

## Karate Terminology

### Basic Karate Terms

<b>Term</b>	<b>Pronunciation</b>	<b>Definition</b>
Arigato Gozaimashita	ah-ree-gah-toh go-za-ee-ma-she-tah	Thank You Very Much
Doitashimashita	doh-tah-she-ma-she-tah	Welcome
Dojo	doh-joh	training hall
Gi	gee	uniform
Gomen Nasai	go-men-nah-sai	I'm Sorry
Hai	hi	"yes" or "ok"
Hajime	hah-jee-meh	begin/start/go
Kamae	kah-my	Get Ready
Karate	kah-ra-tay	empty hand
Kata	kah-tah	forms
Ki	kee	Internal Energy
Kiai	kee-eye	yell/scream
Kihon	kee-hone	basic techniques
Kime	kee-meh	Focus
Kobudo	ko-boo-doh	Weapons Art
Kohai	ko-hi	Junior
Kumite	koo-me-tay	sparring
Kyotsuke	keeyoh-soo-keh	Attention
Mokuso	maw-koo-so	meditation
Obi	o-bee	Belt
Onegaishimasu	o-neh-gah-she-moss	Please Teach Or Help Me
Otagai ni rei	ah-tah-gani-ray	bow to each other
Rei	ray	bow
Seirutsu	say-roo-soo	Line Up Straight
Seiza	say-zah	Kneel Down
Sempai	sem-p-eye	senior student
Sensei	sen-say	teacher
Sensei ni rei	sensay-knee-ray	bow to teacher
Shinzen ni rei	shin-zen-knee-ray	bow to heritage area in front
Shome ni rei	show-may-knee-ray	bow to front
Shugo	shoe-go	Assemble
Tate	tah-the	Stand
Tori	toh-ree	Person Performing Technique
Uke	oo-keh	Person Receiving Technique
Ushiro	oo-she-row	Back
Yame	yah-mey	stop
Yoi	yohee	ready

## Karate Terminology

### Numbers

Number		Pronunciation
1	Ichi	echee
2	Ni	nee
3	San	san
4	Shi	she
5	Go	go
6	Ro-ku	row-koo
7	Shichi	she-chee
8	Hachi	ha-chee
9	Kyu	keyoo
10	Ju	joo
11	Ju-ichi	joo-echee
12	Ju-ni	joo-nee
13	Ju-san	joo-san
14	Ju-shi	joo-she
15	Ju-go	joo-go
16	Ju-roku	joo-row-koo
17	Ju-shichi	joo-see-chee
18	Ju-hachi	joo-ha-chee
19	Ju-ku	joo-koo
20	Ni-ju	nee-joo
30	San-ju	san-joo
40	Yon-ju	yohn-joo
100	Hyaku	heya-koo

### Regions of the Body

Term	Pronunciation	Definition
Jodan	joe-don	face/neck/head
Chudan	chew-don	chest/side/back
Gedan	gay-don	below waist
Hara / Tanden	ha - rah	Center Of Gravity
Hidari	he-da-ree	Left
Migi	mee-gee	Right

## Karate Terminology

### Glossary of Techniques

<b>Term</b>	<b>Definition</b>
Age Uke	Rising Block
Gedan Barrai/ Harai Uke	Downward Block
Gyakuzuki	Reverse Punch
Kata	Form
Kihon	Basic Techniques
Kizami	Lead Side
Kokutsu Dachi	Back Stance
Maegeri	Front Kick
Mawashigeri	Round House Kick
Neko Ashi Dachi	Cat Stance
Nukite	Spear Hand Thrust
Oizuki	Lunge Punch
Sanbon Zuki	Triple Punch
Shiko Dachi	Horse Stance
Shizentai	Natural Stance
Shuto Uke	Knife Hand Block
Uraken Uchi	Back Fist Strike
Tsuki	Punch
Uke	To Block
Ura Mawashi Geri	Hook Kick
Ushiro Geri	Back Kick
Enpi Uchi	Elbow Strike
Yoko Geri /Sokuto Geri	Side Kick
Yoko Uchi Uke	Inward Block
Yoko Uke	Outward Block
Zenkutsu Dachi	Forward Stance