

This is a limited list of karate terminology, which will cover most of the terms you hear during training.

Term	Pronunciation	Translation
TACHIKATA	Tah-chee-kah-tah	STANCES
Fudo-dachi	Foo-dough dah-chee	Rooted 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
Shizen-tai	She-zen tah-ee	Natural position
Sochin-dachi	So-chin dah-chee	Diagonal straddle-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
Gedan-barai	Geh-dahn baa-rah-ee	Downward block
Juji-uke	Jew-gee oo-kay	X-block
Manji-uke	Mahn-gee oo-kay	"Lambda" shaped block
Morote-uke	Moh-row-teh oo-kay	Augmented forearm block
Nagashi-uke	Nah-gah-she oo-kay	Sweeping block
Shuto-uke	Shoe-toe oo-kay	Knife-hand block
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
Uchi-ude-uke	Oo-chee oo-day oo-kay	Inside forearm block
Uchi-uke	Oo-chee oo-kay	Block from inside outward
TSUKI-WAZA	Tsue-key wah-zah	PUNCHING TECHNIQUES
Choku-zuki	Cho-koo zoo-key	Straight punch
Gyaku-zuki	Gya-koo zoo-key	Reverse punch
Kizami-zuki	Key-zah-me zoo-key	Jab
Oi-zuki	Oh-ee zoo-key	Lunge punch
Sanbon-zuki	Sahn-bon zoo-key	Triple punch (Oi, gyaku, choku)
Tate-zuki	Tah-teh zoo-key	Vertical-fist 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
Haito-uchi	Hi-toe oo-chee	Ridge-hand strike
Kentsui-uchi	Ken-tsue-ee oo-chee	Fist-hammer strike
Mawashi-empi-uchi	Mah-wha-she en-pee oo-chee	Roundhouse elbow strike
Nukite	Noo-key-teh	Spear-hand, straight thrust
Shuto-uchi	Shoe-toe oo-chee	Knife-hand strike
Teisho-uchi	Tay-sho oo-chee	Palm heel strike
Uraken-uchi	Oo-rah-ken oo-chee	Back-fist strike
Yoko-empi-uchi	Yoh-koh en-pee oo-chee	Side elbow strike
KERI-WAZA	kay-rhee wah-zah	KICKING TECHNIQUES
Ashi-barai	Ah-she baa-rah-ee	Foot sweep
Hiza-geri	He-zah geh-rhee	Knee strike
Keage	Kay-ah-geh	Snap kick

Kekomi	Kay-koh-me	Thrust kick
Mae-geri	Mah-eh geh-rhee	Front kick
Mawashi-geri	Mah-wha-she geh-rhee	Round kick
Mikazuki-geri	Me-kah-zoo-key geh-rhee	Crescent kick
Ushiro-geri	Oo-she-row geh-rhee	Back 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
		OTHER TERMINOLOGY
Arigato Gozaimasuta	Ah-ree-gah-toe go-zai-ma-shuh-ta	Thank you (formal)
Chudan	Chew-dahn	Chest area
Dojo	Dough-joe	Training gym
Empi	En-pee	Elbow
Gedan	Geh-dahn	Lower area of the body
Gi	Ghee	Jacket, uniform
Gyaku	Gya-koo	Reverse
Haito	Hi-toe	Ridge-hand
Hajime	Ha-jee-may	Begin
Hanmi	Hahn-me	Half-front-facing position
Hidari	He-dah-rhee	Left
Jiyu-kumite	Gee-you koo-me-teh	Free-style sparring
Jodan	Joe-dahn	Face area
Kamae	Kah-my	Fighting position
Karate-Do	Kah-rah-teh-doh	The way of the empty hand
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
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
Obi	Oh-be	Belt
Oss	Oh-ss	Yes, I understand
Rei	Ray	Bow
Seiza	Say-zah	Kneel
Sensei	Sen-say	Teacher
Senpai	Sen-pie	Senior
Shuto	Shoe-toe	Knife hand
Tanden	Tahn-den	Navel, center
Tsuki	Tsue-key	Punching
Uchi	Oo-chee	striking
Ude	Oo-day	Forearm
Uke	Oo-kay	Blocking
Uraken	Oo-rah-ken	Back-fist
Ushiro	Oo-she-row	Back, rear

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