

Terminology

Japanese Terminology

Commands/ Stances

Attention	Kiotsuke	(Kee-O-Shay)	Feet Together	Heisoko Dachi	(Hay-SoKo-Daw-Ch)
Bow or Salute	Rei	(Ray)	Formal Attention	Musubi Dachi	(Moo-Soobe)
Kneel	Seiza	(Say-Zah)	Parallel Stance	Heiko Dachi	(Hey-Koe)
Close Your Eyes	Mokuso	(Mux-So)	Feet Out (Shoulder Width)	Soto Hachiji Dachi	(So-To-Hi-Chi-Gee)
Open Your Eyes	Mokuso Yame	(Mux-So-Yah-May)	Boat Stance	NaipanChin Dachi	(Ni-Fan-Chin)
Face the Front	Shomen ni	(Show-Ma-Knee)	Square Stance	Shiko-Dachi	(Shi-Ko)
Stand	Kiritsu	(Kih-Rit-Su)	Short Front Stance	Moto-Dachi	(Mo-Toe)
Face Each Other	Otagaini	(Oh-Toe-Gaw-Knee)	Middle Front Stance	Han Zenkutsu-Dachi	(Han-Zen-Koo-Tsoo)
An Opening Salutation	Yoi	(Yoy)	Long Front Stance	Zenkutsu-Dachi	(Zen-Koo-Tsoo)
Ready	Kamae	(Kah-May)	Cat Stance	Neko-Ashi-Dachi	(Neck-Oh-Ah-She)
Begin	Hagime	(Ha-Gee-May)	Cross Stance	Kosa-Dachi	(Ko-Za)
Stop	Yame	(Yah-May)	Horse Stance	Kiba-Dachi	(Kee-Ba)
Sit	Anza	(Anza)	Hourglass Stance	Sanchin-Dachi	(San-Chin)
Guard Up	Kamae-Te	(Kah-May-Tay)	Back Stance	Kokutsu-Dachi	(Koe-Koo-Tsoo)
Hand	Te	(Tay)			

Blocks Uke (ookay)

Kick Geri (Gary)

Down Block	Gedan Barai	(Gay-Don Baw Rye)	Front Kick	Mae-Geri	(my)
Rising Block	Age Uke	(Aw Gay)	Side Kick	Yoko-Geri	(Yoke-Oh)
Side Block	Yoko Uke	(Yoke-Oh)	Round Kick	Mawashi-Geri	(Mah-wash-ee)
Forearm Block	Uchi Uke	(OochOee)	Back Kick	Ushiro-Geri	(Oo-She-Row)
Knife Block	Shuto Uke	(Shoe-Toe)	Hook Kick	Kagi-Geri	(Kaw-gi)
Grabbing Hand	Kakete	(Kah Kitay)	Knee Kick	Hiza-Geri	(He's Uh)

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Hammer Attack Block	Kentsui Uchi Uke	(Ken-Swee)	Sweep	Ashi Barai	(Ashee Ba Ri)
Strike (Hit)	Uchi	(Ooch-ee)	Combination Kicks	Renzoku-Geri	(Wren-Zoe-Koo)
Flip Block	Furisute	(Foo Ree Stay)	Jump Kicks	Tobi-Geri	(Toe-Bee)
Scoop	Sukui Uke	(Soo Koo Es)	Front Kick (Drop in front)	Oi-Geri	(Oy-Gary)
Supported Side Arm	Hiji Sasae Uke	(Heejee Sah-Sah-Ay)	Strikes	Uchi	(oo-Chee)
Twin Outside Forearm Block	Kaki Wake	(Kah Kee Wah Kay)	Lunge Punch	Oi-Tsuki	(oy)
Parallel Punch	Heiko Zuki	(Haykoo Zoo Key)	Reverse Punch	Gyaku-Tsuki	(Gi-awk-oo)
Upper Cut	Age Zuke	(Ah Gay Zoo Key)	Spear Hand	Nukite	(New-Kit-Eh)
Back Fist	Uraken	(oo Rah Ken)	Hammer Fist	Ken Tsu Uchi	(Ken-Soo)
Locked Punch	Kagi Zuki	(kah Gee Zoo Key)	Back Knuckle	Uraken	(oo-Raw-Ken)
			Elbow Strike	Hiji-Tsuki	(He-Gee)

Kata Form or Pattern

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Kihon	Basics Kata	(Key-Hon)	Jion		(Gee-Own)
Junino		(Jew-Knee-No)	Seienchin	Lull in the Storm	(Say-In-Chin)
Heian Nidan #2	High Court or Peaceful Way	(Hay-Ahn-Knee-Dan)	Rohai	Crane on a Rock	(Row-High)
Heian Shodan#1		(Show-Dan)	Matsukaze		(Mat-Su-Ka-Zee)
Heian Sandan#3		(San-Dan)	Aoyagi		(Oi-Ag-Ee)
Heian Yondan #4		(Yon- Dan)	Gojushiho		(Go-Jew-She-Ho)
Heian Godan		(Go-Dan)	Matsumura Ha Bassai		(Mat-Su-More-A-HaBa-Sai)
Naifanchin Shodan		(Ni-Fan-Chin-Show-Dan)			
Juroku		(Jer-O-Cou)			
Bassai-Dai	Breaking through	(Ba-Sa-Die)			

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	through the Fortress				
Sanchin		(San-Chin)			
Kosokun-Dai		(Ko-So-Kun-Die)			
Jitte		(Gee-Tay)			

Counting

one	Ichi	(itch)	Nineteen	Ju Ku
Two	Ni	(Knee)	Twenty	Ni Ju
Three	San	(san)	Twenty-one	Ni Ju Ichi
Four	Shi	(She)	Thirty	San Ju
Five	Go	(Go)	Thirty-one	San Ju Ichi
Six	Roku	(Rok)	Forty	Shi Ju
Seven	Shichi	(She-ch)	Forty-one	Shi Ju Ichi
Eight	Hachi	(Hachi)	Fifty	Go Ju
Nine	Kyu	(Coo)	Sixty	Roku Ju
Ten	Ju	(Jew)	Seventy	Nana Ju
Eleven	Ju Ichi		Eighty	Hachi Ju
Twelve	Ju Ni		Ninety	Kyu Ju
Thirteen	Ju San		One Hundred	Hyaku
Fourteen	Ju Shi		One Hundred One	Hyaku Ichi
Fifteen	Ju Go		Two Hundred	Ni Hyaku
Sixteen	Ju Roku		One Thousand	Sen
Seventeen	Ju Shichi		One Thousand one	Sen Ichi
Eighteen	Ju Hachi		Two Thousand	Ni Sen

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Miscellaneous

Thank You	Arigato	(Are-Ay-Gaw-Toe)	Stop	Yame	(Yah-May)
You're Welcome	Do-Itashimashite	(Do-E-Ta-She-Ma-She-Tay)	A Little more Time Left	Atoshi Baraku	(Ah-Toe-She Ba-Rah-Coo)
With Your Permission	Onegaishimasu	(On-knee-guy-she-mas)	Draw (Tie)	Hikwake	(Hih-Key-Wah-Key)
Thank You Very Much	Arigato Gozaimashita	(Are-Ay-Gaw-Toe-GoZai-Ma-She-Tah)	Unacceptable Scoring Technique	Torimasen	(Toery-Mah-Sen)
Master	Shihan	(She-Han)	Extension of the Bout	Encho-Sen	(En Cho-Sen)
Teacher	Sensei	(Sen-Say)	Simultaneous Scoring Technique	Aiuchi	(I-Ew-Chi)
Senior	Sempai	(Sempie)	Full Point	Ippon	(E-Pawn)
Junior	Kohai	(Coe-High)	Half-point	Waza-Ari	(Wah-Zah-Ree)
Training Hall	Dojo	(Doe-Joe)	Red	Aka	(Ah-Kah)
Basics	Kihon	(Kee-Hon)	White	Shiro	(She-Row)
Turn	Mawaru	(Maw-Gaw-Roo)	Warning	Atenai-Yoni	(Ah-Ten-E-Oh-Nai)
Switch Feet	Ashikaete	(A-She-Ka-Tay)	Warning w/Wazari Penalty	Keikoku	(Kay-Koh-Cou)
Free Practice	Randori	(Ran-Door-Ee)	Warning w/Ippon Penalty	Hansoku-Chui	(Hans-Sew-Cou-Choo-E)
One Step Sparring	Ippon Kumite	(E-Pon-Ku-Mi-Tay)	Foul	Hansoku	(Hans-Sew-Coo)
Kata Application	Bunkai	((Bun-Ki)	Out of Bounds	Jogai	(Joe-Guy)
High	Jodan	(Cho-Dan)	Disqualification	Shikkaku	(Shi-Ka-Cou)
Middle	Chudan	(Chew-Dan)	Renunciation	Kiken	(Key-Ken)
Low	Gedan	(Gay-Dan)	Lack of Regard for ones own safety	Mubobi	(Moo-Bo-Bee)
Out of Bounds	Jogai	(Joe-Guy)	Winner	Nokachi	(No-Kach)

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Focus	Zanshin	(Zan-Chin)	Resume Fighting	Tsuzukete Hajime	(Zoo-Ki-Tay)
Start	Hajime	(Ha-Ji-May)	Judges called	Shugo	(Shoe-Go)
Start 3rd match	Shobu Sanbon Hajime	(Show-Boo San-Bon)	Combination Technique	Awasite	(Ah-Wah-Sih-Tay)