**KARATE TERMINOLOGY**

**PRONUNCIATION** – For starters, the Japanese can write something three ways (actually four). These have different names: Kanji, Hiragana and Katakana. But the fourth which is only written by women! This dates from a time when women in Japan were not allowed to write the accepted forms – so they devised their own! Girl Power!

So, in giving you the pronunciation of a Japanese word, anything can go wrong! However, here are the words and phrases that are commonly used the world over for use in Karate, with their pronunciation. But first a little lesson in that pronunciation.

A as the U in “cup”

E as in “red”

I as in “chief”

O as in “solid”

U as the “oo” in “cuckoo”

BUT – i can be pronounced U and U can be pronounced I (!!)

G is always hard like the G in “gate”

J is always soft as in “joke”

R is almost W

ai as in “pine”

ae as if written “ah-eh”

ei as in “pay”

ts almost as Z as in “zoo” (almost).

ch can be pronounced ch as in “cheese” or sh as in “she”

**STANCES (DACHI)**

|  |  |
| --- | --- |
| SHIZENTAI DACHI | NATURAL STANCE (RELAXED) |
| ZENKUTSU DACHI | FRONT STANCE |
| KOKUTSU DACHI | BACK STANCE |
| KIBA DACHI | HORSE-RIDING |
| SHIBA DACHI | SQUARE STANCE |
| NEKO-ASHI-DACHI | CAT STANCE |
| SANCHIN DACHI | HOURGLASS STANCE |
| HANGETSU DACHI | HALF-MOON STANCE |
| KOSA DACHI | CROSSED FEET STANCE |
| TEIJI DACHI | T STANCE |
| RENOJI DACHI | L STANCE |
| FUDO DACHI | IMMOVABLE STANCE |
| SOCHIN DACHI | ROOTED STANCE |
| TSURU-ASHI-DACHI | CRANE LEG STANCE (as in Gankaku Kata) |
| SAGI-ASHI-DACHI | HERON LEG STANCE (as in Jutte Kata) |

 **PUNCHES (TSUKI)**

Tsuki sounds very much like Zuki (Zoo-kee), but try and get the Ts bit right at the front. If you have trouble, just stay with Zoo-kee (no-one ever notices in a large echoing hall!).

|  |  |
| --- | --- |
| CHOKU TSUKI | STRAIGHT PUNCH (standing upright) |
| KARA TSUKI | Also means STRAIGHT PUNCH (standing upright) |
| GYAKU TSUKI | REVERSE PUNCH |
| OI-TSUKI | LUNGE PUNCH |
| AGE TSUKI | RISING PUNCH |
| KIZAMI (or KIZAMA) TSUKI | JABBING PUNCH |
| MAWASHI TSUKI | ROUNDHOUSE PUNCH (a boxer’s hook) |
| KAGI TSUKI | HOOKED PUNCH |
| YAMA TSUKI | WIDE DOUBLE PUNCH |
| URA TSUKI | UPPERCUT PUNCH |
| NAKADAKA IPPON KEN | MIDDLE FINGER ONE KNUCKLE FIST |

**STRIKES (UCHI) (Note -**we tend to leave the word Uchi off the term – hence Shihon Nukite becomes just Nukite**).**

|  |  |
| --- | --- |
| TET-TSUI UCHI | HAMMER FIST STRIKE |
| URA-KEN UCHI | BACKFIST STRIKE |
| NUKITE UCHI | FOUR FINGER or SPEARHAND STRIKE  |
| NIHON UCHI | TWO FINGER STRIKE |
| SHUTO UCHI | KNIFE-HAND STRIKE  |
| HAITO UCHI | RIDGE-HAND STRIKE |
| WASHIDE UCHI | EAGLE CLAW STRIKE |
| KUMADE UCHI | BEAR PAW STRIKE |
| TORA UCHI | TIGER CLAW STRIKE |
| TATE SHUTO UCHI | VERICAL KNIFE-HAND STRIKE (palm heel strike)  |
| EMPI UCHI | ELBOW STRIKE |

**KICKS (GERI)**

|  |  |
| --- | --- |
| MAE GERI | FRONT KICK |
| MAWASHI GERI | ROUNDHOUSE KICK |
| YOKO GERI KEKOMI | SIDE THRUST KICK |
| YOKO GERI KEAGE | SIDE SNAP KICK |
| USHIRO GERI | BACKWARD KICK (like a mule) |
| BOSHI GERI | SPINNING KICK |
| USHIRO MAWASHI GERI | BACKWARDS ROUNDHOUSE KICK |
| KAKATO GERI | AXE KICK |
| SOKUTEN GERI | CARTWHEEL KICK |
| FUMIKOMI GERI | STAMPING KICK |
| HIZA GERI | KNEE KICK |
| MIKAZUKI GERI | CRESCENT KICK |
| MAE-TOBI-GERI | JUMPING FRONT KICK |
| LONG BIAN WEI (Chinese) | DRAGONS TAIL WHIP |

**UKE (BLOCKS)**

|  |  |
| --- | --- |
| GEDAN BERAI | DOWNWARD SWEEPING BLOCK |
| SOTO (or SOTE) UDE UKE | OUTER WRIST BLOCK |
| UCHI UKE | INNER WRIST BLOCK |
| SHUTO UKE | KNIFE HAND BLOCK |
| TATE SHUTO UKE | VERTICAL KNIFE-HAND BLOCK |
| MOROTE (or MOROTO) UKE | AUGMENTED BLOCK |
| JUJI UKE | X BLOCK |
| KAZAGURUMA UKE | WINDMILL BLOCK |
| KAKUTO UKE | BENT WRIST BLOCK |
| KOKO UKE | TIGER MOUTH BLOCK |
| TE-OSAE UKE | HAND PRESSING BLOCK |
| SUKUI UKE | SCOOPING BLOCK |
| KOSA UKE | CROSSED BLOCK |
| TE-NAGASHI UKE | HAND SWEEPING BLOCK |

**KATA** (pronounced CAT-AHH – not CARTER) **FORMS**

|  |  |
| --- | --- |
| TAI-KYO-KU | FIRST FORM |
| HEIAN (pronounced Hay-ann) | PEACEFUL MIND |
| TEKKI | HORSE RIDING |
| BASSAI | TO PENETRATE A FORTRESS |
| KANKU | TO LOOK AT THE SKY |
| HANGETSU | HALF MOON |
| ENPI | FLYING SWALLOW |
| GANKAKU | CRANE ON A ROCK |
| JUTTE | TEN HANDS |
| JION | TEMPLE OF LOVE AND GOODNESS |
| JI’IN | TEMPLE OF LOVE AND SHADOW |
| CHINTE | UNUSUAL (or) STRANGE HANDS |
| MEIKYO | POLISHED SURFACES |
| NIJUSHIHO | TWENTY FOUR STEPS (or Directions) |
| SOCHIN | STRENGTH AND CALM – IMMOVABLE IN THE FACE OF DANGER |
| WANKAN | KINGS CROWN |
| UNSU | HANDS IN THE CLOUDS |
| GOJUSHIHO | FIFTY FOUR STEPS (or Directions) |

**NUMBERS** (and their pronunciations)

ICHI (itch) - ONE ROKU (Rock) - SIX

NI (knee) - TWO SHICHI (Shich) - SEVEN

SAN (Sun) - THREE HACHI (Hutch) - EIGHT

SHI (she) - FOUR KU (Cur) - NINE

GO (go) - FIVE JU (Jurr) - TEN

**GENERAL WORDS** and **TERMINOLOGY**

|  |  |
| --- | --- |
| DO (pronounced DOE) | THE WAY or PATH |
| KARATE-DO | THE WAY OF KARATE |
| KARATE | OPEN HAND |
| DOJO | THE PLACE OF THE WAY |
| ENOY | RELAX |
| HAJIME | BEGIN |
| KAMAETE | TAKE UP POSITION |
| YAMAE | STOP |
| YOI | READY |
| JODAN | UPPER LEVEL (head height) |
| CHUDAN | MID LEVEL |
| GEDAN | LOWER LEVEL |
| DAN | LEVEL |
| KYU | GRADE |
| KIAI | EXPELLING YOUR INNER STRENGTH THROUGH A SHOUT |
| GI | KARATE SUIT |
| OBI | BELT |
| KIHON | BASICS |
| KATA | FORMS |
| KUMITE | FIGHTING |
| KIME | FOCUS OF STRENGTH AND POWER |
| MAWATE | TURN AROUND |
| MIGI | RIGHT |
| HIDARI | LEFT |
| MOKUSO (pronounced MOK-SO) | KARATE MEDITATION |
| REI (pronounced RAY) | BOW |
| SENSEI | TEACHER |
| TAI SABAKI | BODY SHIFTING (evasion) |
| TE (can also be Ta, To, Ti) | HAND |
| SHO | MINOR |
| DAI | MAJOR |
| SHOTOKAN | SHOTO’S HOUSE (our style of Karate) |
| SHOTO | WAVING PINES |
| ZANSHIN | AWARENESS |

There are, of course, many more words and phrases that your Sensei will use during the course of a lesson – you are not expected to learn them all. The words and phrases given above are the more common ones which your Sensei has had to learn over his Karate career.

NOTE: SHOTO was the pen name for Gichin Funakoshi, the founder of “Modern” Karate as we know it. He taught his karate at his house – hence “Shotokan”.

Although there are 18 Kata listed above there are 5 in the Heian group, 3 in the Tekki group, 2 in the Bassai group,

2 in the Kanku group, and 2 in the Gojushiho group. – giving 27 Kata in total.