

Karate Terminology

English	Japanese	Pronunciation
<u>Stance</u>		
natural stance	<u>Tachikata</u>	<u>Tah-chee-kah-tah</u>
forward stance	shizon-tai	she-zen-tie
back stance	zenkutsu-dachi	zen-koo-tsue dah-chee
straddle stance	kokutsu-dachi	koe-koo-tsue dah-chee
	kiba-dachi	key-bah dah-chee
<u>Punching Techniques</u>		
straight punch	<u>Tsuki-Waza</u>	<u>Tsue-key Wah-zah</u>
reverse punch	choku-zuki	cho-koo zoo-key
stepping punch	gyaku-zuki	gyah-koo zoo-key
	oi-zuki	oh-ee zoo-key
<u>Striking Techniques</u>		
knife hand strike	<u>Uchi-Waza</u>	<u>Oo-chee Wah-zah</u>
ridge hand strike	shuto-uchi	shoe-toe oo-chee
elbow strike	haito-uchi	hi-toe oo-chee
	empi-uchi	em-pee oo-chee
<u>Kicking Techniques</u>		
front kick	<u>Keri-Waza</u>	<u>Kay-rhee Wah-zah</u>
front snap kick	mae-geri	mah-eh geh-rhee
front thrust kick	mae-geri-keage	mah-eh geh-rhee kay-ah-geh
side kick	mae-geri-kekomi	mah-eh geh-rhee kay-koh-me
side snap kick	yoko-geri	yoh-koh geh-rhee
side thrust kick	yoko-geri-keage	yoh-koh geh-rhee kay-ah-geh
back kick	yoko-geri-kekomi	yoh-koh geh-rhee kay-koh-me
back snap kick	ushiro-geri	oo-she-row geh-rhee
back thrust kick	ushiro-geri-keage	oo-she-row geh-rhee kay-ah-geh
roundhouse kick	ushiro-geri-kekomi	oo-she-row geh-rhee kay-koh-me
crescent kick	mawashi-geri	mah-wah-she geh-rhee
stamping kick	mikazuki-geri	me-kah-zoo-key geh-rhee
inside snapping kick	fumikomi	foo-me-koh-me
	namigaeshi	nah-me-gah-eh-she
<u>Blocking Techniques</u>		
down block	<u>Uke-Waza</u>	<u>Oo-kay Wah-zah</u>
forearm block	gedan-barai	geh-dahn bah-rah-ee
rising block	ude-uke	oo-day oo-kay
dropping block	age-uke	ah-gay oo-kay
knife hand block	otoshi-uke	oh-toh-she oo-kay
	shuto-uke	shoe-to oo-kay
<u>Form</u>		
Heian #1	<u>Kata</u>	<u>Kah-tah</u>
Heian #2	Heian shodan	hay-ee-ahn show-dahn
Heian #3	Heian nidan	hay-ee-ahn knee-dahn
	Heian sandan	hay-ee-ahn sahn-dahn

Heian #4
Heian #5
Tekki #1
Tekki #2
Tekki #3

Heian yandan
Heian godan
Tekki shodan
Tekki Nidan
Tekki Sandan

hay-ee-ahn yohn-dahn
hay-ee-ahn go-dahn
tehk-key show-dahn
tehk-key knee-dahn
tehk-key sahn-dahn

Sparring

5 attack sparring
3 attack sparring
1 attack sparring
semi-free sparring
free sparring

Kumite

gohon kumite
sanban kumite
ippon kumite
jiyu ippon kumite
jiyu kumite

Koo-me-tay

go-hone koo-me-tay
sahn-bahn koo-me-tay
ee-pona koo-me-tay
jee-you ee-pona koo-me-tay
jee-you koo-me-tay

Numbers

one
two
three
four
five
six
seven
eight
nine
ten

ichi
ni
san
shi
go
roku
shichi
hachi
ku
ju

ee-chee
knee
sahn
shee
go
rokoo
she-chee
hah-chee
koo
jew

Others

high level, head area
middle level, torso
lower level, below belt
ready
begin
finish
kneel
stand up
meditate
bow
instructor
senior
junior

jodan
chudan
gedan
yoi
hajime
yame
seiza
tatte
mokuso
rei
Sensei
Senpai
kohai

joe-dahn
chew-dahn
geh-dahn
yoh-ee
hah-jee-meh
yah-meh
say-zah
that-the
moe-koo-so
ray
Sen-say
Sen-pah-ee
Koh-hah-ee

Terms

Dojo	training gym
Gi	uniform
Hidari	left
Migi	right
Kata	forms
Kihon	basics
Kumite	sparring
OS	term of respect, used with bow
Kiai	sound made when focusing the energy of the body both physically and mentally
Kime	focus physically and mentally the energy of the body