

Karate Japanese Translation

Pronunciation

The Japanese alphabet is made of sounds and Japanese vowels stay pure and constant. Pronounced clearly and sharply, separate each vowel.

a i e o u - vowel phonics as below in brackets

- A as in dr(a)ma or (ah)
- E as in M(ay)
- I as in kn(ee)
- O as in (ow)n
- U as in c(oo)l

r's are pronounced as l as in (l)eg
j's are pronounced like a g as in (g)iant

Uraken -tongue touching palette
as in Jion

Word

/Pronunciation/

Meaning

Words used at training

Karate	/kalatte/	empty hand
Wado-ryu	/wahdow-loo/	the way of peace
Sensei	/sensay/	instructor
Kihon	/keyhon/	basic
Kiai	/keyeye/	spirit
Kumite	/coomette/	exchange techniques with partner
Kata	/kata/	form
Pinan (heian)	/pin-an/	peace, tranquility
Yakusoku kumite; (kihon kumite)	/yakowsookow .../ /... .../	; prearranged basic sparring
Waza	/waza/	technique
Kyu	/Q/	student rank
Dan	/dan/	master rank
Budo	/boodow/	martial way (arts)
Bunkai	/boonkayee/	application

Commands

Ichi	/eechee/	1
Hajime	/hajeemay/	begin
Yame	/yahmay/	stop
Yoi	/y-ó-ee/ (stretch)	ready
Change	/change/	switch stance
Naore	/nahowlay/	bring feet together (relax)
Mae	/mah-ay/	front
Ushiro	/oo-she-low/	back
Jodan	/jowdan/	upper
Chudan	/chewdan	middle
Gedan	/gaydan/	lower
Onaji-ashi	/ow-nahjee ashee/	same foot
Nido	/needo/	two times

Tachikata

Migi	/me-gee/	right
Hidari	/he-dah-lee/	left

Natural stance

Heisoku-dachi	/hayeesowku-dachee/	closed feet stance (hands by side)
Yoi	/y-óo-ee/ (stretch)	ready stance
Shizentai	/she-zentie/	natural stance

Uneven stances

Zenkutsu-dachi	/zayn-kootsoo .../	front bent stance
Junzuki-dachi	/jun-zukee/	forward punch stance
Gyakuzuki-dachi	/gahkoo-zukee/	reverse punch stance
Junzuki tsukkomi	/... tsoo-komey/	... lunge forward
Gyakuzuki tsukkomi	/... .../	... lunge wide
Nekoashi-dachi	/naykoo-ashee .../	cat stance
Gyaku nekoashi	/gahkkoo .../	reverse cat stance
Mahanmi nekoashi-dachi	/mah-hamee naykoo-ashee/	half viewing cat stance
Kokutsu-dachi	/kowkootsoo .../	rear bent stance (back stance)

Stances

Even stances

Mahanmi-gamae-dachi	/mah-hamee-gahmahay .../	half stance (fighting stance)
Kiba-dachi	/keybah-.../	horse (riding) stance
Naifanchi-danci	/nahee-fahn-chee .../	iron knight stance
Seishan-danci	/sayee-shan .../	half moon stance

Other stances

Kosa-dachi	/kow-sah .../	cross stance (bassai)
Sagiashi-dachi	/sagi-ashee .../	leg lift stance (sagi bird)
Zenkutsu-dachi	/zen-koot-sue .../	lower stance (kushanku)

Body movement

Ayumiashi	/Ayoo-mee-ahshee/	walking forward
Surikomiashi	/Suri-komee-ahshee/	one step
Nijiriashi	/nee-jee-lee-ahshee/	gliding / to slide
Mawatte	/mah-watt-ay/	turn or spinning
Junzuki	/junzukee/	front punch (stance)
Kette Junzuki	/kettay .../	kick, front punch
Gyakuzuki	/gahkoo-zukee/	reverse punch (stance)
Sonobade ippon totte	/sonobaday-ippon-towtay/	take one punch(step wide punch)
Tsukkomi	/ts(oo)-komee/	to lunge
Junzuki Tsukkomi	/... .../	
Gyakuzuki Tsukkomi	/... .../	
Tobikomizuki	/toby-komy-zukee/	Lunge Punch
Nagashizuki	/Naga-she-zukee/	Sweeping away punch
Renraku waza	/len-la-ku .../	combination techniques

Tsuki (Zuki)

Jodan-zuki	/jowdan-.../
Gyaku-zuki	/gakoo-zookee/
Uraken	/oo-lacken/

Punches

upper punch
reverse punch
back-fist

Punches performed with both hands

Awase-zuki	/ahwahsay-zookee/	combined punch (Niseishi)
Yama-zuki	/yahmah-zookee/	mountain punch (Bassai)
Hasamiuchi	/hasamee-oochee/	scissor punch(two hammer fist)
Kagi-zuki	/kahgee/	hook Punch
Age-zuki	/ahgay-.../	uppercut punch

Keri (Geri)

/kaylee (gaylee)/

Mae-geri	/mah-ay gay-lee/
Mawashi-geri	/mahwashee .../
Yoko-geri	/yowkow .../
sokuto	/sokoo-tow/
Ushiro-geri	/oo-she-low .../
Kin-geri	/keen-.../
Fumikomi	/fumee-kowmee/
Mikazuki-geri	/meekah-zookee-.../
Soto mikazuki-geri	/sowtow ...-.../
Ushiro mawashi-geri	/see above/
Tobi-geri	/towbee-.../
Nidan Tobi Mae-geri	/needan towbee ...-.../
Kakato-geri	/kahkatow-.../

Ashibarai

/ashee-bahla-ee/

Uchi

/oo-chee/

Ken	/ken/
Seiken	/sayee-ken/
Uraken	/oo-lacken/
Tettsui	/taytt-sueê/
Ipponken	/ippon-ken/
Hitosashi ipponken	/heetow-sahshee .../
Nakadaka ipponken	/nah-kah-dah-kah .../
Oyayubi ipponken	/w-yah-yoo-bee .../
Hiraken	/heelah-ken/
Koken	/kowken/
Keiko	/kay-ee-kow/
Shuto	/shoo-tow/ (stretch 'o' at end)
Haito	/hahee-tow/
Haishu	/hahee-shoo/
Nukite	/new-keetay/
Nihon nukite	/nee-hon .../
Shotei	/show-tayee/
Teisho-uchi	/tayeeshow-oochee/

Ude

/oo-day/

Hiji

/heejee/

Kicks

front kick
round kick
side kick
knife edge
back kick
groin kick
stamping kick
crescent kick inward, half moon kick
outward crescent kick, half moon kick
back round kick (hook kick)
jumping kicks
double jump front kick
heel (axe) kick

foot sweeps

Strikes (Weapons)

fist
normal fist
back fist
hammer fist (Iron hammer)
one-finger fist
with forefinger
with middle finger
with thumb
flat fist (middle joints of fingers)
arch fist (upper wrist strike)
chicken's beak
knife hand
inner knife hand (ridge hand)
back hand
spear hand
two finger spear hand
palm hand
heel of hand Strike
arm
elbow

Atewaza

Mae-empi	/mah-ay-em-pee/
Tate-empi	/tah-tay-.../
Uchi-empi	/oo-chee-.../
Soto-empi	/sowtow-.../
Ushiro-empi	/oo-she-low-.../

Ashi

Josokutei	/jowsow-koo-tayee/
Sokuto	/sowk-oo-toe/
Haisoku	/hah-eesow-koo/
Chusoku	/choosow-koo/
Kakato	/kahkah-tow/

Ashi

Sune	/soo-nay/
Hiza	/hee-zah/

elbow techniques

front elbow strike(Pinan yodan)
vertical elbow (Chinto)
inward elbow strike (Bassai)
outward elbow strike
backward elbow strike

foot

ball of the foot
knife foot
instep (roundhouse kick)
sole of foot
heel

leg

shin
knee

Uke-waza

Uke	/oo-kay/
Jodan-uke	/jowdan-.../
Gedan-barai	/gay-dan-bahla-ee/
Soto-uke	/sowtow .../
Uchi-uke	/oochee-.../
Chudan Soto-Uke	/chew-dan ...-.../
Otoshi-uke	/owtow-shee-.../
Shuto-uke	/shoo-tow-.../
Mawashi-uke	/mahwashee-.../
Hiji-uke	/heejee-.../
Juji-uke	/jewjee-.../

Blocks with leg

Ashibo kake-uke	/asheebow kahkay-.../
Sokuto osae-uke	/sowkootow owsahay-.../
Ashisoko mawashi-uke	/ahsheesowko ...-.../

Blocking techniques

Block
upper block
lower sweep (block)
outward arm block
inward arm block
Middle Outside Block(assisted block)
dropping block
knife-hand block
round block(both hands circle block)
elbow block
cross block

Raise knee block (Chinto)
knife-foot press block (extended leg, edge of foot)
foot sole round block (Bassai)

Katakah-tah**Form**

Pinan (heian)	/pin-an/	peace, tranquility
Nidan	/nee-dan/	2nd
Shodan	/show-dan/	1st
Sandan	/sandan/	3rd
Yodan	/yo-dan/	4th
Godan	/go-dan/	5th
Kushanku	/koo-shan-koo/	observing sky
Naifanchi	/naheefahnchee/	iron knight
Chinto	/cheentow/	rock crane
Bassai	/bahssahee/	castle block (defence)
Seishan	/sayee-shan/	13 hand (half moon)
Jitte	/jeettay/	10 hand
Wanshu	/wahnshoo/	arm master
Niseishi	/neesayeeshee/	24 steps
Rohai	/rowha-ee/	bright mirror
Jion	/jee-on/	mercy, thanks

Counting

Ichi	/eechee/	1
Ni	/nee/	2
San	/san/	3
Shi	/she/	4
Go	/gow/	5
Roku	/rowkoo/	6
Shichi	/sheechee/	7
Hachi	/hahchee/	8
Kyu	/Q/	9
Jyu	/jew/	10