

Karate Basic Japanese Terms

Japanese	English	Term
Age Uke	Rising Block	Block
Gedan Barai	Low Level Sweeping (Downward) Block	Block
Juji Uke	Cross (X) Block	Block
Motote Uke	Two Handed/Double Block	Block
Shuto Uke	Knife/Sword Hand Block	Block
Soto (Ude) Uke	Outside (Forearm) Block	Block
Uchi (Ude) Uke	Inside (Forearm) Block	Block
Hidari	Left	Direction
Migi	Right	Direction
Oi	Stepping Forwards	Direction
Ushiro	Backwards (Back/Rear)	Direction
Yoko	Sideways	Direction
Dojo	Training Hall	Information
Gi	Uniform (Karate Suit)	Information
Karate-Do	Kara (Empty/Chinese) Te (Hand) Do (Way)	Information
Kata	Arranged Sequences Of Techniques	Information
Kihon	Basics	Information
Kumite	Sparring	Information
Oss	I Understand/Sorry/Thanking/Greetings	Information
Sensei	Instructor/Master	Information
Gourei Nashi	No Count/Straight Through	Instruction
Hajime	Start/Begin	Instruction
Kamae	Posture/Stance	Instruction
Kamaete	Go Into Position/Get Ready	Instruction
Kiai	Loud Cry (Physical & Spiritual Energy)	Instruction
Kime	Focus Of Power	Instruction
Mokuso	Meditation (Clear the Mind)	Instruction
Rei	Bow	Instruction
Seiza	Sit Straight On One's Heels	Instruction
Yame	Stop/Finish	Instruction
Yoi	Prepare/Attention/Get Ready	Instruction
Hiza Geri/Uchi	Knee Kick/Strike	Kick
Kizami Geri	Front Leg Kick	Kick
Mae Geri	Front Kick	Kick
Mawashi Geri	Roundhouse Kick	Kick
Ushiro Geri	Back Kick	Kick
Yoko Geri	Side Kick	Kick
Chudan	Middle Level Of Body	Level
Gedan	Low Level Of Body	Level
Jodan	Upper Level of Body	Level
Ashi Barai	Leg/Foot Sweep	Movement
Gohon	Five Times	Movement
Keage	Snap	Movement
Kekomi	Thrust	Movement
Mawatte	Turn	Movement
Sanbon	Three Times	Movement
Choku Zuki	Straight (Basic) Punch	Punch
Gyaku Zuki	Reverse (Back Hand) Punch	Punch
Jun Zuki	Front Hand/Close (Thrust) Punch	Punch
Kizami Zuki	Front Hand Jab (Snap) Punch	Punch
Oi Zuki	Pursuing/Lunge/Stepping Punch	Punch
Sanbon Zuki	3 Punches - Oi Zuki Jodan - Gyaku Zuki Chudan, Jun Zuki Chudan (Ren Zuki)	Punch

Heisoku Dachi	Feet Together Stance	Stance
Kiba Dachi	Horseback/Straddle Stance	Stance
Kokutsu Dachi	Back Stance	Stance
Musubi Dachi	Informal Attention Stance	Stance
Zenkutsu Dachi	Front Stance	Stance
Tettsui Uchi	Hammer Fist Strike	Strike
Uraken Uchi	Back Fist Strike	Strike
Yohon Nukite	Spear Hand (Four Fingers) Strike	Strike
Yoko Empi Uchi	Sideways Elbow Strike	Strike
Aka	Red	Tournament
Ao	Blue	Tournament
Atoshi Baraku	A little more time left, 10 seconds till end of the bout	Tournament
Chukoku	Warning (1st)	Tournament
Hansoku	Violation of the rules - Disqualification (4th)	Tournament
Hansoku Chui	Warning for violation of the rules (3rd)	Tournament
Hantei	Decision/Judgement	Tournament
Hikiwake	Draw	Tournament
Ippon	Technique (Three Point) Head Kick - Takedown with strike (Torso on the mat)	Tournament
Jogai	Out of the fighting area.	Tournament
Keikoku	Warning - Caution (2nd)	Tournament
No Kachi	Victory/Winner	Tournament
Otagai Ni Rei	Bow To Each Other	Tournament
Shikkaku	Disqualification	Tournament
Shobu Hajime	Start Match or Bout	Tournament
Shomen Ni Rei	Bow To Front/Top of the Room	Tournament
Tsuzukete	Continue - Fight On	Tournament
Waza Ari	Technique (Two Point) Body Kick	Tournament
Yuko	Technique (One Point) Punch/Strike	Tournament

Ichi	1 - One	Number
Ni	2 - Two	Number
San	3 - Three	Number
Shi / Yon	4 - Four	Number
Go	5 - Five	Number
Roku	6 - Six	Number
Shichi / Nana	7 - Seven	Number
Hachi	8 - Eight	Number
Ku / Kyu	9 - Nine	Number
Ju	10 - Ten	Number

Japanese Pronunciation

Unlike English vowels which have a variety of pronunciations Japanese vowels are nearly always pronounced the same.

'a' is pronounced as in 'car'

'e' is pronounced as in 'pet'

'i' is pronounced as in 'key' or 'kit'

'o' is pronounced as in 'coat' or 'cot'

'u' is pronounced as in 'cool'. Ura for example is 'oora'.

Two or three vowels together are pronounced separately e.g. 'ie' is i-e'. 'Gaeshi' sounds like the two English words, 'guy-she'.

Consonants are pronounced much the same as in English except that 'g' is always as in 'go'. Two consonants together are both pronounced. For example hikkomi is pronounced hik-komi, but quickly.

The 'y' in 'Ryo' or 'gyaku' for example is pronounced 'i' but never like the 'y' in 'why'. i.e. , rio/giaku.

The 'ts' in 'tsuki' for example is pronounced like the final sound in 'pits'. Above is a sample explanation of Japanese pronunciation. In practice it is a bit more complicated than that.