

## Basic Terminology

A karateka who has learned the Japanese karate terminology is able to enter any karate dojo in the world and participate.

Many Japanese letters sound the same as they do in English, but some letters are pronounced or written differently. To learn the Japanese sounds of these letters, study the following chart.

## Sounds

Japanese sound	English sound	Example
a	ah	aka (ah-ka)
ai	i	Shotokai (as in eye)
e	eh	hajime (as in let)
ei	ay	Sensei (as in day)
i	ee	Obi(oh-bee)
o	oh	dojo (doh-joh)
oi	oy	kiroi (key-roy) (as in boy)
u	oo	uchi (oo-chee)

In Japanese, the letter “r” is never emphasized. It is pronounced like a soft “d”. The letter “g” is always pronounced like the “g” in go.

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## General Terms

Term	Meaning
Karate	Empty Hands
Karate Do	The Way of Karate
Do	Way
Karateka	Practitioner of Karate
Dojo	School or training room
Sensei	Teacher
Sempai	Senior
Kohai	Junior
Shihan	Master Instructor
Kyu	Rank
Gi	Uniform
Obi	Belt
Hai	Yes
Iie	No
Osu	"I understand and will try my best." Also used to show respect, enthusiasm. Do not use outside of the dojo!
Budo	Way of combat
Zanshin	Poise and control
Kime	Focus
Kihon	Fundamentals/Basics
Kiai	Spirit shout/focus of spiritual energy
Kata	Practice form
Embusen	Floor pattern/lines of a kata
Maai	Distance
Bunkai	Application (interpretation) of kata techniques
Kumite	Sparring/fighting
Ippon kumite	One-step sparring
Jiyyu kumite	Free sparring
Waza	Technique
Dachi	Stance
Tsuki (Zuki)	Punch
Uchi	Strike
Uke	Block
Rei	Bow
Waza	Technique
Geri	Kick
Kamae	Posture
Shotokan	"House of Shoto"; "Pine Sea"; pen name of Funakoshi.
Mokuso	Meditate/Gather Your Thoughts
Dozo	Please
Domo Arigato Gozaimashita	"Thank-you very much"

Onegai Shimasu	"I welcome you to train with me " Literally: " I make a request." Said to one's partner when initiating practice.
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## Dachi Waza (stances)

Stance	Meaning
Kamae	Posture (Yoi)
Heisoku dachi	Formal Attention Stance (Yoi)
Zenkutsu dachi	Front Stance
Kokutsu dachi	Back Stance
Kiba dachi	Straddle Stance
Fudo dachi	Fighting Stance
Musubi dachi	Informal Attention Stance (feet in a 'V')
Hachiji dachi	Open-legged Stance (Yoi)
Shizen-tai dachi	Natural Stance
Neko-ashi dachi	Cat Stance
Kosa dachi	Cross-legged Stance
Hangetsu dachi	Wide Hour-glass Stance

## Uke Waza (blocks)

Block	Meaning
Age uke	Rising block
Gedan uke	Down block
Soto ude uke	Outside forearm block
Uchi ude uke	Inside forearm block
Shuto uke	Knife block

## Geri Waza (kicks)

Kick	Meaning
Yoko geri keage	Side snap kick
Yoko geri kekomi	Side thrust kick
Mawashi geri	Round kick
Ushiro geri	Back thrust kick
Mae geri keage	Front snap kick
Soto mikazuki geri	Outside crescent kick
Tobi geri	Flying kick
Name ashi geri	Returning wave kick (Tekki 1)
Hiza geri	Knee kick/strike



## Tsuki Waza (punches)

Punch	Meaning
Oi tsuki	Lunge punch
Gyaku tsuki	Reverse punch
Kizami tsuki	Jab
Choku tsuki	Straight punch
Kagi tsuki	Hook punch
Oi-gyaku tsuki	Lunging reverse punch
Ura tsuki	Close punch
Morote tsuki	Parallel punch
Ren tsuki	Double punch
San tsuki	Triple punch

## Counting

Count	Meaning
Ichi	One
Ni	Two
San	Three
Shi	Four
Go	Five
Roku	Six
Shichi	Seven
Hachi	Eight
Ku	Nine
Ju	Ten
NiJu	Twenty
NiJu-Go	Twenty-five
Hyaku	One Hundred
Ippon	First
Yon	Fourth
Gohon	Fifth