Terminology and Pronunciation

**Tachi- Stances**

Ready Stance **Yoi Dachi** yoy (like boy or toy) da chee

Horse Stance **Kiba Dachi** kee baa da chee

Sumo Stance **Shiko Dachi** shee ko (also- shhh ko)

Forward Leaning Stance **Zenkutsu Dachi** zen koot soo (also- zane koot sa)

Backward Leaning Stance **Kokutsu Dachi** ko koot soo (also- ko koot sa)

Waiting Stance **Hachiji Dachi** ha chee gee (also- ha shee gee)

Cat’s Paw Stance **Neko Dobi Ashi** nek o doe bee a shee

Reverse Forward Leaning Stance **Gyaku Zenkutsu Dachi** gee ya koo (also-gwa koo)

Hourglass Stance **Sanchin Dachi** san cheen

Fighting Stance **Kumite Dachi** koo meet ay

**Uke- Blocks and Receiving**

Upper Level Block **Jodan Uke** jo don oo kay

Lower Level Sweep **Gedan Barai** gee don (also- gay don) bar eye

Middle Level Block **Chudan Uke** chew don oo kay (also- shew don)

Inside Block **Uchi Uke** oo chee oo kay

Outside Block (Knife Hand Block) **Te Soto Uke** tee so toe oo kay (also- tay so toe)

Cross Block **Juji Uke** joo gee oo kay

Circular Block **Mawashi Uke** ma wa shee oo kay

Shadow Block **Kami Uke** ka mee oo kay

Thrusting Block (Rising Block) **Age Uke** aah gay oo kay

Blocking Exercises **Uke Undo** oo kay un doe

Circular Blocking Exercises **Mawashi Uke Undo** ma wa shee oo kay un doe

Inside Outside Exercises **Uchi Soto Undo** oo chee so toe un doe

**Tewaza and Uchi- Hand Techniques and Strikes**

Backfist **Uraken** oo ra ken (also yoo ray ken)

Lunge Punch **Oie Zuki** oy (like boy or toy) soo kee (also- oy ssskee)

Reverse Punch **Gyaku Tsuki** gee ya koo (also- gwa koo) soo kee (also- ssskee)

Ridge Hand **Haito** hi! ee toe (also- hi! toe)

Hammer Fist **Tettsui** tet soo ay (also- tet sa way)

Palm Heel **Shotei** sho tay

Knife Hand **Shuto** shoo toe

Hand Sword **Tegatana** tay ga tawn aa

Spear Hand **Nukite** noo kee tay

Round House Punch **Mawashi Tsuki** ma wa shee soo kee (also- ssskee)

Upper Cut **Agetsuki** aah gay soo kee (also- ssskee)

Elbow Strike **Empi Uchi** em pee oo chee

Hand Techniques **Tewaza** tay wa zaa

**Keri- Kicking Techniques**

Groin Kick **Kin Geri** kin gare ee (also- keen gare ee)

Front Kick **Mae Geri** may gare ee

Side Kick **Yoko Geri** yo ko gare ee

Roundhouse Kick **Mawashi Geri** ma wa shee gare ee

Backward Kick **Ushiro Geri** oo shee ro gare ee

Knee Kick **Hiza Geri** hee za gare ee

Crescent Kick **Mikkatsuki Geri** mee kat soo kay (also- me kaa ssskee)

Heel Kick **Kakato Geri** kaa kaa toe gare ee

Jumping Kick **Tobi Geri** toe bee gare ee

Snapping Kick **Keage Geri** kay aagay gare ee

Thrusting Kick **Kekomi Geri** kay ko mee gare ee

Spinning Kick **Ura Geri** oo ra gare ee (also- yoo ra gare ee)

Axe Kick **Ono Geri** on o gare ee

**Ukemi- Breakfalls**

Front Breakfall **Mae Ukemi** may oo kem mee

Sideways Breakfall **Yoko Ukemi** yo ko oo kem mee

Backward Breakfall **Ushiro Ukemi** oo shee ro oo kem mee

Rolling Breakfall **Kaiteri Ukemi** k-eye tare ee oo kem mee

Sideways Rolling Breakfall **Yoko Kaiteri Ukemi**

Backward Rolling Breakfall **Ushiro Kaiteri Ukemi**

**Counting**

One **Ichi** itchy or itch

Two **Ni** nee

Three **San** san

Four **Shi** or **Yon** shee/yon

Five **Go** go

Six **Rokyu/Roku** ro koo

Seven **Shichi** or **Nana** shee chee/ na na

Eight **Hachi** ha chee

Nine **Kyu/Ku** Q/koo

Ten **Ju** joo

Eleven **Ju Ichi** joo itchy/joo itch

Twelve **Ju Ni** joo nee

Twenty **Ni Ju** nee joo

Twenty Seven **Ni Ju Shichi/Ni Ju Nana** nee joo shee chee/nee joo na naa

Seventy **Shichi Ju/Nana Ju** shee chee joo/na naa joo

One Hundred **Hyaku** ha koo/ha ya koo

**Basic Class Terms-**

Training Hall **Dojo** doe joe

Teacher **Sensei** sen say

Empty Hand **Karate** kaa raa tay

Student of Karate **Karateka** kaa raa tay ka

Uniform **Gi** gee

Belt **Obi** o bee

Jacket **Uwagi** oo wa gee

Trousers **Shitagi** shee ta gee (also- shh ta gee)

Begin **Hajime** ha jee may

Wait **Mate** maa tay

Stop **Yame** yaa may

Attention **Kiotsuke** kee yo soo kay (also- kee o ssskay)

Bow/Respect **Rei** ray

Class Rank **Kyu** Q/koo

Degree Rank **Dan** don/dan

Prearranged Forms **Kata** kaa taa

Sparring **Kumite** koo mee tay

Shout of Spirit **Kiai** kee eye

Upper Level **Jodan** jo don

Lower Level **Gedan** gay don (also- gee don)

Middle Level **Chudan** choo don

Left **Hidari** hee da ree

Right **Migi**  mee gee

Sitting Posture **Seiza** say zaa

Energy **Ki** kee

Eight Directions **Happo** hop po

**Body Part Terminology-**

Foot or Leg **Ashi** a shee

Ankle **Ashikubi** a shee koo bee

Instep of Foot **Ashi no Ko** or **Heisoku**  a shee no ko (or h-eye so koo)

Sole of Foot **Ashiura** a shee oo ra (also- a shhhhraa)

Ball of Foot **Chusoku** choo so koo

Heel **Kakato** kaa kaa toe

Knee **Hiza** hee zaa

Hand **Te** tay

Knuckle **Kento** ken toe

Wrist **Tekubi** tay koo bee

Arm **Ude** oo day

Forearm **Kote** ko tay

Elbow **Empi** or **Hiji** em pee/hee jee

Shoulder **Kata** kaa taa

Head **Atama** aa taa maa

Face **Men**  men

Mind **Shin** sheen

Neck **Kubi** koo bee

Chest **Mune** moo nay

Belly **Hara** har aa (also- haa raa)

Hip **Koshi/Goshi** ko shee/ go shee

Body **Tai**  t-eye

**Advanced Terms-**

The Martial Path **Budo** boo doe

Art of Combat **Bujitsu** boo jits soo (also- boo jitsa)

The Path **Do** doe

Combat Art  **Jitsu** jits soo (also- jitsa)

Attacks to Vital Places **Atemi Waza** aa tem ee wa zaa

Foot Techniques **Ashi Waza** aa shee wa zaa

Breathing Techniques **Ibuki** ee boo kee

Throwing Techniques **Nage Waza** na gay wa zaa (also- naaja wa zaa)

Breaking Techniques **Tamashiwari** ta ma shee waa ree

Sacrifice Throws **Sutemi** soo tem ee (also- ssstem ee)

Choking Techniques **Shime/Jime** shee may/jee may

Attacks to the Joints **Kansetsu Waza** kan set soo wa zaa (also- kan setsa)

Freestyle Practice **Randori** ran do ree

To Block or Receive **Uke** oo kay

To Grab or The Partner Who Does the Techniques **Tori** toe ree

The Partner Who Receives The Techniques **Uke** oo kay

To Sweep **Harai/Barai** ha r-eye/ba r-eye

To Throw **Nage** nage (also- naaja)

Outside **Soto** so toe

Inside **Uchi** oo chee

Big **O** Oh!

Little **Ko** koh!

To Hold **Katame/Gatame** kaa taa may/gaa taa may

To Twist **Hineri** hee nare ee

To Twist Inside Out **Kaeshi/Gaeshi** kuy aa shee/guy aa shee

To Enter **Irimi** ee ree mee

To Circle Around **Tenken** ten ken

Body Movement **Tai Sabaki** t-eye saa baa kee

180 Degree Pivot **Mawate** maa waa tay

Off-Balancing **Kuzushi** koo zoo shee

Focus **Kime**  key may

Power **Chikara** chee kaa raa

Empty **Kara** kaa raa

Harmony  **Ai**  eye

Harmony of Energy **Aiki** eye kee

Yes  **Hai** h-eye

One-Handed **Katate** kaa taa tay

Two-Handed **Morote** moe roe tay

Wheel **Guruma** goo roo maa

Locking **Osae**  oh s-eye

Shadow/Spirit **Kami**  kaa mee

No Mind **Mushin** moo sheen

Constant Awareness **Zanshin** zon sheen

To Break Down (Kata) **Bunkai** boon k-eye

Soft **Ju** joo

Hard  **Go**  go

Timing/Space **Ma Ai** may eye

Four Corners **Shiho** shee ho

Pressure Points **Tsubo** soo boe

Center of a Person’s Balance **Tantien** dan tee an