



## Dojo Terminology

<i>english</i>	<i>japanese</i>	<i>phonetic pronunciation</i>
training hall	> DOJO	- doh - jo
training hall front	> SHOME NI	- show - meh - knee
training hall rear	> USHIRO NI	- uh - she - row - knee
master	> SHIHAN	- she - han
teacher	> SENSEI	- sen - say
senior	> SEMPAI	- sem - pie
student	> KOHAI	- kow - hi
student rank	> KYU	- q / kew
black-belt rank	> DAN	- dan
belt	> OBI	- oh - bee
karate uniform	> DO-GI (GI)	- dow - gee
bow	> RAE	- ray
mutual respect	> OTAGA NI	- oh - tah - ga - knee
meditation	> MOKUSO	- mo - kew - sow
karate spirit shout	> KIA	- key - eye
kneeling	> SESAI	- say - sa
stand up	> MATAE	- ma - tay
change sides	> TATAE	- tah - tay
defensive posture	> KAMAI	- kah - my
free form sparring	> KUMITAE	- ku - me - tay
start	> HAGIMAE	- ha - gee - may
stop	> YAMAE	- yah - may
breakfall	> UKEMI	- uh - khe - me
roll	>	-
pattern of movements	> KATA	- car - ta
technique	> WAZA	- wa - za
throw	> NAGE	- nah - gay
fist	> KEN	- ken
hand	> TE	- the
body	> TAI	- thai
evasion	> SEBAKI	- se - ba - key

## General Terminology

<i>english</i>	<i>japanese</i>	<i>phonetic pronunciation</i>
yes	> HAI	- high (short sound)
thankyou	> DOMO ARRIGATO	- doh - mo - aree - gah - toe
please	> DOZO	- doh - zoh
general understanding	> OOSS	- ohssssss
bushi	> BUSHIDO	- boo - she - doh (the moral ethical code of the Bushi)
energy	> CHI	- chee
karate ( <i>kara + te</i> )	> (KARA) China hand art (TE) hand	- ka - ra - te
karate practioner	> KARATEKA	- ka - ra - te - kah
school	> RYU	- r + you (same time)
school of hard and soft	> GOJU RYU	- go - jew - r + you
serious dojo	> GENSHUKU DO	- gen - shoe -ku - doh

## Counting

<i>english</i>	<i>japanese</i>	<i>phonetic pronunciation</i>
one	> ICHI	- <i>itch</i>
two	> NI	- <i>knee</i>
three	> SAN	- <i>sun</i>
four	> YON (SHEI)	- <i>chee</i>
five	> GO	- <i>go</i>
six	> ROOK	- <i>rook (like in chess)</i>
seven	> SICHI (NANA)	- <i>sitch (one sound)</i>
eight	> HACHI	- <i>hatch (one sound)</i>
nine	> KU	- <i>coo</i>
ten	> JYU	- <i>jew</i>
eleven	> JYU-ICHI	- <i>jew - itch</i>
twelve	> JYU-NI	- <i>jew - knee</i>
thirteen	> JYU-SAN	- <i>jew - sun</i>
fourteen	> JYU-SHEI	- <i>jew - chee</i>
fifteen	> JYU-GO	- <i>jew - go</i>
sixteen	> JYU-ROOK	- <i>jew - rook</i>
seventeen	> JYU-SICHI	- <i>jew - sitch</i>
eighteen	> JYU-HACHI	- <i>jew - hatch</i>
nineteen	> JYU-KU	- <i>jew - coo</i>
twenty	> NI-JYU	- <i>knee - jew</i>

## Direction

<i>english</i>	<i>japanese</i>	<i>phonetic pronunciation</i>
forward	>	-
back	>	-
left	> HIDARI	- <i>he - da - rey (like key)</i>
right	> MIGI	- <i>mi - gee</i>
movement	> TENSHIN	- <i>ten - shin</i>
upper	> GODAN	- <i>joe - dan</i>
middle	> CHUDAN	- <i>chew - dan</i>
inside	> SOTO	- <i>so - toe</i>
outside	> UCHI	- <i>oh - chee</i>
down	> GEDAN	- <i>g - dan / ge - dan</i>
front	> MAE	- <i>may</i>
rear	> USHIRO	- <i>ohh - she - row</i>

## Hand Strikes

<i>english</i>	<i>japanese</i>	<i>phonetic pronunciation</i>
punch	> TSUKI	- <i>ski</i>
upper punch	> GODAN-TSUKI	- <i>joe - dan - ski</i>
middle punch	> CHUDAN-TSUKI	- <i>chew - dan - ski</i>
lower punch	> GEDAN-TSUKI	- <i>g + dan (one sound) / ge - dan - ski</i>
back-fist	> URAKEN	- <i>you - rack - n</i>
hammer-fist	> TETSUI	- <i>tet - sue - e</i>
spear-hand	> NUKITE	- <i>new - key - tay</i>
palm-heel strike	> SHOTAI UCHI / TEISHO	- <i>show - thai - oh - chee / tay - show</i>
chop	> SHUTO	- <i>shoe - toe</i>
elbow	> HIJI / EMPI	- <i>he - g / m - p</i>
bearclaw strike	> KUMADE	- <i>coo - ma - dare (no <u>r</u> sound)</i>
one knuckle fist	> IPPON-KEN	- <i>ih - pon - ken</i>

## Leg Strikes

<i>english</i>	<i>japanese</i>	<i>phonetic pronunciation</i>
kick	> KERRI / GERRI	- care - ee
front kick	> MAE-KERRI	- may - care - ee
knee kick	> HIZA-KERRI	- his - a - care - ee
groin kick	> KIN-KERRI	- kin - care - ee
middle front kick	> CHUDAN-MAE-KERRI	- chew - dan - may - care - ee
head kick	> GODAN-MAE-KERRI	- joe - dan - may - care - ee
round-house kick	> MAWASHI-KERRI	- ma - wash - ee - care - ee
back (mule) kick	> USHIRO-KERRI	- ohh - she - row - care - ee
side kick	> YOKO-KERRI	- yo - ko - care - ee
flying-side kick	> YOKO-TOBI-KERRI	- yo - ko - tow - bee - care - ee
stomp	> KINSETSU-KERRI	- kin - set - sue - care - ee
sweep	> HARAI	- ha - rye
knee	> HIZA	- he - za

## Defences

<i>english</i>	<i>japanese</i>	<i>phonetic pronunciation</i>
block	> UKE	- ohh - k
parry	> BARAI	- bar - eye
upper block	> JODAN-UKE	- joe - dan - ohh - kay
outside block	> SOTO-UKE	- so - toe - ohh - kay
inside block	> UCHI UKE	- ohh - chee - ohh - kay
lower parry	> GEDAN MAE BARAI	- g + dan - may - bar - eye
grabbing block	> KAKE UKE	- car - kay - ohh - kay
side parry	> YOKO BARAI	- yo - ko - bar - eye
leg block	> ASHI BARAI	- a + she - bar -eye
round block	> MAWASHI UKE	- ma - wash - ee - ohh - kay

## Stances

<i>english</i>	<i>japanese</i>	<i>phonetic pronunciation</i>
stance	> DATCHI	- da - chee
formal stance	> MISUBA DATCHI	- me - sue - ba - da - chee
basic stance	> KIBA DATCHI	- key - ba - da - chee
lunging stance	> ZENKUTSA DATCHI	- zen - kut - sa - da - chee
half-lunging stance	> HAN ZENKUTSA DATCHI	- hun - zen - kut - sa - da - chee
cat-leg stance	> NEKO ASHI DATCHI	- neck + oh - a + she - da - chee
horse-riding stance	> SHIKO DATCHI	- she - ko - da - chee
hourglass stance	> SANCHIN DATCHI	- sun - chin - da - chee
rooted stance	> FUDO DATCHI	- foo - doe - da - chee
	> HEISOKA DATCHI	- hey - soccer - da - chee
natural stance	> SHIZEN DATCHI	- si - gin - da - chee
hook leg stance	> KAKE ASHI DATCHI	- car - kay - a + she - da - chee
open-leg stance	> HACHIJI DATCHI	- ha - chi - gee - da - chee

## Moving basics

<i>english</i>	<i>japanese</i>	<i>phonetic pronunciation</i>
sideways moving pattern	> KEHON	- key - hon
4 direction moving pattern	> TENSHIN HO	- ten - shin - hoe
10 movements in cat-stance	> TENSHIN O JYU	- ten - shin - oh - jew
8 second pattern	>	-