

# KARATE TERMINOLOGY

## English to Japanese

English Term	Japanese Translation
1	Ichi
2	Ni
3	San
4	Shi
5	Go
6	Roku
7	Shichi
8	Hachi
9	Ku
10	Ju
11	Ju Ichi
12	Ju Ni
13	Ju San
14	Ju Shi
15	Ju Go
20	Ni Ju
30	San Ju
40	Shi Ju
50	Go Ju
100	Hyaku
"Martial Way" - Preventing or avoiding violence as far as possible	Budo
"The Way" - The physical, mental, and social aspects Karate	Karate-do
1st warning	Chukoku
2nd warning	Keikoku
3rd warning	Hansoku
4th warning and disqualification	Hansoku Chui
Allowing opponent to attack first, opening targets for counterattack.	Go no sen
Attack at exact moment opponent attacks	Sen no sen
Attaining enlightenment/improving character through training	Do
Attention	Kyotsuke
Attention stance	Heisoku Dachi
Back	Ushiro
Back kick	Ushiro Geri
Backhand Strike	Uraken
Begin	Hajime
Belt	Obi
Black belt ranks	Dan
Block	Uke
Blue	Ao
Bow	Rei
Bow to each other	Otagai ni rei
Bow to higher belt	Sempai ni rei
Bow to teacher	Sensei ni rei
Bow to the front	Shomen ni rei
Can not see	Mienai
Cat stance	Neko Ashi Dachi
Circular Elbow strike	Mawahi Hiji Ate

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Crescent kick	Mikazuki Geri
Crossed leg stance	Kosa Dachi
Decision	Hantei
Disqualification from tournament	Shikkaku
Down block	Harai Uke
Down block	Gedan Barai
Draw/Tie	Hikiwake
Elbow block	Hiji Uke
Elbow Strike	Hiji Ate
Empty hand	Kara te
End	Yamae
Enter ring	Nakae
Face Punch	Jodan Zuki
Flying front snap	Mae tobi geri
Flying side thrust kick	Yoko Tobi Geri
Focus	Kime
Forms	Kata
Forward stance	Zenkutsu Dachi
Four Finger Spear Hand	Yon Hon Nukite
Free sparring	Jiyu Kumite
Front	Mae
Front of Dojo	Shomen
Front snap kick	Mae Geri
Fundamentals / Basic techniques	Kihon
Get ready/Guard up	Kamae / Kamae te
Half forward stance	Hanzen Dachi
Half point	Waza ari
Hammer Strike	Ken Tsui
Headquarters	Hombu Dojo
Heels Together (Feet 45 °)	Musubi Dachi
Higher Rank	Sempai
Hooking hand block	Kake Te
Hourglass/Diagonal Inside Stance	Sanchin Dachi
I'm sorry	Gomen nasai
Inside block	Yoko Uke
Inside roundhouse	Uchi Mawashi Geri
Instructor	Sensei
Jab Punch	Kizami Zuki
Judges	Fukushin
Judges called	Fukushin shugo
Kata applications	Bunkai
Keep fighting	Tsukukete
Kick	Geri
Kick with front leg	Mae Ashi Geri
Knee kick	Hiza Geri
Kneeling position	Seiza
Knifehand block	Shuto Uke

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Knifehand Strike Chop	Shuto Uchi
Left	Hidari
Little time left/fight ends soon	Atoshi baraku
Lower level	Gedan
Lower rank	Kohai
Lunge Punch	Oi Zuki
Master instructor	Shihan
Meditate	Mokuso
Middle level	Chudan
No score	Torimasen
One point	Ippon
One point moving sparring	Jiyu Ippon Kumite
One point sparring	Ippon Kumite
Out of bounds	Jogai
Outside block	Yoko Uchi Uke
Palm Strike	Teisho
Please sit down	Suwatte kudasai
Please teach me or help me	Onegai shimasu
Practitioner of Karate	Karateka
Proper distancing or timing	Ma-ai
Punch	Zuki
Ranks below black belt	Kyu
Ready	Yoi
Red	Aka
Referee	Shushin
Remain alert	Zanshin
Resume fighting - begin	Tsukukete Hajime
Reverse Chop	Gyaku Shuto Uchi
Reverse Punch	Gyaku Zuki
Ridge hand	Haito
Right	Migi
Roundhouse kick	Mawashi Geri
Same technique	Onaji Waza
Scooping block	Sukui Uke
Self-endangerment	Mubobi
Side kick	Yoko Geri
Side Stance	Kiba Dachi
Side Stance (horse stance)	Nai Fan Chin Dachi
Side stance (Toes Out)	Shiko Dachi
Side thrust kick	Sokuto Geri
Side thrust kick	Yoko Geri kekomi
Simultaneous techniques	Aiuchi
Sparring	Kumite
Sparring	Kumite
Spear Hand	Nukite
Stances	Dachi
Start match - Begin Fighting	Shobu Hajime

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Stomach Punch	Chudan Zuki
Stomp kick	Fumikomi
Support Block	Morote Uke
Techniques	Waza
Thank you	Arrigato
Thank you very much	Arrigato gosai mashita
Thanks	Domo
Three point sparring	Sanbon Kumite
Three points	Sanbon
Three punches (1 face, 2 stomach)	Sanbon Zuki
Tie breaker round	Encho-sen
Training hall	Dojo
Turn around	Mawat-Te
Two points	Nihon
Uniform	Gi
Up block	Age Uke
Upper level	Jodan
U-Punch	Morote Zuke
Walking Stance	Ayumi Dachi
Weapons Art	Kobudo
White	Shiro
Winner	No Kachi
Withdraw	Kiken
Wrist Strike	Koken
X Block	Juji Uke
Yell or shout	Kiai
Yes	Hai