



## Karate Terms in Japanese (1)

### Counting:

|               |       |
|---------------|-------|
| <i>ichi</i>   | one   |
| <i>ni</i>     | two   |
| <i>san</i>    | three |
| <i>shi</i>    | four  |
| <i>go</i>     | five  |
| <i>roku</i>   | six   |
| <i>shichi</i> | seven |
| <i>hachi</i>  | eight |
| <i>ku</i>     | nine  |
| <i>ju</i>     | ten   |

Note: the final vowel often gets dropped out when counting in class, ie. “*ichi*” becomes “*ich*” (rhymes with ‘peach’), “*roku*” becomes “*rok*” (rhymes with ‘poke’), “*hachi*” becomes “*hach*” (rhymes with ‘crotch’). This dropping of final vowels is quite common among native speakers.

### Stances (*tachi* → *-dachi*):

|                        |   |
|------------------------|---|
| <i>jigotai</i>         | wide open-leg stance                                |
| <i>shizentai dachi</i> | natural stance                                      |
| <i>zenkutsu dachi</i>  | forward bent-leg stance                             |
| <i>nekoashi dachi</i>  | cat leg stance                                      |
| <i>naihanchi dachi</i> | straddle-leg stance (as in sitting astride a horse) |

### Punches (*tsuki* → *-zuki*):

|                  |               |
|------------------|---------------|
| <i>tsuki</i>     | punch         |
| <i>gyakuzuki</i> | reverse punch |
| <i>oizuki</i>    | chasing punch |
| <i>uraken</i>    | backfist      |

### Blocks (*uke*):

|  |                  |
|--|------------------|
| <i>jōdan uke</i>                       | high block       |
| <i>chūdan uke</i>                      | middle block     |
| <i>gedan uke</i> or <i>gedan barai</i> | low block        |
| <i>shutō uke</i>                       | knife-hand block |

Kicks (*keri* → *-geri*):

|  |                                     |
|--|-------------------------------------|
| <i>mae geri</i>                        | front kick                          |
| <i>yoko geri</i> or <i>sokutō geri</i> | side kick <i>or</i> knife-foot kick |
| <i>mawashi geri</i>                    | round (ie. “roundhouse”) kick       |
| <i>namigaeshi</i>                      | inner-stepping, sweeping movement   |

*Kata* (movement forms):

|                       |               |
|-----------------------|---------------|
| <i>Fukyūgata ichi</i> | basic form #1 |
| <i>Fukyūgata ni</i>   | basic form #2 |

Commands:

|                    |  |
|--------------------|--|
| <i>shūgō</i>       | line up  |
| <i>kiotsuke</i>    | attention                                      |
| <i>rei</i>         | bow  |
| <i>shōmen</i>      | front of the <i>dōjō</i>                       |
| → <i>shōmen ni</i> | to the front of the <i>dōjō</i> (as in bowing) |
| <i>tagai</i>       | each other                                     |
| → <i>otagai ni</i> | to each other (as in bowing)                   |
| <i>yōi</i>         | get ready                                      |
| <i>hajime</i>      | begin  |
| <i>naore</i>       | return to ready                                |
| <i>matte</i>       | wait   |
| <i>yame</i>        | stop   |

Other:

|                             |   |
|-----------------------------|---|
| <i>dōjō</i>                 | training hall   |
| <i>sensei</i>               | teacher   |
| <i>hai</i>                  | “yes” (ie. “I understand”)                              |
| <i>seiza</i>                | formal kneeling seated position                         |
| <i>kiai</i>                 | shout (literally “focusing the spirit”)                 |
| <i>arigatō</i>              | “thank you”   |
| <i>arigatō gozaimasu</i>    | “thank you,” more polite                                |
| <i>arigatō gozaimashita</i> | past tense form of “thank you,” more polite             |
| <i>onigai shimasu</i>       | “please” (ie. “please work with me,” “please teach me”) |