

Shorinji Kempo Dictionary

Below is a list of Japanese terms used in Shorinji Kempo. Translations are not guaranteed to be exact or comprehensive as they relate specifically to a Shorinji Kempo context. The list aims to contain all words used in the *naming* of Shorinji Kempo techniques, and although other words are present, it is not intended to be a complete reference for all Shorinji Kempo vocabulary. Some words appear twice in the list because they may have a hard or soft sound (and spelling) depending on the syllable preceding. It is worth noting these adjustments since in some cases words may appear only under one spelling. Sounds commonly exchangeable are k/g, t/z, n/m, s/z.

Age	Up	Han tenkan	Half turn
Ai	Love	Harai (uke)	Brush away/Knock away
Ashi	Foot/Leg/Step	Hasso (gamae)	Stance like holding a beach ball
Ate	Strike	Hidari	Left
Atemi	Striking the body (anywhere)	Hiji	Elbow
Baku	Bind/Tie up	Hiki	Pull
Budo	Martial way	Hiraki	Open
Byakuren ken	Fist of White Lotus. Goho techniques in which the defending arm frequently returns the attack.	Hiza	Knee
		Hokei	Pattern encapsulating part of the system
		Ichi	One
Chi	Earth (sometimes meaning down/lower)	Ichiji	Horizontal
		Ichinyo	Unity
Chio ken	Fist of Earth King. Goho family where a multiple attack begins with a jodan zuki, or a geri	Idori	Seize
		Ippon	One point
Chidori	Plover (a type of bird that moves diagonally)	Jodan	Top level (head/neck)
		Juho	Soft method (techniques for repelling grappling attacks)
Chudan	Mid-level (torso)	Juji	Cross (shape)
Dai	Number, Big	Jun	Front (front hand, leg etc.)
Daisharin	Cartwheel (Big Wheel)	Kaisin	Opening the body
Doji	Simultaneous	Kaeshi	Return
Dori	Capture	Kagite	Locked hand
Eri	Lapel	Kakuritsu ken	Fist of Standing Crane. Goho family involving blocking and countering with the leg.
Furi	Swing		
Fusatsu katsujin	Not hurt, but develop (principle of Shorinji Kempo)	Kani	Crab
Gaeshi	Return	Kannuki	Gate bar
Gai	Outside	Kata	Set form/Single
Garame	Entwine	Katame	Pin
Gassho	Palms together	Katate	One handed juho attack
Gatame	Pin	Ken	Fist
Gedan	Low level (legs/groin)	Ken Zen Ichinyo	The unity of mind and body
Geri	Kick	Keri	Kick
Giri	Cut	Kinteki	Groin
Giwa ken	Fist of righteous harmony. (Family of kata)	Kiri	Cut
		Ko manji ken	Fist of Crimson Manji (kata)
Goho	Hard method (techniques involving strikes)	Komi	Push in
		Kon	Mix
Go Ju Ittai	The unity of hard and soft	Kongo ken	Fist of Diamond (Buddhist symbol of indestructible truth)
Gote	Wrist		Attacking/restraining juho family.
Gyaku	Reverse/Rear (hand, leg etc.)		
Gyakute	Reversed hand	Konoha	Leaf (meaning hand)
Haku	Upper arm	Koshi	Cross over/Move over
Han	Half		

Kote	Wrist	Shita	Down
Kubi	Neck	Shorinji Kempo	Small forest temple fist system. (Shaolin temple in Henan, China)
Kumade	Bear hand (heel of hand)		
Kumo	Spider	Shushu koju	Defence before attack
Kusshin	Yield (a ducking motion)	Shuho	Defence
Mae	Front	Shuto	Hand blade (side of hand)
Maki	Wrap	Sode	Sleeve
Me	Eye(s)	So Doshin	The founder!
Midare	Mixed	Sotai	Pair-form
Migi	Right (not left)	Sokuto	Foot blade (side of foot)
Morote	Two hands on one hand juho attack	Soto	Outside
Muna	Chest	Sukui	Scoop
Nai	Inside	Tai (gamae)	Opposite stance (closed)
Nami	Wave	Tai sabaki	Body movement
Ni	Two	Taiki (gamae)	Waiting stance
Nidan	Two level	Tanen	Pair form
Nio ken	Fist of Nio (The two Buddhist temple Guardians) Single Jodan attack Goho family.	Tanto	Dagger
Nuki	Elude (escaping from a grab)	Tate	Vertical
Okuri	Send (sometimes leading by the hand)	Tembin	Position on triceps above elbow
Osae	Push	Ten	Heaven (sometimes top or upper)
Oshi	Push	Tenchi ken	Fist of Heaven and Earth (Family of Kata)
Otoshi	Drop/Release/Let fall	Tenkan	Turn
Rakan ken	Fist of Lohan (achiever of Nirvana) Juho family involving wrapping/binding in clothing.	Tenno ken	Fist of Heaven King Multiple attack, jodan first, goho family
Randori	Free fighting practice	Tenshin	Pivot/Shuffle/Skip
Ren	Continuing	Tsubame	Swallow (bird)
Ren han ko	Extended/continuing attack	Tsuitate	Vertical thrust
Riki	Strength	Tsuki	Punch/Lunge
Riki Ai Funi	Strength and love together	Tsuri	Hang/Suspend/Hook
Ryaku	Simplified/Informal	Uchi	Inside/Strike
Ryo	Double	Ude	Arm
Ryote	Two hands on two hands juho attack	Uke	Block/Deflect
Ryuka ken	Fist of Blossoming Dragon Hand capture and throwing juho	Ukemi	Roll, Cartwheel (evasive body movement)
Ryu	Dragon	Umpoho	Footwork
Ryuo	Dragon King	Ura	Back
Ryuo ken	Fist of Dragon King Eluding juho family	Uraken	Back-fist (top two knuckles)
Ryusui	Waterfall (body motion, the head arcs downwards)	Ushiro	Rear
Sabaki	Movement	Uwa	Up
Sagari	Retreat	Wa	Circle/Ring
Sambo	Triple defence	Wanto	Arm blade (inside - Nai - or outside - Gai - of forearm)
San	Three	Waza	Technique
Sango ken	Fist of Triple Unity Mainly chudan attack, keru defence, goho family.	Yoko	Side
Sankaku	Triangle	Yori	Coming together
Se	Finger/Thumb	Yubi	Finger/Thumb
Sei	Correct	Zeme	Attack
Seiho	Healing techniques	Zen	Mind/Zen/Full
Seiza	Kneel	Zen tenkan	Full turn
		Zuki	Punch/Lunge