed attack, such as a grab.

KAKUSHI WAZA

"Hidden techniques."

KAKUTO UCHI

Wrist joint strike. Also known as "KO UCHI."

KAKUTO UKE

Wrist Joint Block. Also known as KO UKE.

KAMAE

A posture or stance either with or without a weapon. KAMAE may also connote proper distance (Ma-ai) with respect to one's partner. Although "KAMAE" generally refers to a physical stance, there is an important parallel in Karate between one's physical and one's psychological bearing. Adopting a strong physical stance helps to promote the correlative adoption of a strong psychological attitude. It is important to try so far as possible to maintain a positive and strong mental bearing in Karate.

KAMAE-TE

A command given by the instructor for students to get into position.

KAPPO

Techniques of resuscitating people who have succumbed to a shock to the nervous system.

KARATE

"Empty Hand". When Karate was first introduced to Japan, it was called "TODE". The characters of TODE could be pronounced. However, the meaning of TODE is Chinese Hand.

KARATE-DO

"The Way of Karate". This implies not only the physical aspect of Karate, but also the mental and social aspects of Karate.

KARATEKA

A practitioner of Karate.

KATA

A "form" or prescribed pattern of movement. (But also "shoulder.")

KEAGE

Snap Kick. (Literally, Kick upward).

KEIKO

(1) Training. The only secret to success in Karate.
(2) Joined Fingertips.

KEIKOKU

"Warning with WAZA-ARI penalty in SANBON SHOBU. This is a penalty in which WAZA-ARI is added to the opponent's score. KEIKOKU is imposed for minor infractions for which a warning has previously been given in that bout, or for infractions not sufficiently serious enough to merit HANSOKU-CHUI. Referee points with his index finger to the feet of the offender at an angle of 45 degrees.

KEKOMI

Thrust Kick (Literally, Kick Into/Straight).

KEMPO

"Fist Law." A generic term to describe fighting systems that uses the fist. In this regard, KARATE is also KEMPO.

KENSEI

The technique with silent KIAI. Related to meditation.

KENTSUI

Hammer Fist Also known as TETTTSUI.

KENTSUI UCHI (Or TETTTSUI UCHI)

Hammer Fist Strike.

KERI

Kick.

KI

Mind. Spirit. Energy. Vital-force. Intention. (Chinese "chi") The definitions presented here are very general. KI is one word that cannot be translated directly into any language.

KI-O-TSUKU

"Attention". Musubi Dachi with open hands down both sides.

KIAI

A shout delivered for the purpose of focusing all of one's energy into a single movement. Even when audible KIAI are absent, one should try to preserve the feeling of KIAI at certain crucial points within Karate techniques. Manifestation of KI (simultaneous union of spirit and expression of physical strength).

KIBA DACHI

Staddle Stance. Also known as NAIFANCHI or NAIHANCHI DACHI.

KIHON

(Something which is) fundamental. Basic techniques.

KIKEN

"Renunciation." The Referee points one index finger towards the contestant.

KIME

Focus of Power.

KIZAMI ZUKI

Jab Punch.

KO BO ICHI

The concept of "Attack-Defence Connection".

KO UCHI

Wrist joint strike. Also known as KAKUTO UCHI.

KO UKE

"Crane Block" or "Arch Block". Same as KAKUTO UKE.

KOHAI

A student junior to oneself.

KOKEN

Wrist Joint.

KOKORO

"Spirit, Heart." In Japanese culture, the spirit dwells in the Heart.

KOKUTSU DACHI

A stance which has most of the weight to the back. Referred to in English as Back Stance.

KOSA DACHI

Crossed-Leg Stance.

KOSHIN

Rearward.

KUATSU

The method of resuscitating a person who has lost consciousness due to strangulation or shock.

KUBOTAN

A self-defense tool developed by TAKAYUKI KUBOTA. This tool serves normally as a key chain.

KUMADE

Bear hand.

KYOSHI

"knowledgeable person," and usually this title is conferred at rokudan or shichidan, depending on system. I think the most common practice in the large organizations is for this to be at shichidan (7th dan).

KYU

"Grade". Any rank below Shodan.

KYUSHO WAZA

Pressure Point techniques.

MA-AI

Proper distancing or timing with respect to one's partner. Since Karate techniques always vary according to circumstances, it is important to understand how differences in initial position affect the timing and application of techniques.

MAAI GA TOH
"not proper distance"

MAE
Front.

MAE ASHI GERI
Kicking with the front leg.

MAE EMPI
Forward Elbow Strike.

MAE GERI KEAGE
Front Snap Kick. Also referred to as MAE KEAGE.

MAE GERI KEKOMI
Front Thrust Kick. Also referred to as MAE KEKOMI.

MAE UKEMI
forward fall/roll.

MAKOTO
A feeling of absolute sincerity and total frankness, which requires a pure mind, free from pressure of events.

MANABU
"Learning by imitating." A method of studying movement and techniques by following and imitating the instructor.

MANJI UKE
A Double block where one arm executes GEDAN BARAI to one side, while the other arm executes JODAN UCHI UKE (or JODAN SOTO YOKO TE).

MATTE
"Wait".

MAWASHI EMPI UCHI
Circular Elbow Strike. Also referred to as MAWASHI HIJI ATE.

MAWASHI GERI
Roundhouse Kick.

MAWASHI HIJI ATE
Circular Elbow Strike. Also referred to as MAWASHI EMPI UCHI.

MAWASHI ZUKI
Roundhouse Punch.

MAWAT-TE
A command given by the instructor for students to turn around.

MIENAI

"I could not see." A call by a judge to indicate that a given technique was not visible from his/her angle.

MIGI

Right.

MIKAZUKI GERI

Crescent Kick.

MOKUSO

Meditation. Practice often begins or ends with a brief period of meditation. The purpose of meditation is to clear one's mind and to develop cognitive equanimity. Perhaps more importantly, meditation is an opportunity to become aware of conditioned patterns of thought and behavior so that such patterns can be modified, eliminated or more efficiently put to use.

MOROTE UKE

Augmented Block. One arm and fist support the other arm in a block.

MOROTE ZUKI

U-Punch. Punching with both fists simultaneously. Also referred to as AWASE ZUKI.

MOTO NO ICHI

"Original Position." Contestants, Referee and Judge return to their respective standing lines.

MUDANSHA

Students without black-belt ranking.

MUMOBI

"Warning for lack of regard for one's own safety." Referee points one index finger in the air at a 60 degree angle on the side of the offender.

NAMI GAESHI GERI

Returning wave kick. As in Tekki Shodan

NAGE-WAZA

Throwing techniques

ONEGAI SHIMASU

"I welcome you to train with me," or literally, "I make a request." This is said to one's partner when initiating practice.

OSAE UKE

Pressing Block.

OTOSHI EMPI UCHI

An elbow strike by dropping the elbow. Also referred to as Otoshi Hiji Ate.

OYAYUBI IPPON KEN

Thumb Knuckle.

OYO WAZA

Applications interpreted from techniques in Kata, implicated according to a given condition.

REI

"Respect". A method of showing respect in Japanese culture is the Bow. It is proper for the junior person bows lower than the senior person.

REIGI

Etiquette. Also referred to as REISHIKI. Observance of proper etiquette at all times (but especially observance of proper DOJO etiquette) is as much a part of one's training as the practice of techniques. Observation of etiquette indicates one's sincerity, one's willingness to learn, and one's recognition of the rights and interests of others.

REINOJI DACHI

A stance with feet making a 'L-shape.'

RENSEI

Practice Tournament. Competitors are critiqued on their performances.

RENSHI

"A person who has mastered oneself." This person is considered an expert instructor. This status is prerequisite before attaining the status as KYOSHI. Renshi "has a name." Renshi is no longer one of the many, so to speak. Renshi is usually given at yodan to rokudan, depending on the system.

SAGI ASHI DACHI

One Leg Stance. Also referred to as GANKAKU DACHI or TSURU ASHI DACHI.

SAI

An Okinawan weapon that is shaped like the Greek letter 'Psi' with the middle being much longer.

SANBON KUMITE

Three Step Sparring.

SANBON SHOBU

Three Point match. Used in tournaments.

SANCHIN DACHI

Hour-glass Stance.

SASHITE

Raising of the hand either to strike, grab, or block.

SEIKEN

Forefist.

SEIRYUTO

Bull Strike. A hand technique delivered with the base of the SHUTO (Knife hand).

SEIZA

A proper sitting position. Sitting on one's knees. Sitting this way requires acclimatization, but provides both a stable base and greater ease of movement than sitting cross-legged. It is used for the formal opening and closing of the class.

SEMPAI

A senior student.

SEN NO SEN

Attacking at the exact moment when the opponent attacks.

SEN SEN NO SEN

Attacking before the opponent attacks. Preemptive attack.

SENSEI

Teacher. It is usually considered proper to address the instructor during practice as "Sensei" rather than by his/her name. If the instructor is a permanent instructor for one's DOJO or for an organization, it is proper to address him/her as "Sensei" off the mat as well.

SHIAI

A match or a contest (Event).

SHIDOIN

Formally recognized Instructor who has not yet be recognized as a SENSEI. Assistant Instructor.

SHIHAN

A formal title meaning, approximately, "master instructor." A "teacher of teachers." Hanshi is "wise" or sage-like, hence the common translation of "master." Shinan may be an alternative pronunciation.

SHIKKAKU

"Disqualification." This is a disqualification from the actual tournament, competition, or match. The opponent's score is raised to SANBON.

In order to define the limit of SHIKKAKU, the Referee Council must be consulted.

SHIKKAKU may be invoked when a contestant commits an act which harms the prestige and honor of Karate-Do and when other actions are considered to violate the rules of the tournament.

Referee uses two hand signals with the announcement "AKA (SHIRO) - SHIKKAKU." He first points with his index to the offender's face then obliquely

above and behind him. The Referee will announce with the appropriate gesture as previously given "AKA (SHIRO) NO KACHI!"

SHIKO DACHI

Square Stance. A stance often used in Goju-Ryu and Shito-Ryu.

SHIRO

White

SHIZENTAI

Natural Position. The body remains relaxed but alert.

SHOBU HAJIME

"Start the Extended Bout."

SHOBU SANBON HAJIME

"Start the Bout"

SHOMEN

Front or top of head. Also the designated front of a Dojo.

SHUGO

"Judges Called." The Referee beckons with his arms to the Judges.

SHUTO TE

Same as SHUTO UKE. This name was used before the advent of sport karate. Used to describe one of the techniques in BOGYO ROKU KYODO.

SHUTO UKE

Knife-hand Block.

SOCHIN DACHI

Immovable Stance. Also referred to as FUDO DACHI.

SOKUTO

Edge of foot. This term is often used to refer to the side thrust kick.

SOTO (UDE) UKE

Outside (Forearm) Block.

SOTO YOKO TE

Same as UCHI UDE UKE. This name was used before the advent of sport karate. Used to describe one of the techniques in BOGYO ROKU KYODO.

SUKUI TE

Same as SUKUI UKE. This name was used before the advent of sport karate. Used to describe one of the techniques in BOGYO ROKU KYODO.

SUKUI UKE

Scooping Block.

SUWARI WAZA

Techniques from a sitting position.

TAI SABAKI

Body movement/shifting.

TAIMING GA OSOI

"Not proper timing"

TATE EMPI

Upward Elbow Strike.

TATE URAKEN UCHI

Vertical back-fist attack.

TATE ZUKI

Vertical Punch. A fist punch with the palm along a vertical plane.

TEIJI DACHI

A Stance with the feet in a 'T-shape.'

TEISHO UCHI

Palm Heel Strike.

TEISHO UKE

Palm Heel Block.

TESTTEST

this is a test

TETSUI UCHI

Hammer Strike. Also called KENTSUI.

TOBI GERI

Jump Kick.

TONFA

A farm tool developed into a weapon by the Okinawans.

TORANAI

"No Point"

TORIMASEN

"Unacceptable as scoring techniques." As HIKIWAKE, but culminating with the palms facing downwards towards body.

TORIMASEN

"Unacceptable as scoring techniques." As HIKIWAKE, but culminating with the palms facing downwards towards body.

TSUKAMI WAZA

Catching technique. A blocking technique by seizing the opponent's weapon, arm, or leg. Used often for grappling techniques.

TSUKI

A punch or thrust (esp. an attack to the midsection).

TSURU ASHI DACHI

Crane Stance, also referred to as GANKAKU DACHI and SAGI ASHI DACHI.

TSUZUKETE

"Fight On!" Resumption of fighting ordered when unauthorized interruption occurs.

TSUZUKETE HAJIME

"Resume Fighting - Begin!" Referee standing upon his line, steps back into ZENKUTSU DACHI and brings the palms of his hands toward each other.

TUITE

Grappling skills.

UCHI (UDE) UKE

Inside (Forearm) Block.

UCHI DESHI

A live-in student. A student who lives in a dojo and devotes him/herself both to training and to the maintenance of the dojo (and sometimes to personal service to the SENSEI of the dojo).

UCHI MAWASHI GERI

Inside Roundhouse Kick.

UCHI YOKO TE

Same as SOTO UDE UKE. This name was used before the advent of sport karate. Used to describe one of the techniques in BOGYO ROKU KYODO.

UKE

Block.

UKEMI WAZA

Breakfall techniques.

URA ZUKI

An upper cut punch used at close range.

URAKEN

Back Knuckle.

USHIRO EMPI UCHI

Striking to the rear with the elbow.

USHIRO GERI

Back Kick.

WA-UKE

A block where the path taken is similar to the yoko-uke. Imagine wiping a wall in front of you with your palm in a half-circle. At the end of the block the hand is angled slightly to the outside. This block occurs in the Shinpa kata.

WAZA

Technique(s).

WAZA ARI

"Half point"

YAMA ZUKI

Mountain Punch. A wide U-shaped dual punch.

YAME

Stop!

YASUMI

Rest. A term used by the instructor to have the students relax, normally following a long series of drills.

YOI

Ready.

YOKO

Side.

YOKO GERI KEAGE

Side Snap Kick. Also referred to as YOKO KEAGE.

YOKO GERI KEKOMI

Side Thrust Kick. Also referred to as YOKO KEKOMI.

YOKO MAWASHI EMPI UCHI

Striking with the elbow to the side.

YOKO TOBI GERI

Flying Side Kick.

YOWAI

"Weak Focus"

YUDANSHA

Black belt holder (any rank).

ZA-REI

The traditional Japanese bow from the kneeling position.

ZANSHIN

Lit. "remaining mind/heart." Even after a Karate technique has been completed, one should remain in a balanced and aware state. ZANSHIN thus connotes "following through" in a technique, as well as preservation of one's awareness so that one is prepared to respond to additional attacks.

ZENKUTSU DACHI

Forward Stance.


ZENSHIN

Forward.

ZORI

Japanese slippers.

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