

JAPANESE TRANSLATIONS

English	Japanese	Pronunciation
GENERAL TERMS		
Teacher	Sensei	Sen-Say
Karate Practitioner	Karate-ka	Kah-rah-tay-kah
The Way of Karate	Karate-do	Kah-rah-tay-doh
Tutor	Sempai	Sem-pie
Student	Kohai	Co-hi
Training hall; place of learning	Dojo	Doe-joe
Karate Outfit	Gi	Gee (G as in "Gary")
Belt	Obi	Oh-bee
COUNTING		
One	Ichii	Each
Two	Ni	Nee
Three	San	Saan
Four	Shi	She
Five	Go	Go
Six	Roku	Roe-koo
Seven	Shichi	She-chee
Eight	Hachi	Ha-chee
Nine	Ku	Koo
Ten	Ju	Joo
CLASS TERMS		
Get Ready	Yoi	Yoy (like toy)
Begin	Hajime	Ha-gee-may
Starting Position	Yame	Yaw-may
Spirit Yell	Kiai	Kee-eye
Yes	Hai	Hi
Understood	Osu	Oss
Line Up	Narande	Na-ron-day
Highest Ranking Tutor	Dai Sempai	Die Sem-pie
Attention	Kiotsuke	Kee-oat-sue-kay
Bow to the front	Shomen Ni Rei	Show-men Ni-ray
Bow to the instructor	Sensei Ni Rei	Sen-say Ni-ray
Kneel	Seiza	Say-zah
Meditate	Mokuso	Mo-ku-so
Bow	Rei	Ray
Vigilance	Sanshin	San-shin
At Ease	Yasume	Yah-soo-may

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PRACTICE TERMS		
Formal Technique	Kihon	Key-hone
Formal Exercise	Kata	Kah-Tah
Practice Fighting	Kumite	Koo-ma-tay
General Techniques	Waza	Wah-zah
Performance Line	Embusen	Em-boo-sen
Formal Exercise vs. Attackers	Bunkai	Bun-ki
Attacker	Uke	Uoo-kay
Defender	Tori	Toe-ree
TECHNIQUES		
Stance	Dachi	Dach
Kicking	Geri	Gary
Punch	Tsuke/Zuki	Zue-Key
Strike	Uchi	Uooch
Block	Uke	Uoo-kay
DIRECTIONAL		
Rising	Age	Ah-gay
Sweeping	Barai	Bah-rye
Middle	Chudan	Chew-dawn
Lower	Gedan	Gay-dawn
Reverse	Gyaku	Kee-ah-koo
High/Upper	Jodan	Joe-dawn
Right	Migi	Me-kee
Left	Hidari	He-da-ree
Sideway	Yoko	Yo-ko
Backward	Ushiro	Uoo-she-row
Turn around	Mawatte	Mah-wat-tay
BLOCKS		
Rising Block	Age Uke	Ah-gay Uoo-kay
Downward Block	Gedan Barai Uke	Gay-dawn Bah-rye Uoo-kay
Knife Hand Block	Shuto Uke	Shue-toe Uoo-kay
Two-Handed Block	Morote Uke	Moe-row-tay Uoo-kay
Outside Block	Soto Ude Uke	Sew-Toe Uoo-day Uoo-kay
Inside Block	Uchi Ude Uke	Uoo-chee Uoo-day Uoo-kay
Low Level X block	Gedan Juji Uke	Gay-dawn Jyoo-gee Uoo-kay
Upper level X block	Jodan Juji Uke	Joe-dan Jyoo-gee Uoo-kay
Open hand X block	Jodan Kaisho Juji Uke	Joe-dan Ki-sho Jyoo-gee Uoo-kay
Crescent kick block	Mika Zuki Geri Uke	Me-kah Zue-Key Gary Uoo-kay
Augmented two handed block	Morote Uke	Moe-roe-tay Uoo-kay
Knifehand block	Shuto Uke	Shue-toe Uoo-kay
Outside forearm block	Soto Ude Uke	Soe-toe Uoo-day Uoo-kay
Vertical knife hand block	Tate Shuto Uke	Tah-tay Shue-toe Uoo-kay
Inside forearm block	Uchi Ude Uke	Uooch Uoo-day Uoo-kay

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STANCES		
Natural Stance, Feet shoulder width	Shisentai	She-sen-tie
Ready Stance, Toes Together	Heisoku Dachi	He-sew-koo Dach
Ready Stance, Toes Apart	Musubi Dachi	Moo-sue-bee Dach
Parallel Stance, Feet Shoulder Width	Heiko Dachi	Hey-ko Dach
Front Stance	Zenkutsu Dachi	Zen-koot-soo Dach
Horse Riding Stance	Kiba Dachi	Key-ba Dach
Back Stance	Kokutsu Dachi	Ko-koot-soo Dach
Square stance	Shiko Dachi	She-ko Dach
Cat Stance	Neko Ashi Dachi	Nay-ko Ah-she Dach
Natural Stance, Toes Pointed Out	Soto Hachiji Dachi	Sew-Toe Ha-chee-gee Dach
Rooted stance	Fudo Dachi	Foo Do Dach
Open leg stance	Hachiji Dachi	Ha-chee-gee Dach
Crossed feet stance	Kosa Dachi	Ko-sah Dach
Diagonal straddle leg stance	Sochin Dachi	Soo-cheen Dach
T stance	Teiji Dachi	Tay-jee Dach
Front; Forward stance	Zenkutzu Dachi	Zen-koo-zue Dach
PUNCHES		
Lunge Punch	Oi Zuki	Oy Zue-key
Reverse Punch	Gyaku Zuki	Kee-ah-koo Zue-key
Jab Punch	Kizami Zuki	Kee-za-mee Zue-key
Hook Punch	Kagi Zuki	Kah-kee Zue-key
"U" Punch	Yama Zuki	Yah-mah Zue-key
Double Punch	Morote Zuki	Moe-row-tay Zue-key
Rising Punch	Age Zuki	Ah-gay Zue-key
Spear Hand	Nukite Zuki	New-kee-tee Zue-key
Palm Punch	Teisho Zuki	Tee-show Zue-key
One Knuckle Punch	Ippon Ken Zuki	Eep-pone Ken Zue-key
U Punch	Awase Zuki	A-wah-say Zue-key
Wide U Punch	Yama Zuki	Yah-ma Zue-key
Scissors Punch	Hasami Zuki	Ha-Sah-may Zue-key
Roundhouse Punch	Mawachi Zuki	Ma-wach Zue-kay
Vertical Fist Punch	Tate Zuki	Tah-tay Zue-kay
Uppercut Punch	Ura Zuki	Uoo-rah Zue-kay

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STRIKES		
Bottom Fist Strike	Tettsui Uchi	Tet-t'suey Uooch
Back Hand Strike	Haishu Uchi	Hi-shoe Uooch
Knife Hand Strike	Shuto Uchi	Shoe-toe Uooch
Ridge Hand Strike	Haito Uchi	Hi-toe Uooch
Palm Heel Strike	Teisho Uchi	Tee-show Uooch
Elbow Strike	Empi Uchi	Em-pee Uooch
Upper rising elbow strike	Age Empi Uchi	Ah-gay Em-pee Uooch
Hammer fist strike	Kentsui Uchi	Ken-t'suey Uooch
Roundhouse elbow strike	Mawashi Empi Uchi	Mah-wa-she Em-pee Uooch
Downward elbow strike	Otoshi Empi Uchi	Oh-toe-she Em-pee Uooch
Spear hand strike	Nukite Uchi	New-ki-tay Uooch
Forefist strike	Seiken Uchi	Say-ken Uooch
Upper rising elbow strike	Tate Empi Uchi	Tah-tay Em-pee Uooch
Palm heel strike	Teisho Uchi	Tay-sho Uooch
Backfist	Uraken Uchi	Yoo-rah-ken Uooch
Backward elbow strike	Ushiro Empi Uchi	Uoo-she-roh Em-pee Uooch
Side elbow strike	Yoko Empi Uchi	Yoko Em-pee Uooch
KICKS		
Front Kick	Mae Geri	May Gary
Round Kick	Mawashi Geri	Ma-wa-shee Gary
Snap Kick	Keage	Kee-ah-gee
Crescent Kick	Mikazuki Geri	Mee-ka-zue-kee Gary
Side Kick	Yoko Geri	Yo-ko Gary
Back Kick	Ushiro Geri	Uoo-she-row Gary
Thrust Kick	Kekomi	Kay-ko-mee
Sweeping Leg Kick	Ashi Barai	Ah-she Bah-rye
Heel Kick	Kakato Geri	Ka-ka-toe Gary
Front Thrust Kick	Mae Geri Kekomi	May Gary Kay-ko-mee
Front Jumping Kick	Mae Tobi Geri	May To-bee Gary
Side Snap Kick	Yoko Geri Keage	Yo-ko Gary Key-ah-gi
Side Thrust Kick	Yoko Geri Kekomi	Yo-ko Gary Key-ko-mee
Side Jumping Kick	Yoko Tobi Geri	Yo-ko To-bee-Gary

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ANATOMY		
Foot	Ashi	Ah-she
Knee	Hiza	Hee-za
Heel	Kakato	Kaw-kaw-toe
Ball of Foot	Koshi	Koe-she
Hand	Te	Tay
Side Edge of Heel	Sokuto	Sew-koo-toe
Arm	Ude	Uoo-day
Elbow	Age	Ah-gay
Instep	Heisoku	Hay-so-koo
Heel	Kakato	Kah-kah-toe
Sole of foot	Sokutei	So-ku-tay

BASIC PRESSURE POINTS OF THE BODY

