

Basic Karate Terminology

This list is divided into General Terms, Blocks, Punches, Strikes and Kicks.

General Terms		
Chudan	chew-dahn	chest area
Dojo	doe-joe	training hall
Gedan	gay-dahn	lower level of the body
Hajime	ha-jim-ay	start
Hanmi	hum-mi	45 degrees, hips hanmi when blocking
Hara	har-rah	lower abdominal area
Hidari	hi-dar-ree	left
Jodan	joe-dahn	upper level
Kata	kah-tah	forms: a set sequence of defensive and attacking moves
Kiai	key-eye	shout to generate power and show spirit
Kihon	key-on	basic moves
Kime	kim-ay	focus/power point: the way the body tenses at the moment of impact in defence or attack
Kime waza	kim-ay was-a	technique demonstrating kime
Kamae-te	kum-eye-teh	preparatory stance : command used to begin a set of basics
Kumite	koo-mi-teh	free fighting
Mawate	mah-wah-teh	turn around
Migi	mig-ee	right
Oss	o-ss	acknowledgement; greeting
Otagai	o-tah-ga	training partner/s
Rei	ray	bow
Sensei	sen-say	instructor
Shomen	show-men	front
Yame	yah-may	stop; finish
Ichi	ichy	one
Ni	knee	two
San	saan	three
Shi	she	four
Go	go	five
Roku	rock-koo	six
Shichi	sich-ee	seven
Hachi	hach-ee	eight
Ku	koo	nine
Jyu	jew	ten
Stances		
Dachi	da-chee	stance
Heisoku-dachi	hay-sow-koo dah-chee	informal attention stance (feet together)
Kiba-dachi	key-bah dah-chee	horse riding stance
Kokutsu-dachi	koe-koot-sue dah-chee	back stance
Jiyu-dachi	jew dah-chee	free fighting stance
Musubi-dachi	moo-sue-be dah-chee	informal attention stance (feet turned out)
Neko-ashi-dachi	Neh-koh-ash-ee-dah-chee	cat stance
Shizen-tai	she-zen-tae	natural stance
Yoi or Hachiji-dachi	hah-chee-jee dah-chee	ready position stance
Zenkutsu-dachi	zen-koot-sue dah-chee	front stance

Blocks		
Age-uke	ah-geh oo-kay	rising block
Gedan-barai	gay-dahn bar-rye	downward block
Haishu-uke	hi-shoo oo-kay	backhand block
Morote-uke	moe-row-tay oo-kay	augmented/supported forearm block
Nagashi-uke	nah-gah-she oo-kay	sliding block
Osae-uke	oh-say oo-kay	pressing block
Otoshi-uke	oh-toe-she oo-kay	dropping block
Shuto-uke	shoo-toe oo-kay	knife/sword hand block
Soto-uke	so-toe oo-kay	outside (to inside) block
Uchi-uke	oo-chee oo-kay	inside (to outside) block
Uke-Waza	oo-kay-was-a	blocking techniques
Punches		
Choku-tsuki	choko zoo-key	straight punch
Gyaku-tsuki	yuk-a-zoo-key	reverse punch
Kagi-tsuki	kah-ghee zoo-key	hook punch
Kizami-tsuki	kiz-ah-ma-zoo-key	jab
Mawashi-tsuki	ma-washee-zoo-key	roundhouse punch
Oi-tsuki	oi-zoo-key	step over punch or lunge punch
Tsuki-Waza	zoo-key-was-a	punching techniques
Strikes		
Empi-uchi	enpee-oo-chi	elbow strike
Haito-uchi	hi-toe-oo-chi	ridge hand strike
Nukite	noo-key-tay	spear hand
Shuto-uchi	shoo-toe-oo-chee	knife/sword hand strike
Uchi-waza	oo-chee-was-a	striking techniques
Ura-tsuki	oo-rah-zoo-key	close in punch (upper-cut)
Uraken-uchi	oo-rah-ken-oo-chee	back fist strike
Kicks		
Fumikomi	foo-ma-ko-me	stamp kick
Keri-Waza	kerry-was-a	kicking techniques
Mae-geri	my-geri	front kick
Mawashi-geri	ma-washee-geri	roundhouse kick
Mikatsuki-geri	me-ka-zoo-ki-geri	Crescent kick
Ren-geri	ren-geri	following kick
Tobi-geri	toby-geri	jumping kick
Ushiro-geri	you-shiro-geri	back kick
Yoko-geri-keage	yo-ko-geri-key-ah-ge	side snap kick
Yoko-geri-kekomi	yo-ko-geri-ke-ko-me	side thrust kick