

# KARATE TERMS & PHRASES

## Techniques & Areas of the Body

<u>Japanese</u>	<u>Pronunciation</u>	<u>English</u>
<b><u>Striking Techniques</u></b>		
Tsuki	<i>Zoo-key</i>	Punch
Uchi	<i>Oo-chee</i>	Strike
Uraken	<i>Oo-rar-ken</i>	Backfist Strike
Yoko Uraken	<i>Yock-Oh Oo-rar-oo-chee</i>	Side Backfist Strike
Haito Uchi	<i>High-toe Oo-chee</i>	Ridge Hand Strike
Shita Tsuki	<i>Sh-tar-zoo-key</i>	Short Punch
Hiji Ate	<i>Hidge-ee-ar-tay</i>	Rising Elbow Strike
Mawashi Empi	<i>Ma-wash-ee-em-pee</i>	Round Elbow Strike
Shuto Uchi	<i>Shoe-toe-Oo-chee</i>	Knife Hand Strike
Nukite Uchi	<i>Noo-key-tay-Oo-chee</i>	Finger thrust / Spear Hand Strike
Tettsui Uchi	<i>Tett-sue-ee-Oo-chee</i>	Hammer Fist Strike
Oitsuki	<i>Oi-zoo-key</i>	Lunge Punch
Kizamitsuki	<i>Key-zam-ee-zoo-key</i>	Jab Punch
Gyakutsuki	<i>Gee-yak-oo-zoo-key</i>	Reverse Punch
Kake Tsuki	<i>Car-key-zoo-key</i>	Hook Punch
Age Tsuki	<i>Ar-gee-zoo-key</i>	Rising Punch
Awase Tsuki	<i>Aa-waz-ee-zoo-key</i>	U Punch
Yama Tsuki	<i>Yam-ah-zoo-key</i>	Wide U Punch
Heiko Tsuki	<i>Hey-coe-zoo-key</i>	Parallel Punch
Morote Tsuki	<i>Mow-rot-ay-zoo-key</i>	Double Punch
<b><u>Blocking Techniques</u></b>		
Uke	<i>Oo-kay</i>	Block
Age Uke	<i>Ah-gee-Oo-kay</i>	Rising Block
Uchi Uke	<i>Oo-chee-Oo-kay</i>	Inside Hooking Block
Soto Uke	<i>So-toe-Oo-kay</i>	Outside Hooking Block
Gedan Barai	<i>Ged-dan-bar-eye</i>	Downward Block
Gedan Uke	<i>Ged-dan-Oo-kay</i>	Sweeping Block
Chuge Uke	<i>Chew-gee-Oo-kay</i>	Double Block
Kakie Uke	<i>Car-key-Oo-kay</i>	Hooking Block
Mawashi Uke	<i>Mar-wash-ee-Oo-kay</i>	Round Block
Shuto Uke	<i>Shoe-toe-Oo-kay</i>	Knife Hand Block
Hiki Uke	<i>Hick-ee-Oo-kay</i>	Pulling Block
Tora Guchi	<i>Tore-a-goo-chee</i>	Circular Double Block
Koke Uke	<i>Koe-kay-Oo-kay</i>	Wrist Block
Teisho Uke / Shotei Uke	<i>Tay-show-Oo-kay / Show-tay-Oo-kay</i>	Palm Heel Block
Shotei Gedan Barai	<i>Show-tay-ge-dan-bar-eye</i>	Open Hand Down Block
Tate Shuto Uke	<i>Tar-tay-shoe-toe-Oo-kay</i>	Vertical Knife Hand Block
Juji Uke	<i>Jew-jee-Oo-kay</i>	Cross Block
Morote Uke	<i>Mow-rot-ay-Oo-kay</i>	Double/Two-hand block

## Kicking/Leg Techniques

Geri	<i>Ge-ree</i>	Kick
Mae Geri	<i>May-ge-ree</i>	Front Kick
Mawashi Geri	<i>Mar-wash-ee-ge-ree</i>	Round Kick
Yoko Geri	<i>Yock-oh-ge-ree</i>	Side Kick
Ushiro Geri	<i>Oo-she-row-ge-ree</i>	Back Kick
Ura Mawashi Geri	<i>Oo-rar-mar-wash-ee-ge-ree</i>	Hook Kick
Mikazuki Geri	<i>Mee-car-zoo-key-ge-ree</i>	Crescent Kick
Kansetsu Geri	<i>Can-set-sue-ge-ree</i>	Joint Kick (inside to outside)
Fumikomi Geri	<i>Foo-mee-koe-mee-ge-ree</i>	Stamping Kick (outside to inside)
Tobi Geri	<i>Toe-bee-ge-ree</i>	Jumping Kick
Hiza Geri	<i>His-ar-ge-ree</i>	Knee Strike
Ashi Barai	<i>Ash-ee-bar-eye</i>	Leg/Foot Sweep
Kin Geri	<i>Kin-ge-ree</i>	Groin Kick

## Stances (Dachi)

Heiko Dachi	<i>High-koe-dutch</i>	Ready / Parallel Stance
Hachinoji Dachi	<i>Hutch-ee-no-jee-dutch</i>	Open-leg Stance
Shizentai Dachi	<i>Shizz-en-tie-dutch</i>	Natural Stance
Musubi Dachi	<i>Mu-sue-bee-dutch</i>	Attention Stance, feet pointing 45 degrees
Heisoku Dachi	<i>Hay-sock-oo-dutch</i>	Attention Stance, feet pointing forwards
Zenkutsu Dachi	<i>Zen-koot-sue-dutch</i>	Long Forward Stance
Kiba Dachi	<i>Key-bar-dutch</i>	Horse Riding / Straddle Leg Stance
Shiko Dachi	<i>She-koe-dutch</i>	Sumo Stance
Kokutsu Dachi	<i>Koe-koot-sue-dutch</i>	Backward Leaning Stance
Sanchin Dachi	<i>San-chin-dutch</i>	Hourglass Stance / Pigeon-toed Stance
Nekoashi Dachi	<i>Neck-oh-ash-ee-dutch</i>	Cat Stance
Hangetsu Dachi	<i>Han-get-sue-dutch</i>	Half Moon Stance
Fudo Dachi / Sochin Dachi	<i>Foo-dough-dutch / Sotch-in-dutch</i>	Immovable Stance
Han Zenkutsu Dachi	<i>Han-zen-koot-sue-dutch</i>	Short Forward Stance
Renoji Dachi	<i>Ren-oh-jee-dutch</i>	"L" Stance
Kosa Dachi	<i>Koss-ar-dutch</i>	Cross-legged Stance

## Areas/Parts of the body

Jodan	<i>Joe-dan</i>	Head/Upper Level
Chudan	<i>Chew-dan</i>	Stomach/Middle Level
Gedan	<i>Ge-dan</i>	Groin/Lower Level
Shomen	<i>Show-men</i>	Front
Hara	<i>Har-rar</i>	Centre
Migi	<i>Mig-ee</i>	Right
Hidari	<i>Hid-ar-ree</i>	Left
Seiken	<i>Say-ken</i>	Forefist (first two knuckles)
Ippon Ken	<i>Ip-on-ken</i>	One Knuckle Fist
Nakadaka Ken	<i>Nack-a-dack-a-ken</i>	Middle Knuckle Fist
Tettsui	<i>Tet-sue-ee</i>	Hammer fist
Haishu	<i>Hay-shoe</i>	Back of the hand
Empi	<i>Em-pee</i>	Elbow
Chusoku / Koshi	<i>Chew-sow-koo / Kosh-ee</i>	Ball of the foot
Kakato	<i>Ka-ka-toe</i>	Heel
Haisoku	<i>High-sock-kew</i>	Instep
Sokuto	<i>Soe-coo-toe</i>	Edge / Blade of the foot