

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 aa gay 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 shhhhrraa)
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