

KARATE TERMS & PHRASES

General Terminology

<u>Japanese</u>	<u>Pronunciation</u>	<u>English</u>
Seitou	<i>Say-toe</i>	Traditional
Ryu	<i>Roo</i>	School
Karate	<i>Car-rar-tee</i>	Empty Hand
Do	<i>Dough</i>	The Way
Dojo	<i>Dough-joe</i>	Training Hall
Gasshuku	<i>Ga-shoo-koo</i>	Training Camp
Gi	<i>Gee</i>	Karate Uniform
Obi	<i>Oh-bee</i>	Belt
Kihon	<i>Key-honne</i>	Basic techniques
Kata	<i>Ka-ta</i>	Pre-arranged Forms
Bunkai	<i>Boon-k-eye</i>	Kata applications
Kumite	<i>Koo-mee-tay</i>	Sparring
Waza	<i>Wa-zza</i>	Techniques
Kime	<i>Key-may</i>	Focus
Mushin	<i>Moo-shin</i>	No mind
Zanshin	<i>Zan-shin</i>	Awareness
Muchimi	<i>Moo-chee-mee</i>	Heavy/sticky feeling
Keage	<i>Key-ah-gee</i>	Snap
Kekomi	<i>Keck-oh-mee</i>	Thrust
Mawatte	<i>Mar-what-ay</i>	Turn
Nanamae	<i>Nan-ah-may</i>	45 degrees (stances)
Suri Ashi	<i>Soo-ree-ash-ee</i>	Sliding Foot

Titles

Sensei	<i>Sen-say</i>	Instructor
Sempai	<i>Sem-pie</i>	Senior Student / Assistant Instructor
Kohai	<i>Koe-high</i>	Junior Student
Karateka	<i>Car-rar-tee-car</i>	Practitioner of Karate

Commands & Responses

Shigo	<i>Shee-go</i>	Line Up
Rei	<i>Ray</i>	Bow
Seiza	<i>Say-za</i>	Formal Sitting
Shomen Ni Rei	<i>Show-men-ee-ray</i>	All bow to the front
Sensei Autagani Rei	<i>Sen-say-Aw-tar-gar-knee-ray</i>	All bow together
Onegai shi masu	<i>On-ee-gash-ee-mass</i>	Please teach me
Arigato gozaimashita	<i>Arry-gatoo-gozz-eye-mash-tar</i>	Thank you for teaching me
Mokuso	<i>Mock-sow</i>	Close your eyes
Yoi	<i>Yoy</i>	Ready / Return to ready stance
Kamae	<i>Ka-may</i>	Ready / Take position
Hajime	<i>Ha-gym-ay</i>	Begin
Yame	<i>Ya-may</i>	Stop / Finish
Hai	<i>Hay</i>	Yes
Kiai	<i>Key-eye</i>	Shout of spirit

("Aiyee!", "Yah!" or "Ee-yah!" are the most common sounds to make when using kiai)