

BASIC KARATE TERMS

Simplified

Numbers

Itch Nee San She Go Look Sitch Hatch Koo Joo
 1 2 3 4 5 6 7 8 9 10

Stances & Body Positions - Dachi

Hachiji-dachi - natural stance, feet parallel
 Masubi-dachi(ski) - attention stance
 Keba-dachi - horse riding stance
 Zenkutsu-dachi - forward leaning stance
 Kokutsu-dachi - backward leaning stance
 Neko-ashi-dachi - cat footed stance
 Juji-dachi - crossing (X) stance
 Ju-dachi - free (fighting) stance
 Seiza - formal kneeling posture

Punches with Closed Fist – Tsuki (Zuki)

Oi-tsuki - lunge punch
 Jun-tsuki - front hand punch
 Gyaku-tsuki - reverse punch
 Tate-tsuki - vertical fist punch
 Ura-tsuki - inverted close punch
 Mawashi-tsuki - roundhouse punch

Strikes with the Open or Closed Hand - Uchi

Uraken-uchi - back fist strike
 Tetsui-uchi - hammer fist strike
 Teisho-uchi - palm heel strike
 Shuto-uchi - knife hand strike
 Haito-uchi - ridge hand strike
 Nukite-uchi - 4 finger spear hand thrust
 Empi-uchi - elbow strike

Blocking Techniques - Uke

Jodan/Age-uke - high/rising block
 Ude-uke - inside forearm block
 Osoto-uke - outside forearm block
 Gedan-barai - downward sweeping block
 Shuto-uke - knife hand block
 Juji-uke - X block (crossing over)
 Kakiwaki-uke - inside wedge block
 Namiashi - lower leg block, leg sweep avoidance

Kicking Techniques - Geri

Mae-geri - front (snap) kick
 Yoko-geri - side kick
 Mawashi-geri - roundhouse kick
 Ushiro-geri - back kick
 Mikazuki-geri - inside crescent kick

Miscellaneous

Arigato	-Thank-you
Chodan	-head
Chonan	-midsection
Dojo	-training hall
Gi	-uniform
Hai	- yes/ I understand
Hajime	-begin
Hidari	-left side
Jodan	-head
Junbi	-get ready
Kamae	-combative posture
Karate	-empty hand
Kata	-forms
Ki	-life force(mind/spirit)
Kiai	-spirit yell
Kumite	-sparring
Lei	-bow (literally respect)
Mawatte	-turn
Migi	-right side
Narimbi	-line up
Obi	-belt
Pinan	-peaceful mind
Randore	-controlled waza practice
Sensei	-instructor/teacher
Soru	-sit down
Wado Kai	-school/way of peace & harmony
Waza	-techniques
Yame	-stop
Yasume	-rest
Yoi	-ready

The numbers are spelled by sound for youngsters.
 “i” is often dropped to a quick small ahhh sound at word end, but not always,, sometimes “eee” sound
 “U” is sometimes “0000” sound or dropped

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