

Karate Terminology

Below is a fairly complete list of Japanese terms and their approximate English translation. This list is intended to give new students a quick guide to terms that may be used in class.

NOTE: This is by no means a complete list of karate terms in Japanese, nor is it a precise translation or pronunciation list. Japanese-English translation is a complicated process that can yield several interpretations for the same phrase, and proper Japanese pronunciation is only achieved with well-informed practice and feedback from someone with good understanding of the Japanese language. Fortunately, perfect pronunciation and translation skills are not necessary for practicing karate.

English	Japanese	Pronunciation
Application of kata techniques	Bunkai	Boon-keye
Attention	Kio-tsuke	Key-oh-zukae
Back	Ushiro	Oo-shee-row
Begin	Hajime	Hah-jee-may
Belt/sash	Obi	Oh-bee
Bow	Rei	Ray
Deep breathing meditation	Mokuso	Mok-soo
Empty hands	Karate	Kah-rah-tay
Etiquette	Reigi	Ray-gee
Face each other	Otaigai ni	Oh-tie-guy-nee
Face front (of the dojo)	Shomen ni	Show-men-nee
Face the instructor	Sensei ni	Sen-say-nee
Face the senior student	Sempai ni	Sem-pie-nee
Focus of power	Kime	Key-may
Form	Kata	Kah-tah
Front of the dojo	Shomen	Show-men
Fundamentals	Kihon	Key-hone

I understand and will try to do my best	Osu	Ouss
Kneeling position	Seiza	Say-zah
Left	Hidari	He-dah-ree
Line up	Narande	Nah-ron-day
Lower level	Gedan	Gay-don
Martial way	Budo	Boo-doh
Middle level	Chudan	Choo-don
Partner (person who receives a technique)	Uke	Ou-kah
Readiness	Yoi	Yo-ee
Rest or relax	Yasume	Yah-soo-may
Right	Migi	Mee-gee
School	Dojo	Doe-joe
Senior student	Sempai	Sem-pie
Sparring	Kumite	Koo-mee-tay
Spirit shout	Kiai	Key-eye
Stop	Yame	Yah-may
Student	Seito	Say-toe
Teacher	Sensei	Sen-say
Technique(s)	Waza	Wah-zah
Thank you	Domo	Domo
Turn around	Mawatte	Mah-wah-tay
Uniform	Gi	Gee
Upper level	Jodan	Joe-don
Way	Do	Doh
Yes/affirmation	Hai	Heye

Kicking

English	Japanese	Pronunciation
Front kick	Mae-geri	My gary
Roundhouse kick	Mawashi-geri	Mah-wah-shee gary
Side kick	Yoko-geri	Yoh-koh gary
Back kick	Ushiro-geri	Oo-shee-row gary

Snap kick	Keage	Kay-ah-gay
Thrust kick	Kekome	Kay-koh-mee
Crescent kick	Migazuki-geri	Me-ka-zoo-kee gary
Stomping kick	Fumikomi	Foo-me-koh-me gary
Front Instep kick	Kin-geri	Kin gary
Flying Side kick	Yoko-tobi-geri	Yoh-koh toe-be gary

Striking/Punching

English	Japanese	Pronunciation
Lead punch	Oi-zuki	Oi zoo-key
Reverse punch	Guyaku-zuki	Ga-ya-koo zoo-key
Backfist	Uraken-uchi	Oo-rah-ken oo-chee
Hook punch	Kage-zuki	Ka-gay zoo-key
Elbow	Empi-uchi	Em-pee oo-chee
Knife hand strike	Shuto-uchi	Shoe-toe oo-chee
Ridge hand	Haito-uchi	Hi-toe oo-chee
Palm heel strike	Taisho-uchi	Tie-show oo-chee

Stances

English	Japanese	Pronunciation
Natural stance	Yoi	Yoi
Feet-together stance	Heisoku-dachi	Hi-so-ku da-chee
Informal attention stance	Musubi-dachi	Mu-su-be da-chee
Front full stance	Zenkutsu-dachi	Zen-koot-su da-chee
Half full stance	Hanzincs	Han-zincs
Back stance	Kokutsu-dachi	Ko-koot-su da-chee
Horse stance	Shiko-dachi	She-ko da-chee
Hourglass stance	Sanchin-dachi	San-chin da-chee
Cat leg stance	Neko ashi dachi	Neh-ko a-she da-chee
Fighting position	Kamae	Kah-my

Blocks

English	Japanese	Pronunciation
Down block	Gedan-barai	Gay-don ba-rye
Inside low block	Nenalde	Knee-nall-day
Chest block	Yoko-uke	Yoko-oo-kay
Inside middle block	Yoko-ooch	Yoko-ooch
Head block	Age-uke	Agee-oo-kay

Ranking

English	Japanese	Pronunciation
The family head	Soke	Sow-kay
One who has mastered oneself an expert instructor	Renshi	Wren-shee
Master, honorary term for the highest black belt in an organization	Hanshi	Hawn-shee
Master instructor (of an organization) or "teacher of teachers"	Shihan	She-hawn
Instructor/teacher	Sensei	Sen-say
Assistant instructor	Shidoi	Shee-doh-een
Senior student	Sempai	Sem-pie
Junior student (to oneself)/comrade	Kohai	Koh-high
Grade or class, used for ranks before black belt ranks	Kyu	Kyoo
Students without black-belt ranking	Mudansha	Moo-don-shaw
Black belt degree, level,	Dan	Don

or rank		
Black belt holder	Yudansha	You-don-shaw
White belt	Shiro-obi	Shee-row-oh-bee
First degree black belt	Shodan	Show-don
Second degree black belt	Nidan	Nee-don
Third degree black belt	Sandan	Sawn-don
Forth degree black belt	Yondan	Yone-don
Fifth degree black belt	Godan	Goe-don
Sixth degree black belt	Rokudan	Row-koo-don
Seventh degree black belt	Shichidan	Shee-chee-don
Eight degree black belt	Hachidan	Hah-chee-don
Ninth degree black belt	Kudan	Koo-don
Tenth degree black belt	Judan	Joo-don

Chikubu-Kai Belt Ranking System

10 th Kyu	White belt
9 th Kyu	Yellow belt
8 th Kyu	Yellow belt with one green stripe
7 th Kyu	Yellow belt with two green stripes
6 th Kyu	Green belt
5 th Kyu	Green belt with one brown stripe
4 th Kyu	Green belt with two brown stripes
3 rd Kyu	Brown belt
2 nd Kyu	Brown belt with one black stripe
1 st Kyu	Brown belt with two black stripes
Shodan	First degree black belt
Nidan	Second degree black belt
Sandan	Third degree black belt
Yondan	Forth degree black belt
Godan	Fifth degree black belt
Rokudan	Sixth degree black belt
Shichdan	Seventh degree black belt
Hachidan	Eight degree black belt
Kudan	Ninth degree black belt

Judan

Tenth degree black belt

Numbers

English	Japanese	Pronunciation
One	Ichi	Eech-ee
Two	Ni	Nee
Three	San	Sawn
Four	Chi	Shee
Five	Go	Goe
Six	Roku	Row-koo
Seven	Shichi	See-chee
Eight	Hachi	Hah-chee
Nine	Ku	Koo
Ten	Ju	Joo
Eleven	Ju-ichi	Joo eech-ee
Twenty	Ni-ju	Nee joo
Twenty one	Ni-ju-ichi	Nee joo eech-ee
One hundred	Hyaku	Hiyah-koo

Kata

Here is a list of kata practiced by Chikubu-Kai practioners. It is by no means exhaustive, and does not include any kobudo (weapons). Kata is the foundation of martial arts training. Just like a boxer hones his skills by shadow boxing, a martial artist develops and perfects his technique by doing kata. It also helps develop timing, teaches principles that can be applied anywhere, and aids in developing balance. It is therefore crucial to the development of anyone practicing the art.

Kata	Origin	Meaning
<u>Ananku</u>	Shorin-Ryu	Light from the south
<u>Aoyagi</u>	Shito-Ryu	Green willow
<u>Ansan</u>	Okinawa Te	Keeping peace 3 ways
<u>Bassai Dai</u>	Shito-Ryu	Penetrate a fortress (principal kata)
<u>Bassai Sho</u>	Shito-Ryu	Pentrate a fortress (secondary kata)
<u>Chi No Kata</u>	Kuniba-Ha Shito-Ryu	Earth kata
<u>Chinto</u>	Shito-Ryu	Fighting to the east
<u>Empi</u>	Shotokan	Flying swallow
<u>Empi Roppo</u>	Kuniba-Ha Shito-Ryu	Elbow six ways
<u>Go Ho No Uke</u>	Kuniba-Ha Shito-Ryu	Five blocks
<u>Gojushiho</u>	Goju-Ryu	54 Techniques
Haku Cho	Okinawa Te	White swan
Hangestu	Shotokan	Half moon
Jiin	Shito-Ryu	Compassion sound
Jin No Kata	Kuniba-Ha Shito-Ryu	People's Kata
Jion	Shito-Ryu	Compassion sound

Jitte	Shito-Ryu	Compassion hands
Kosokun Dai	Shito-Ryu	Kushanku (maker's name)
Kururunfa	Shito-Ryu	Holding your ground
Matzukaze	Shito-Ryu	Pine tree in the wind
Naifanchin Shodan - Sandan	Shito-Ryu	Sideways fighting
Nijushiho	Shito-Ryu	24 techniques
Pinan (Heian) Shodan - Godan	Shito-Ryu	Peacefull mind
Rohai - Rohai Nidan	Shito-Ryu	Crane on a rock
Roppo no kata	Kuniba-Ha Shito-Ryu	Six way kata
Sanchin	Goju-Ryu	Three battles
Saifa	Goju-Ryu	Final breaking point
Sanseiryu	Goju-Ryu	36 techniques
Seinchin	Goju-Ryu	Calm in the storm
Seipai	Goju-Ryu	18 techniques
Seisan	Goju-Ryu	13 techniques
Shiho Kosokun	Shito-Ryu	Kosokun 4 ways. Mabuni variation
Shiho No Ho	Kuniba-Ha Shito-Ryu	Four ways kata
Shishochin	Goju-Ryu	Fighting four monks
Suparinpei	Goju-Ryu	108 techniques
<u>Ten No Kata</u>	Kuniba-Ha Shito-Ryu	Sky Kata
Tensho	Goju-Ryu	Changin hands
<u>Tomari Bassai</u>	Tomari Te	Penetrate a fortress (Tomari variation)
Unsu	Shotokan	Cloud hands
Wanshu	Shotokan	Wanshu (maker's name)