

Term	Pronunciation	Translation
TACHIKATA	Tah-chee-kah-tah	STANCES
Fudo-dachi	Foo-dough dah-chee	Rooted stance
Hachiji-dachi	Hah-chee-gee dah-chee	Open-leg stance
Hangetsu-dachi	Hahn-geh-tsue dah-chee	Half-moon stance
Heiko-dachi	Hay-koh dah-chee	Parallel stance
Heisoku-dachi	Hay-sow-koo dah-chee	Informal attention stance
Kiba-dachi	Key-bah dah-chee	Straddle-leg stance
Kokutsu-dachi	Koe-koo-tsu dah-chee	Back stance
Kosa-dachi	Ko-sa dah-chee	Cross-legged stance
Musubi-dachi	Moo-sue-be dah-chee	Informal attention stance, feet turned out
Neko-ashi-dachi	Neh-koh ah-she dah-chee	Cat stance
Reinoji-dachi	Ray-no-gee dah-chee	L stance
Sanchin-dachi	San-chin dah-chee	Hour-glass stance
Shiko-dachi	She-ko dah-chee	Square stance
Shizen-tai	She-zen tah-ee	Natural position
Sochin-dachi	So-chin dah-chee	Diagonal straddle-leg stance
Teiji-dachi	Teh-gee dah-chee	T stance
Tsuru-ashi-dachi / Sagi-ashi-dachi	Sue-ree ah-she dah-chee / Sa-gee ah-she dah-chee	Crane stance / One-legged stance
Uchi-hachiji-dachi	Oo-chee ha-chee-gee dah-chee	Inverted open-leg stance
Zenkutsu-dachi	Zen-koo-tsue day-chee	Forward stance

UKE-WAZA	Oo-kay wah-zah	BLOCKING TECHNIQUES
Age-uke	Ah-geh oo-kay	Rising block
Age-uke gyaku ashi	Ah-geh oo-kay gya-koo ah-she	Upper block (reverse foot)
Ashibo-kake-uke	Ah-she-boh kah-keh oo-kay	Leg hooking block
Ashikubi-kake-uke	Ah-she-koo-be kah-keh-oo-kay	Ankle hooking block
Chudan-shuto-uke	Chew-dahn shoe-toe oo-kay	Knife-hand block against body attack
Chudan-uchi-uke	Chew-dahn oo-chee oo-kay	Block from inside outward with top of wrist
Chudan-ude-uke	Chew-dahn oo-deh oo-kay	Forearm block against body attack
Deai-osae-uke	Deh-aye oh-sah-eh oo-kay	Pressing block stepping in
Empi-uke	En-pee oo-kay	Elbow block
Fumikomi-age-uke	Foo-me-ko-me ah-geh oo-kay	Upper block, stepping in
Fumikomi-shuto-uke	Foo-me-ko-me shoe-toe oo-kay	Knife-hand block, stepping in
Fumikomi-ude-uke	Foo-me-ko-me oo-deh oo-kay	Forearm block, stepping in
Gedan-barai	Geh-dahn baa-rah-ee	Downward block
Gedan-kake-uke	Geh-dahn kah-keh oo-kay	Downward hooking block
Gedan-morote-barai	Geh-dahn moh-row-teh baa-rah-ee	Double sweeping low block
Gedan-uke	Geh-dahn oo-kay	Downward block
Haishu-uke	Hi-shoo oo-kay	Back-hand block
Haiwan-nagashi-uke	Ha-ee wahn nah-gah-she oo-kay	Back-arm sweeping block
Haiwan-uke	Ha-ee wahn oo-kay	Square side block
Hiji-suri-uke	He-gee sue-rhee oo-kay	Elbow sliding block
Jodan-age-uke	Joe-dahn ah-geh oo-key	Upper block against head attack
Juji-uke	Jew-gee oo-kay	X-block
Kaisho-age-uke	Kah-ee-show ah-geh oo-kay	Open-palm rising block
Kaisho-haiwan-uke	Kah-ee-show ha-ee wahn oo-kay	Knife hand square side block
Kaisho-juji-uke	Kah-ee-show jew-gee oo-kay	Open-palm X block
Kake-shuto-uke	Kah-key shoe-toe oo-kay	Hooking knife-hand block
Kake-uke	Kah-key oo-kay	Hooking block
Kakiwake-uke	Kah-key-wah-kay oo-kay	Reverse wedge block
Kakuto-uke	Kah-koo-toe oo-kay	Bent-wrist block
Keito-uke	Kay-toe oo-kay	Chicken-head-wrist block
Koko-uke	Koh-koh oo-kay	Tiger mouth block
Maeude-deai-osae	Mah-eh oo-deh deh-aye oh-sah-eh	Forearm pressing block
Maeude-hineri-uke	Mah-eh oo-deh he-neh-rhee oo-kay	Forearm twist block
Manji-uke	Mahn-gee oo-kay	"Lambda" shaped block
Mikazuki-geri-uke	Me-kah-zoo-key geh-rhee oo-kay	Crescent kick block
Morote-sokui-uke	Moh-row-teh sue-koo-ee oo-kay	Two-handed scooping block

Morote-tsukami-uke	Moh-row-teh tsue-kah-me oo-kay	Two-handed grasping block
Morote-uke	Moh-row-teh oo-kay	Augmented forearm block
Nagashi-uke	Nah-gah-she oo-kay	Sweeping block
Nami-ashi / Nami-gaeshi	Nah-me ah-she / Nah-me-guy-she	Leg snapping wave block
Osae-uke	Oh-sah-eh oo-keh	Pressing block
Otoshi-uke	Oh-toe-she oo-kay	Dropping block
Seiryuto-uke	Say-ryu-toh oo-kay	Ox-jaw block
Shuto-uke	Shoe-toe oo-kay	Knife-hand block
Sokumen-awase-uke	So-koo-men ah-wah-say oo-kay	Side two-hand block
Sokutei-mawashi-uke	So-koo-tay mah-wah-she oo-kay	Circular sole block
Sokutei-osae-uke	So-koo-tay oh-sah-eh oo-kay	Pressing block with sole
Sokuto-osae-uke	Sow-koo-toe oh-sah-eh oo-kay	Pressing block with foot edge
Soto-ude-uke	So-toh oo-day oo-kay	Outside forearm block
Soto-uke	So-toh oo-kay	Block from outside inward with bottom of wrist
Sukai-uke	Sue-koo-ee oo-kay	Scooping block
Tate-shuto-uke	Tah-teh shoe-toe oo-kay	Vertical knife-hand block
Teisho-awase-uke	Tay-show ah-wah-say oo-kay	Combined palm-heel block
Teisho-uke	Tay-show oo-kay	Palm heel block
Tekubi-kake-uke	Teh-koo-be kah-kay oo-kay	Wrist-hook block
Te-nagashi-uke	Teh na-gah-she oo-kay	Hand sweeping block
Te-osae-uke	Teh oh-sah-eh oo-kay	Hand pressing block
Tsukami-uke	Tsue-kah-me oo-kay	Grasping block
Uchi-ude-uke	Oo-chee oo-day oo-kay	Inside forearm block
Uchi-uke	Oo-chee oo-kay	Block from inside outward
Ude-barai	Oo-day baa-rah-ee	Reverse sweeping forearm block
Ude-uke	Oo-day oo-kay	Forearm block
Ushiro-gedan-barai	Oo-she-row geh-dahn baa-rah-ee	Reverse low sweeping block
Zuki-uke	Zoo-key oo-kay	Punching block

TSUKI-WAZA	Tsue-key wah-zah	PUNCHING TECHNIQUES
Age-zuki	Ah-geh zoo-key	Rising punch
Awase-zuki	Ah-wah-say zoo-key	U-punch
Choku-zuki	Cho-koo zoo-key	Straight punch
Cheudan-choku-zuki	Chew-dahn cho-koo zoo-key	Straight punch to body
Dan-zuki	Dahn zoo-key	Consecutive punching
Gedan-choku-zuki	Geh-dahn cho-koo zoo-key	Straight punch to groin
Gedan-tsuki	Geh-dahn tsue-key	Punch to groin
Gyaku-zuki	Gya-koo zoo-key	Reverse punch
Hasami zuki	Hah-sah-me zoo-key	Scissors punch
Heiko-zuki	Hay-koh zoo-key	Parallel punch
Hiraken-zuki	He-rah-ken zoo-key	Fore-knuckle-fist straight punch
Ippon-ken zuki	Eep-pon ken zoo-key	One-knuckle-fist straight punch
Jodan-choku-zuki	Joe-dahn cho-koo zoo-key	Upper straight punch
Jun-zuki	Joon zoo-key	Jab punch (shoulders square)
Kagi-zuki	Kah-ghee zoo-key	Hook punch
Kizami-zuki	Key-zah-me zoo-key	Jab
Mawashi-zuki	Mah-wah-she zoo-key	Roundhouse punch
Morote-zuki	Moh-row-the zoo-key	Double-fist punch
Nagashi-zuki	Nah-gah-she zoo-key	Flowing punch
Oi-zuki	Oh-ee zoo-key	Lunge punch
Renzuki	Wren zoo-key	Alternate punching
Sanbon-zuki	Sahn-bon zoo-key	Triple punch (Oi, gyaku, choku)
Sanren-zuki	San-wren zoo-key	Three consecutive punches
Seiken-choku-zuki	Say-ken cho-koo zoo-key	Fore-fist straight punch
Tate-zuki	Tah-teh zoo-key	Vertical-fist punch
Teisho-zuki	Tay-sho zoo-key	Palm-heel punch
Ura-zuki	Oo-rah zoo-key	Close punch
Yama-zuki	Yah-mah zoo-key	Wide U-punch

UCHI-WAZA	Oo-chee wah-zah	STRIKING TECHNIQUES
Age-empi-uchi	Ah-geh en-pee oo-chee	Rising elbow strike
Empi-uchi	En-pee oo-chee	Elbow strike
Haishu-uchi	Hi-shoo oo-chee	Back-hand strike
Haito-uchi	Hi-toe oo-chee	Ridge-hand strike
Hiji-ate	He-gee ah-teh	Elbow strike
Hiji-uchi	He-gee oo-chee	Elbow strike
Kentsui-uchi	Ken-tsue-ee oo-chee	Fist-hammer strike
Koko-uchi	Koh-koh oo-chee	Tiger mouth strike
Mae-empi-uchi	Mah-eh en-pee oo-chee	Forward elbow strike
Mae-hiji-ate	Mah-eh he-gee ah-teh	Forward elbow strike
Mawashi-empi-uchi	Mah-wah-she en-pee oo-chee	Roundhouse elbow strike
Nukite	Noo-key-teh	Spear-hand, straight thrust
Otoshi-empi-uchi	Oh-toe-she en-pee oo-chee	Downward elbow strike
Otoshi-hiji-ate	Oh-toe-she he-gee ah-teh	Downward elbow strike
Shuto-uchi	Shoe-toe oo-chee	Knife-hand strike
Tate-empi-uchi	Tah-teh en-pee oo-chee	Upward elbow strike
Tate-hiji-ate	Tah-teh he-gee ah-teh	Upward elbow strike
Teisho-uchi	Tay-sho oo-chee	Palm heel strike
Uraken-uchi	Oo-rah-ken oo-chee	Back-fist strike
Ushiro-empi-uchi	Oo-she-row en-pee oo-chee	Back elbow strike
Ushiro-hiji-ate	Oo-she-row he-gee ah-teh	Back elbow strike
Yoko-empi-uchi	Yoh-koh en-pee oo-chee	Side elbow strike
Yoko-hiji-ate	Yoh-koh he-gee ah-teh	Side elbow strike
Yoko-mawashi-empi-uchi	Yoh-koh mah-wah-she en-pee oo-chee	Side-round elbow strike
Yoko-mawashi-hiji-ate	Yoh-koh mah-wah-she he-gee ah-teh	Side-round elbow strike

KERI-WAZA	kay-rhee wah-zah	KICKING TECHNIQUES
Ashi-barai	Ah-she baa-rah-ee	Foot sweep
Chudan-mae-geri	Chew-dahn mah-eh geh-rhee	Front kick to body
Fumikiri	Foo-me-key-rhee	Cutting kick
Fumikomi	Foo-me-koh-me	Stamping kick
Gedan-kekomi	Geh-dahn kay-koh-me	Thrust kick to groin
Gyaku-mawashi-geri	Gya-koo mah-wah-she geh-rhee	Reverse round kick
Hiza-geri	He-zah geh-rhee	Knee strike
Keage	Kay-ah-geh	Snap kick
Kebanashi	Kay-bah-nah-she	Kick off (snap kick)
Kekomi	Kay-koh-me	Thrust kick
Kesa-geri	Keh-sah geh-rhee	Diagonal kick
Kin-geri	Kin geh-rhee	Front instep kick
Kiri-geri	Key-ree geh-rhee	Cutting kick
Mae-ashi-geri	Mah-eh ah-she geh-rhee	Front leg kick
Mae-geri	Mah-eh geh-rhee	Front kick
Mae-geri-keage	Mah-eh geh-rhee kay-ah-geh	Front snap kick
Mae-geri-kekomi	Mah-eh geh-rhee kay-koh-me	Front thrust kick
Mae-tobi-geri	Mah-eh toe-be geh-rhee	Jumping front kick
Mawashi-geri	Mah-wah-she geh-rhee	Round kick
Mikazuki-geri	Me-kah-zoo-key geh-rhee	Crescent kick
Namigaeshi	Nah-me-guy-she	Inside snapping kick
Nidan-geri	Nee-dahn geh-rhee	Double jump kick
Renzoku-geri	Wren-zoe-koo geh-rhee	Combination kick
Sokuto keage	Sow-koo-toe kay-ah-geh	Snap kick with foot edge
Tobi-keri	Tow-be keh-rhee	Jump kick
Tobi-yoko-geri	Tow-be yoh-koh-geh-rhee	Jumping side kick
Ura-mawashi-geri	Oo-rah mah-wah-she geh-rhee	Inside roundhouse kick
Ushiro-ashi-geri	Oo-she-row ah-she geh-rhee	Rear-leg kick
Ushiro-geri	Oo-she-row geh-rhee	Back kick
Ushiro-mawashi-geri	Oo-she-row mah-wah-she geh-rhee	Reverse roundhouse kick
Yoko-fumikomi	Yoh-koh foo-me-koh-me	Side stomping kick
Yoko-geri	Yoh-koh geh-rhee	Side kick
Yoko-geri-keage	Yoh-koh geh-rhee kay-ah-geh	Side snap kick
Yoko-geri-kekomi	Yoh-koh geh-rhee kay-koh-me	Side thrust kick
Yoko-kekomi	Yoh-koh kay-koh-me	Side thrust kick
Yoko-tobi-geri	Yoh-koh toe-be geh-rhee	Jumping side kick

		OTHER TERMINOLOGY
Arigato Gozaimasuta	Ah-ree-gah-toe go-zai-ma-shuh-ta	Thank you (formal)
Ate-waza	Ah-teh wah-zah	Smashing techniques
Chudan	Chew-dahn	Chest area
Dojo	Dough-joe	Training gym
Empi	En-pee	Elbow
En-sho	En-show	Round heel
Gai-wan	Gah-ee wahn	Outer arm
Gedan	Geh-dahn	Lower area of the body
Gi	Ghee	Jacket, uniform
Gyaku	Gya-koo	Reverse
Gyaku-ashi	Gya-koo ah-she	Reverse foot
Haishu	Hi-shoo	Back-hand
Haisoku	Hi-sow-koo	Instep
Haito	Hi-toe	Ridge-hand
Hai-wan	Ha-ee wahn	Back-arm
Hajime	Ha-jee-may	Begin
Hanmi	Hahn-me	Half-front-facing position
Hidari	He-dah-rhee	Left
Hiji	He-gee	Elbow
Hiraken	He-rah-ken	Fore-knuckle fist
Hizagashira	He-zah-gah-she-rah	Knee cap
Ippon-ken	Eep-pone ken	One-knuckle fist
Jiyu	Gee-you	Free
Jiyu-kumite	Gee-you koo-me-teh	Free-style sparring
Jodan	Joe-dahn	Face area
Jo-sokutei	Joe so-koo-teh-ee	Raised sole
Kaisho	Kah-ee-show	Open hand
Kakato	Kah-kah-toe	Heel
Kakuto	Kah-koo-toe	Bent-wrist
Kamae	Kah-my	Fighting position
Karate-Do	Kah-rah-teh-doh	The way of the empty hand
Keito	Kay-toe	Chicken-head wrist
Kentsui	Ken-tsue-ee	Fist-hammer
Keri	Key-rhee	Kicking
Kiai	Kee-eye	Yell
Kihon	Key-hone	Fundamentals (basics)

Kihon kumite	Hey-hone koo-me-teh	Basic sparring
Kime	Kee-may	Focusing
Kokuto	Koh-kuh-toe	Heel of the foot
Ko-shi	Ko-she	Ball of the foot
Kumade	Koo-mah-deh	Bear-hand
Kumite	Koo-me-teh	Sparring
Ma-ai	Mah-aye	Distancing
Makiwara	Mah-key-wha-rha	Punching board
Mawate	Mah-wah-tay	Turn (180 degrees)
Migi	Me-ghee	Right
Mokoso	Moh-kuh-so	Eyes closed
Mokoso-yame	Moh-kuh-so yah-may	Eyes open
Nai-wan	Nah-ee wahn	Inner arm
Nakadaka-ippon-ken	Nah-kah-dah-kah eep-pone ken	Middle-finger one-knuckle fist
Nakadaka-ken	Nah-kah-dah-kah ken	Middle-finger knuckle fist
Nihon-nukite	Nee-hone noo-key-teh	Two finger spear-hand
Obi	Oh-be	Belt
Oss	Oh-ss	Yes, I understand
Rei	Ray	Bow
Seiken	Say-ken	Fore-fist
Seiryuto	Say-ryu-toh	Ox-jaw hand
Seiza	Say-zah	Kneel
Sensei	Sen-say	Teacher
Senpai	Sen-pie	Senior
Shittsui	Shit-tsue-ee	Knee-hammer
Shubo	Shoe-bow	Arm-stick
Shuto	Shoe-toe	Knife hand
Shu-wan	Shoe-wahn	Palm arm
Sokuto	Sow-koo-toe	Foot edge
Suki	Sue-key	Opening
Tai sabaki	Tie sah-bah-key	Body movement
Tanden	Tahn-den	Navel, center
Teisho	Tay-show	Palm-heel
Tsuki	Tsue-key	Punching
Tsumasaki	Tsue-mah-sah-key	Tips of toes
Uchi	Oo-chee	striking
Ude	Oo-day	Forearm

Uke	Oo-kay	Blocking
Uraken	Oo-rah-ken	Back-fist
Ushiro	Oo-she-row	Back, rear
Wan	Wahn	Arm
Wanto	Wahn-toe	Arm sword
Washide	Wah-she-deh	Eagle hand
Yoi (or Yame)	Yoi (yah-may)	Assume natural stance (Shizen-tai)
Yoko	Yoh-koh	Side
Zanshin	Zahn-shin	Remaining spirit
Zemi	Zeh-mee	Hips forward

		NUMBERS
Ichi	Ee-chee	One
Ni	Nee	Two
San	Sahn	Three
Shi	Shee	Four
Go	Goh	Five
Roku	Roh-koo	Six
Shichi	Shee-chee	Seven
Hachi	Hah-chee	Eight
Ku	Koo	Nine
Ju	Joo	Ten

KATA	Kah-tah	FORMS
Heian Shodan	Hay-on Show-dahn	Peaceful Mind, First Level
Heian Nidan	Hay-on Knee-dahn	Peaceful Mind, Second Level
Heian Sandan	Hay-on Sahn-dahn	Peaceful Mind, Third Level
Heian Yondan	Hay-on Y-own-dahn	Peaceful Mind, Fourth Level
Heian Godan	Hay-on Go-dahn	Peaceful Mind, Fifth Level
Tekki Shodan	Tech-key Show-dahn	Iron Horse Riding, First Level
Tekki Nidan	Tech-key Knee-dahn	Iron Horse Riding, Second Level
Tekki Sandan	Tech-key Sahn-dahn	Iron Horse Riding, Third Level
Bassai Dai	Bah-sigh Dye	Breaking Down a Fortress, Major
Kanku Dai	Kahn-koo Dye	Viewing the Sky, Major
Jitte	Jit-tay	Ten Hands
Hangetsu	Hahn-geh-tsue	Half Moon
Empi	Emm-pee	Flying Swallow
Gankaku	Gone-kah-koo	Crane on a Rock
Jion	Gee-on	Temple
Bassai Sho	Bah-sigh Show	Breaking Down a Fortress, Minor
Kanku Sho	Kahn-koo Show	Viewing the Sky, Minor
Chinte	Chin-tay	Unusual Hand
Unsu	Un-soo	Cloud Hands
Sochin	So-chin	Tranquil Force
Nijushiho	Knee-joo-she-hoe	Twenty Four Steps
Gojushiho Dai	Go-joo-she-ho Dye	Fifty Four Steps, Major
Gojushiho Sho	Go-joo-she-ho Show	Fifty Four Steps, Minor
Meikyo	Make-yoh	Bright Mirror
Jiin	Gin	Temple Grounds
Wankan	One-kahn	King's Crown