

KARATE TERMS & PHRASES

Numbers & Kata

Japanese

Pronunciation

English

Counting

Ichi	<i>Itch</i>	One
Ni	<i>Knee</i>	Two
San	<i>Sun</i>	Three
She	<i>She</i>	Four
Go	<i>Go</i>	Five
Roku	<i>Rook</i>	Six
Shichi	<i>Shitch</i>	Seven
Hachi	<i>Hutch</i>	Eight
Ku	<i>Koo</i>	Nine
Ju	<i>Joo</i>	Ten

Kata

Taikyoku Shodan	<i>Tack-ee-yo-koo-show-dan</i>	First Course – Level 1
Heian Shodan	<i>Hee-anne-show-dan</i>	Peaceful Way – Number 1
Gekisai Dai Ichi	<i>Geck-ee-sigh-die-itch</i>	To destroy Introduction Number 1
Saifa	<i>Sigh-far</i>	To smash and tear to pieces
Bassai Dai	<i>Bass-eye-die</i>	Storming the fortress (major)
Sanseru	<i>Sun-sere-roo</i>	36 Hands
Seiyunchin	<i>Say-oon-chin</i>	To control, suppress and pull
Hangetsu	<i>Hun-get-soo</i>	Half Moon
Empi	<i>Em-pee</i>	Flight of the swallow
Seipai	<i>Say-pie</i>	18 Hands
Jion	<i>Jee-onn</i>	Jion-ji Temple/Kind and graciousness
Shisochin	<i>She-sotch-inn</i>	To destroy in 4 directions
Kanku Dai	<i>Can-koo-die</i>	To view the sky/gazing skywards (major)
Sochin	<i>Sotch-inn</i>	To preserve the peace
Nijushiho	<i>Knee-jew-she-hoe</i>	24 Steps
Kanku Sho	<i>Can-koo-show</i>	To view the sky/gazing skywards (minor)
Kururunfa	<i>Koo-rar-roon-far</i>	Holding on and striking suddenly
Sanchin	<i>Sann-chin</i>	Three Battles
Tensho	<i>Ten-show</i>	Rotating Palms