

Japanese To English Terminology

General

Shukokai	“Way For All”
Dojo	training hall / school
seiza	kneeling position
geri	kick
zuki	punch
sensei	teacher
senpei	assistant teacher
Gi	karate uniform
hajime	begin
yame	stop
yasume	relax
yoi	ready
oos	formal greeting
shin ko kyu	breathing exercise
kotekitae	forearm conditioning
hikite	pull back hand
uchi	strike
karate-ka	karate student
uke	block
kata	formal pattern
waza	technique
kamae-te	on guard position
mawate	change direction
kiai	shout of spirit
kihon	basics
kime	focus
hara	inner energy (stomach)
kumite	sparring
mushin	no mindedness
obi	belt
rei	bow
jodan	upper level
chudan	middle level
gedan	lower level

Blocks

gedan barai	downward block
chudan-uke	middle block
jodan age-uke	rising block
shuto-uke	knife hand block
sukui-uke	scooping block
soto-uke	forearm block
moroto-uke	supported block
nagashi-uke	pushing block
juji-uke	X block
kake-te	hooking hand
keito-uke	wrist block
teisho-uke	palm heel block
mawashi-uke	circular block

Punches And Strikes

choku-zuki	straight punch
gyaku-zuki	reverse punch
oi-zuki	lunge punch
mae ken-zuki	front hand punch
ippon ashi-zuki	one leg punch
mawashi-zuki	roundhouse punch
tataken-zuki	vertical fist punch
ura-zuki	close punch
yame-zuki	U punch
ippon ken-zuki	one knuckle punch
zuki-age	uppercut punch
uraken-uchi	back fist strike
empi-uchi	elbow strike
nukite	spear hand strike
haito-uchi	ridge hand strike
shuto-uchi	knife hand strike "karate chop"
hiraken-uchi	fore knuckle strike
teisho-uchi	palm heel strike
tettsui-uchi	hammer fist strike
keiko-uchi	bent wrist strike

Stances

yoi-dachi	ready stance
zenkutsu-dachi	forward stance
neko ashi-dachi	cat stance
shiko-dachi	horse stance
sanchin-dachi	pigeon toe stance
kokutsu-dachi	back stance
musubi-dachi	neutral stance
kake-dachi	cross leg stance
moto-dachi	short forward stance

Kicks

kin-geri	groin kick
mae-geri	front thrust kick
mawashi-geri	roundhouse kick
yoko-geri	side kick
mae ashi-geri	half roundhouse kick
ushiro-geri	back kick
ura mawashi-geri	hook kick
mikazuki-geri	crescent kick
kakato-geri	axe kick
tobi-geri	flying kick
hiza-geri	knee strike
ashi barai	foot sweep
Fumikomi	foot stomp

Japanese Counting

Ichi	One
Ni	Two
San	Three
Chi	Four
Go	Five
Roku	Six
Shichi	Seven
Hachi	Eight
Ku	Nine
Ju	Ten