



Japan Karate-Do Organization
Hokushin Shito-Ryu
International

Terminology

JKO Garner
2327 Timber Drive
Garner, NC 27529
919.521.4438
www.jkogarner.com

KATAKANA

vowels					yōon		
ア <i>a</i>	イ <i>i</i>	ウ <i>u</i>	エ <i>e</i>	オ <i>o</i>	<i>ya</i>	<i>yu</i>	<i>yo</i>
カ <i>ka</i>	キ <i>ki</i>	ク <i>ku</i>	ケ <i>ke</i>	コ <i>ko</i>	キヤ <i>kya</i>	キユ <i>kyu</i>	キヨ <i>kyo</i>
サ <i>sa</i>	シ <i>shi</i>	ス <i>su</i>	セ <i>se</i>	ソ <i>so</i>	シヤ <i>sha</i>	シユ <i>shu</i>	シヨ <i>sho</i>
タ <i>ta</i>	チ <i>chi</i>	ツ <i>tsu</i>	テ <i>te</i>	ト <i>to</i>	チャ <i>cha</i>	チュ <i>chu</i>	チヨ <i>cho</i>
ナ <i>na</i>	ニ <i>ni</i>	ヌ <i>nu</i>	ネ <i>ne</i>	ノ <i>no</i>	ニヤ <i>nya</i>	ニユ <i>nyu</i>	ニヨ <i>nyo</i>
ハ <i>ha</i>	ヒ <i>hi</i>	フ <i>fu</i>	ヘ <i>he</i>	ホ <i>ho</i>	ヒヤ <i>hya</i>	ヒユ <i>hyu</i>	ヒヨ <i>hyo</i>
マ <i>ma</i>	ミ <i>mi</i>	ム <i>mu</i>	メ <i>me</i>	モ <i>mo</i>	ミヤ <i>mya</i>	ミユ <i>myu</i>	ミヨ <i>myo</i>
ヤ <i>ya</i>		ユ <i>yu</i>		ヨ <i>yo</i>			
ラ <i>ra</i>	リ <i>ri</i>	ル <i>ru</i>	レ <i>re</i>	ロ <i>ro</i>	リヤ <i>rya</i>	リュ <i>ryu</i>	リヨ <i>ryo</i>
ワ <i>wa</i>	ヰ <i>wi</i>		ヱ <i>we</i>	ヲ <i>wo</i>			
				ン <i>n</i>			
ガ <i>ga</i>	ギ <i>gi</i>	グ <i>gu</i>	ゲ <i>ge</i>	ゴ <i>go</i>	ギヤ <i>gya</i>	ギユ <i>gyu</i>	ギヨ <i>gyo</i>
ザ <i>za</i>	ジ <i>ji</i>	ズ <i>zu</i>	ゼ <i>ze</i>	ゾ <i>zo</i>	ジャ <i>ja</i>	ジュ <i>ju</i>	ジョ <i>jo</i>
ダ <i>da</i>	ヂ (<i>ji</i>)	ヅ (<i>zu</i>)	デ <i>de</i>	ド <i>do</i>	ヂヤ (<i>ja</i>)	ヂユ (<i>ju</i>)	ヂヨ (<i>jo</i>)
バ <i>ba</i>	ビ <i>bi</i>	ブ <i>bu</i>	ベ <i>be</i>	ボ <i>bo</i>	ビヤ <i>bya</i>	ビユ <i>byu</i>	ビヨ <i>byo</i>
パ <i>pa</i>	ピ <i>pi</i>	プ <i>pu</i>	ペ <i>pe</i>	ポ <i>po</i>	ピヤ <i>pya</i>	ピユ <i>pyu</i>	ピヨ <i>pyo</i>

COUNTING

	Romaji <i>Romanization</i>	漢字 <i>Kanji</i>	ひらがな <i>Hiragana</i>
1	ichi <i>eech</i>	一	いち
2	ni <i>knee</i>	二	に
3	san <i>sahn</i>	三	さん
4	shi / yon <i>she / yohn</i>	四	し / よん
5	go <i>go</i>	五	ご
6	roku <i>row-k</i>	六	ろく
7	shichi / nana <i>she-ch</i>	七	しち / なな
8	hachi <i>hah-ch</i>	八	はち
9	kyuu <i>q</i>	九	きゅう
10	jyuu <i>jew</i>	十	じゅう

Eleven = 10+1 Jyu ichi 十一
 Twelve = 10+2 Jyu ni 十二
 And so on...

Twenty = 2x10 Ni Jyu 二十
 Twenty one = 2x10+1 Ni Jyu Ichi 二十一

DAY TO DAY TERMINOLOGY

Antei	<i>ahn-tay</i>	balance
Anza	<i>ahn-zah</i>	sitting cross legged
Chakugan	<i>cha-coo-gahn</i>	focus of the eyes / where you are looking in kata
Chudan	<i>chew-dahn</i>	middle level
Dan	<i>dahn</i>	level / degree
Dojo	<i>doe-joe</i>	the way of the place / training hall
Domo arigato gozaimashita	<i>doe-moe ah-ree-gah-toe go-zah-ee-ma-she-tah</i>	thank you very much
Enbu sen	<i>en-boo-sen</i>	performance line of a kata
Gedan	<i>geh-dahn</i>	lower level
Gi	<i>gee (like geek)</i>	uniform
Hajime	<i>ha-gee-may</i>	begin
Hanshi	<i>hahn-she</i>	senior master / a teacher that can serve as an ideal model
Hikite	<i>he-key-tay</i>	recoiled hand / pulling hand
Hyoshi	<i>hyo-she</i>	rhythm
Ippon kumite	<i>ee-pohn coo-me-tay</i>	one step sparring
Jiyu ippon kumite	<i>gee-you ee-pohn</i>	free one step sparring
Jiyu kumite	<i>gee-you coo-me-tay</i>	free sparring
Jodan	<i>joe-dahn</i>	upper level / head level
Kamae	<i>kah-mah-eh</i>	on guard position / fighting stance
Ki-o-tsuke	<i>key-oh-tsu-keh</i>	stand at attention
Kime	<i>key-meh</i>	focusing your energy
Kohai	<i>koh-high</i>	junior student
Kokyu	<i>koh-q</i>	breathing
Konichiwa	<i>koh-knee-chee-wah</i>	good day
Kumite	<i>coo-me-tay</i>	sparring
Kyu	<i>q</i>	grade or level (below black belt)
Mawatte	<i>mah-wah-teh</i>	turn around
Mokuso	<i>mock-so</i>	meditate
Mokuso yame	<i>mock-so yah-meh</i>	stop meditating
Naotte	<i>nah-o-tey</i>	return to starting position
Nyumonsha	<i>new-mohn-shah</i>	new student / beginner
Obi	<i>oh-bee</i>	belt
Ohayo gozaimasu	<i>ohio go-zah-ee-mas</i>	good morning
Onegai shimasu	<i>oh-neh-guy she-mas</i>	ask a favor
Ossu	<i>oh-sue</i>	push oneself harder / a term of agreement
Otaga ni rei	<i>oh-tah-gah knee ray</i>	bow to each other
Ryuso	<i>roo-sew</i>	founder
Seiza	<i>say-zah</i>	sitting in kneeling position
Sempai	<i>sim-pie</i>	senior student
Sensei	<i>sen-say</i>	teacher
Sensei ni rei	<i>sen-say knee ray</i>	bow to the teacher
Shihan	<i>she-hahn</i>	master instructor / teacher of teachers
Shomen ni rei	<i>show-men knee ray</i>	bow to the front
Soke	<i>sew-keh</i>	grandmaster
Yame	<i>yah-meh</i>	stop
Yasume	<i>yah-sue-meh</i>	rest
Yoi	<i>yo-ee</i>	ready position
Zanshin	<i>zahn-sheen</i>	maintaining focus after last technique

TERMINOLOGY FOR TECHNIQUES

Blocks

Age uke	<i>ah-geh oo-keh</i>rising block
Gedan barai	<i>geh-dahn bah-rye</i>downward sweeping block
Kake uke	<i>kah-keh oo-keh</i>hooking block
Kakiwake uke	<i>kah-key-wah-keh oo-keh</i>reverse wedge block
Kosa uke	<i>koh-sah oo-keh</i>X block / crossed arms block
Mawashi uke	<i>mah-wah-she oo-keh</i>round block / circular block
Morote uke	<i>mo-row-te oo-keh</i>two-handed block / augmented block
Nagashi uke	<i>nah-gah-she oo-keh</i>sweeping block
Osae uke	<i>oh-sigh oo-keh</i>pressing block
Shuto uke	<i>shoe-tow oo-keh</i>knifehand block
Sukui uke	<i>sue-coo-ee oo-keh</i>scoop block
Uchiotoshi	<i>oo-chee-oh-toe-she</i>inside dropping block
Uchi uke	<i>oo-chee oo-keh</i>inside block
Yoko barai	<i>yo-koh bah-rye</i>outside sweeping block
Yoko uke	<i>yo-koh oo-keh</i>outside block

Kicks

Hiza geri	<i>hee-zah geh-ree</i>knee strike
Mae geri	<i>mah-eh geh-ree</i>front kick
Mawashi geri	<i>mah-wah-she geh-ree</i>round kick
Mikazuki geri	<i>me-kah-zoo-key geh-ree</i>crescent kick
Uramawashi geri	<i>oo-rah-mah-wah-she</i>back round kick / reverse round kick
Ushiro geri	<i>oo-she-row geh-ree</i>back kick
Yoko geri	<i>yo-koh geh-ree</i>side kick

Strikes

Age zuki	<i>ah-geh zoo-key</i>rising punch
Choko zuki	<i>cho-koh zoo-key</i>straight punch
Gyaku zuki	<i>ya-koo zoo-key</i>reverse punch
Heito	<i>hey-toe</i>ridgehand strike
Hiji ate	<i>he-gee ah-teh</i>elbow strike
Hira ken	<i>he-rah-ken</i>fore knuckle punch
Ippon ken	<i>ee-pohn ken</i>one knuckle punch
Kage zuki	<i>kah-geh zoo-key</i>hooking punch
Kentsui uchi	<i>ken-tsu-ee oo-chee</i>hammerfist strike
Mawashi uraken uchi	<i>mah-wah-she oo-rah-ken oo-chee</i>round / horizontal backfist strike
Morote zuki	<i>mo-row-teh zoo-key</i>two handed punch
Ni ren zuki	<i>knee ren zoo-key</i>two level punch
Nukite	<i>new-key-teh</i>spearhand
Oi zuki	<i>oy zoo-key</i>lunge punch
Sanbon zuki	<i>san bone zoo-key</i>triple punch
Shotei uchi	<i>show-tay oo-chee</i>palm heel strike
Shuto kesa uchi	<i>shoe-tow keh-sah oo-chee</i>diagonal knifehand strike
Shuto suihei uchi	<i>shoe-tow sue-ee-hay</i>horizontal knifehand strike
Shuto uchi	<i>shoe-tow oo-chee</i>knifehand strike
Tate uraken uchi	<i>tah-teh oo-rah-ken</i>vertical backhand strike
Ura zuki	<i>oo-rah zoo-key</i>short punch

Stances

Hachiji dachi *ha-chee-gee dah-ch*natural stance
Hanzenkutsu dachi *hahn-zen-coo-tsu*half front stance
Heisoku dachi *hay-sew-coo dah-ch*closed foot stance
Kosa dachi *koh-sah da-ch*.....cross legged stance
Musubi dachi *moo-sue-bee dah-ch*open foot stance
Neko ashi dachi *neh-koh ah-she dah-ch*cat leg stance
Namiheiko dachi *nah-me-hay-koh dah-ch*...parallel stance
Sagi ashi dachi *sah-gee (like geek) ah-she* ..heron foot stance / one legged stance
Sanchin dachi *sahn-cheen dah-ch*.....hourglass stance
Shiko dachi *she-koh dah-ch*.....straddle leg stance / sumo stance
Zenkutsu dachi *zen-coo-tsu dah-ch*front stance