



TERMS & TRANSLATIONS

GENERAL TERMS

DACHI	<i>daw-chee</i>	stance
DAMASHII	<i>daw-maw-shee</i>	fighting spirit
GERI	<i>gay-ree</i>	kick
DAN	<i>dan</i>	grade
DOJO	<i>doh-joe</i>	practice hall
GI	<i>gi</i>	uniform
HAJIME	<i>haw-gee-meh</i>	begin
HARA	<i>haw-raw</i>	center of the body
HIDARI	<i>()</i>	left
IAI-UCHI	<i>i-oo-chee</i>	mutual striking
IPPON KUMITE	<i>ipp-on koo-me-tay</i>	one step sparring
JYU KUMITE	<i>jer koo-me-tay</i>	free style sparring
KARATE	<i>kaw-raw-tay</i>	empty hand
KARATE-DO	<i>kaw-raw-tay doe</i>	the way of karate
KATA	<i>daw-taw</i>	forms
KEMPO	<i>kem-poe</i>	law of the fist
KENPO	<i>ken-poe</i>	Chinese fist boxing
KIAI	<i>key-i</i>	harmonization of body, mind and spirit
KIME	<i>key-may</i>	focus
KYU	<i>()</i>	step
MAKIWARA	<i>ma-wah-shee</i>	punching board
MAWARE	<i>ma-wah-reh</i>	trun
MIGI	<i>mee-gee</i>	right
OBI	<i>oh-bee</i>	belt
OSS	<i>ooss</i>	acknowledgement
REI	<i>reh</i>	bow
SEMPAI	<i>sem-pay</i>	reflection of the past senior belt other than black
SENSEI	<i>sen-say</i>	honorable teacher
SHIAI	<i>shee-a-ee</i>	tournament
UKE	<i>oo-kay</i>	block
USHIRO	<i>oo-shee-roh</i>	back
USHIRO NI MAWARE	<i>oo-shee-roh nee ma-wah-reh</i>	turn around
YAME	<i>yah-meh</i>	stop
YASUME	<i>ya-soo-meh</i>	return
YOI	<i>yoh-ee</i>	go
YOKO	<i>yoh-koh</i>	side
ZUKI	<i>zoo-key</i>	punch

PARTS OF THE BODY

EMPI	<i>em-pee</i>	elbow
HIZA	<i>hee-zaw</i>	knee
KEN	<i>ken</i>	fist
KOKATO	<i>koe-kah-toe</i>	heel
KOSHI	<i>koe-shee</i>	ball of the foot
SOKUTO	<i>so-koo-toe</i>	knife-edge of foot
TE	<i>tay</i>	hand
UDE	<i>oo-day</i>	forearm
URAKEN	<i>oo-raw-ken</i>	backfist





TERMS & TRANSLATIONS

GERI - KICKS

KAEGI	<i>kay-ee-gi</i>	snap
KEKOMI	<i>keh-koe-me</i>	thrust
MAE GERI	<i>my gay-ree</i>	front kick
MAWASHI GERI	<i>mah-wah-shee gay-re</i>	roundhouse kick
TOBI GERI	<i>toe-bee gay-ree</i>	flying kick
USHIRO GERI	<i>oo-shee-row gay-ree</i>	back kick
YOKO GERI	<i>yo-ko gay-ree</i>	side kick

ZUKI - PUNCHES

AKMANO SEIKEN ZUKI	<i>ack-man-o see-ken zoo-key</i>	double forefist punch
GYAKU ZUKI	<i>yah-koo zoo-key</i>	reverse punch
IPPON SEIKEN ZUKI	<i>ipp-on see-ken zoo-key</i>	single forefist punch
KAGI ZUKI	<i>kaw-gee zoo-key</i>	hook punch
MOROTE ZUKI	<i>mow-row-tay zoo-key</i>	side-by-side punch
OI ZUKI	<i>oy zoo-key</i>	thrust punch
SANDAN SEIKEN ZUKI	<i>san-dan see-ken zoo-key</i>	triple forefist punch
TATE ZUKI	<i>tah-tay zoo-key</i>	vertical punch
YAMA ZUKI	<i>yah-mah zoo-key</i>	over and under double punch

UCHI - STRIKES

HAITO	<i>hi-ee-toe</i>	ridge hand
IPPON NUKITE	<i>ipp-on noo-key-tay</i>	single point spearhand
NUKITE	<i>noo-key-tay</i>	spearhand
SHUTO UCHI	<i>shoo-toe oo-chee</i>	knifehand strike
TEISHO UCHI	<i>tie-snow oo-chee</i>	palmheel strike
TETTSUI	<i>tet-soo-ee</i>	hammer fist
TSUKI	<i>soo-key</i>	palm-up strike

DACHI - STANCES

HACHIJI DACHI	<i>haw-chee daw-shee</i>	natural stance
IPPON ASHI DASHI	<i>ipp-on ash-ee daw-shee</i>	one-legged stance
KIBA DACHI	<i>key-bah daw-shee</i>	straddle stance / horse stance
KOKUTSU DACHI	<i>ko-koot-soo daw-shee</i>	back stance
KOSA DACHI	<i>ko-sah daw-shee</i>	transition stance
NEKO-ASHI DASHI	<i>neck-o aw-shee daw-shee</i>	cat stance
QUOISKI	<i>ko-ee-skee</i>	attention stance
ZENKUTSU DACHI	<i>zen-koot-soo daw-shee</i>	forward stance

UKE - BLOCKS

CHUDAN SOTO UKE	<i>choo-dan so-to oo-kay</i>	outside middle block
CHUDAN UCHI UKE	<i>choo-dan oo-chee oo-kay</i>	inside middle block
JODAN UKE	<i>joe-dan oo-kay</i>	upper block
MAWASHI UKE	<i>mah-wah-she oo-kay</i>	circular block
MOROTE SO-UKE	<i>mow-row-tay so-oo-kay</i>	reinforced block
GEDAN BARAI	<i>gay-dan bah-rye</i>	low sweeping block

NUMBERS

ICHI	<i>ee-chee</i>	one	RUKU	<i>roh-koo</i>	six
NI	<i>nee</i>	two	SAICH	<i>shee-chee</i>	seven
SAN	<i>saan</i>	three	HATCH	<i>ha-chee</i>	eight
JI	<i>shee</i>	four	KU	<i>koo</i>	nine
GO	<i>goh</i>	five	JU	<i>joo</i>	ten

