

White Belt Techniques & Japanese Terminology

ENGLISH	JAPANESE	PRONOUNCED
Strikes: practise 10 slow, 10 medium, 10 fast		
Stomach level punch	<i>Chudan tzuki</i>	chew-dan zoo-key
Head level punch	<i>Jodan tzuki</i>	joe-dan zoo-key
Forward back fist	<i>Ura uchi</i>	oo-ra oo-chi
Side back fist	<i>oko ura uchi</i>	yo-koe oo-ra oo-chi
Short punch	<i>Shita tzuki</i>	sh-ta zoo-key
Rising elbow strike	<i>Hijiate</i>	hid-gee a-tay
Round elbow strike	<i>Mawashi empi</i>	ma-wash-ee em-pee
Blocks: practise 10 slow, 10 medium, 10 fast		
Rising head level block	<i>Jodan age uke</i>	joe-dan a-geh oo-kay
Inside hooking block	<i>Uchi uke</i>	oo-chee oo-kay
Outside hooking block	<i>Soto uke</i>	soh-toe oo-kay
Downward block	<i>Gedan barai</i>	geh-dan barr-eye
Sweeping block	<i>Gedan uke</i>	geh-dan oo-kay
Stances: practise hold stance for 10-15 seconds		
Ready stance	<i>Heiko datchi</i>	hey-koh dutch
Forward stance	<i>Zenkutsu datchi</i>	zen-koot-sue dutch
Horse riding stance	<i>Kiba datchi</i>	ki-bah dutch
Sumo stance	<i>Shiko datchi</i>	shi-koh dutch
Kicks: practise 4 & 3 stages, then whole kick slow, medium and fast (x10)		
Front kick	<i>Mae geri</i>	may ger-ee
Round kick	<i>Mawashi geri</i>	ma-wash-ee ger-ee
Side kick	<i>Yoko geri</i>	yoh-koe ger-ee
Back kick	<i>Ushiro geri</i>	oh-shi-roh ger-ee
General		
Founder	Kancho	kun-choe
Master	Shihan	she-harn
Teacher	Sensei	sen-say
Assistant	Sempai	sem-pie
Yes	Hai	hay
Shout	Kiai	key-eye
Hall	Dojo	dough-joe
Begin	Hajime	ha-jim-ay
Stop	Yame	yar-may
Sparring	Kumite	koo-mi-tay
Pattern/form	Kata	car-ta
Uniform	Gi	gee
First Kata	Taikyoku Shodan	tay-ig-yo-koo show-dan
Bow	Rei	ray
Everyone	Autogani	au-ta-gar-nee

剛
完
流
空
手
道

E	J	P
Numbers		
1	ichi	itch
2	ni	knee
3	san	sun
4	shi	she
5	go	goh
6	roku	rook
7	shichi	sitch
8	hachi	hutch
9	ku	koo
10	ju	joo