

## Contributor List:

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## Blocks:

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<b>Age-uke</b>	(ah-geh oo-kay)	: Rising block
Age-uke gyaku ashi	(ah-geh oo-kay gya-koo ah-she)	: Upper block (rev
Ashibo-kake-uke	(ah-she-boh kah-keh oo-kay)	: Leg hooking block
Ashikubi-kake-uke	(ah-she-koo-be kah-keh-oo-kay)	: Ankle hooking block
Awase-uke	(ah-wah-say oo-kay)	: Joined hand block
Cho-cho-uke	(choe-choe oo-kay)	: Butterfly block
<b>Chudan-shuto-uke</b>	(chew-dahn shoe-toe oo-kay)	: Knife-hand block
		body attack
<b>Chudan-uchi-uke</b>	(chew-dahn oo-chee oo-kay)	: Block from inside
		with forearm
Chudan-ude-uke	(chew-dahn oo-deh oo-kay)	: Forearm block against
		body attack.
Chudan-uke	(chew-dahn oo-kay)	: Middle block in
Deai-osae-uke	(deh-aye oh-sah-eh oo-kay)	: pressing block s
Fumikomi-age-uke	(foo-me-ko-me ah-geh oo-kay)	: Upper block step
Fumikomi-shuto-uke	(foo-me-ko-me shoe-toe oo-kay)	: Knife-hand block
		stepping in
Fumikomi-ude-uke	(foo-me-ka-me oo-deh oo-kay)	: Forearm block st
<b>Gedan-barai</b>	(geh-dahn bah-rye)	: Low level block
Gedan-kake-uke	(geh-dahn kah-keh oo-kay)	: Low level hooking
Gedan-uke	(geh-dahn oo-kay)	: Low level block
Gedan-ude-uke	(geh-dahn oo-day oo-kay)	: Low forearm block
Haishu-uke	(hi-shoo oo-kay)	: Back-hand block
Haiwan-nagashi-uke	(ha-ee-wahn nah-gah-she oo-kay)	: Back-arm sweeping block
Heiwan-uke	(hi-wahn oo-kay)	: Upper forearm block
Hiji-suri-uke	(he-gee sue-rhee oo-kay)	: Elbow sliding block
Hiji-uke	(he-gee oo-kay)	: Elbow block
Hiki-uke	(hee-key oo-kay)	: Pulling/grasping
Hiza-uke	(he-zah oo-kay)	: Knee block
<b>Jodan-age-uke</b>	(joe-dahn ah-geh oo-kay)	: Upper block against
		head attack
Jodan-uke	(joe-dahn oo-kay)	: Upper block in g
Juji-uke	(jew-gee oo-kay)	: X-block
Kake-shuto-uke	(kah-kay shoe-toe oo-kay)	: Hooking knife-hand block

Take-uke	(kay-kay oo-kay)	: Hooking block
Kakiwake-uke	(kah-key-wah-kay oo-kay)	: Reverse wedge block
Kakuto-uke	(kah-kuh-toe oo-kay)	: Bent-wrist block
Keito-uke	(kay-toe oo-kay)	: Chicken-head wrist
Ko-uke	(koh oo-kay)	: Wrist block, Arch ↘
Maeude-deai-osae	(mah-eh oo-deh deh-aye oh-saheh)	(AKA: Crane Block -or- Kakuto Uke) : Forearm pressing
Maeude-hineri-uke	(mah-eh oo-deh he-neh-rhee oo-kay)	: Forearm twist block
Morote-sukui-uke	(moh-row-teh sue-koo-ee oo-kay)	: Two-handed scoop
Morote-tsukami-uke	(moh-row-teh tsue-kah-me oo-kay)	: Two-handed grasp
Morote-uke	(moe-row-teh oo-kay)	: Augmented forearm block
Nagashi-uke	(nah-gah-she oo-kay)	: Sweeping block
Oroshi-uke	(oh-roe-shee oo-kay)	: Descending block
Osae-uke	(oh-sah-eh oo-keh)	: Pressing block
Otoshi-uke	(oh-toe-she oo-kay)	: Dropping block
Sashite-uke	(sah-she-tay oo-kay)	: Rising hand block
Seiryuto-uke	(say-ryu-toh oo-kay)	: Ox-jaw block
Shotei-uke	(show-tay oo-kay)	: Palm heel block
Shuto-uke	(shoe-toe oo-kay)	: Knife-hand block
Sokumen-awase-uke	(so-koo-men ah-wah-say oo-kay)	: Side two-hand block
Sokutei-mawashi-uke	(so-koo-tay mah-wah-she oo-kay)	: Circular sole block
Sokutei-osae-uke	(so-koo-tay oh-sah-eh oo-kay)	: Pressing block w
Sokuto-osae-uke	(so-koo-to oh-sah-eh oo-kay)	: Pressing block w foot edge
Soto-uke	(so-toh oo-kay)	: Block from outside with bottom of w
Sukui-uke	(sue-koo-ee oo-kay)	: Scooping block
Tate-shuto-uke	(tah-teh shoe-toe oo-kay)	: Vertical knife-hand
Tate-uke	(tah-teh oo-kay)	: Vertical block
Te-nagashi-uke	(teh na-gah-she oo-kay)	: Hand sweeping block
Te-osae-uke	(teh oh-sah-eh oo-kay)	: Hand pressing block
Teisho-awase-uke	(tay-show ah-wah-say oo-kay)	: Combined palm-heel block
Teisho-uke	(tay-sho oo-kay)	: Palm-heel block
Tekubi-kake-uke	(teh-koo-be kah-kay oo-kay)	: Wrist-hook block
Tettsui uke	(tet-soo-ee oo-keh)	: Hammer block (Outside forearm block)
Tsukami-uke	(tsue-kah-me oo-kay)	: Grasping block
Uchi-uke	(oo-chee oo-kay)	: Block from inside
Ude-uke	(oo-day oo-kay)	: Inside forearm block
Uke	(oo-kay)	: Blocking
Punches:		
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Age-zuki	(ah-geh zoo-key)	: Rising punch
Awase-zuki	(ah-wah-say zoo-key)	: U - punch
Choku-zuki	(cho-koo zoo-key)	: Straight punch
Chudan-choku-zuki	(chew-dahn cho-koo zoo-key)	: Straight punch to bo
Chudan-zuki	(chew-dahn zoo-key)	: Middle area punch
Dan-zuki	(dahn zoo-key)	: Consecutive punching

Furi-zuki	(foo-ree zoo-key)	: Circular punch
Gedan-choku-zuki	(geh-dahn cho-koo zoo-key)	: Straight punch to lower, <sup>waist</sup> <sub>or below</sub>
Gedan-tsuki	(geh-dahn tsue-key)	: Punch to low area
Gedan-zuki	(geh-dahn zoo-key)	: Punch to low area
Gyaku-zuki	(gya-koo zoo-key)	: Reverse punch
Hasami-zuki	(hah-sah-me zoo-key)	: Scissors punch
Heiko-zuki	(Hay-koh zoo-key)	: Double punch, simult
Hiraken-zuki	(he-rah-ken zoo-key)	: Fore-knckl-fist straight
Hon-zuki	(hohn zoo-key)	: Frontal punch
Ippon-ken zuki	(eep-pone ken zoo-key)	: One-knckl-fist straight
Jodan-choku-zuki	(joe-dahn cho-koo zoo-key)	: Upper straight punch
Jodan-zuki	(joe-dahn zoo-key)	: Upper punch
Jun-zuki	(jooon zoo-key)	: Jab punch
Kagi-zuki	(kah-ghee zoo-key)	: Hook punch
Maete	(mah-eh-te)	: Jab
Mawashi-zuki	(mah-wah-she zoo-key)	: Roundhouse punch
Morote-zuki	(moe-row-teh zoo-key)	: Double-fist "U" punch
Nagashi-zuki	(nah-gah-she zoo-key)	: Flowing punch
Nihon-zuki	(nee-hohn zoo-key)	: Double punch
Oi-zuki	(oh-ee zoo-key)	: Lunge punch
Oroshi-zuki	(oh-roe-shee zoo-key)	: Descending punch
Renzuki	(wren-zoo-key)	: Alternate punching
Sanbon-zuki	(san-bohn zoo-key)	: Three punch combination
Sanren-zuki	(san-wren zoo-key)	: Three consecutive punch
Seiken-choku-zuki	(say-ken cho-koo zoo-key)	: Fore-fist straight punch
Tate-zuki	(tah-teh zoo-key)	: Vertical fist punch
Teisho-zuki	(tay-show zoo-key)	: Palm-heel punch
Tsuki	(tsue-key)	: Punching
Tsuki-waza	(tsue-key wah-zah)	: Punching techniques
Ura-zuki	(oo-rah zoo-key)	: Close range uppercut
Yama-zuki	(yah-mah zoo-key)	: Mountain punch
Yoko-zuki	(yoh-koh zoo-key)	: Side punch

## Kicks:

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Ago geri	(ah-go geh-rhee)	: Chin kick
Ashi-Barai	(ah-she bah-rye)	: Foot sweep
Chudan-mae-geri	(chew-dahn mah-eh geh-rhee)	: Front kick to bo
En-sho	(en-show)	: Round heel
Fumikiri	(foo-me-key-rhee)	: Cutting kick
Fumikomi	(foo-me-koh-me)	: Stamping kick
Gedan-kekomi	(geh-dahn kay-koh-me)	: Thrust kick to lower
Gyaku-ashi	(gya-koo ah-she)	: Reverse foot
Gyaku-geri	(gya-koo geh-rhee)	: Reversed kick
Gyaku-mawashi-geri	(gya-koo mah-wah-she geh-rhee)	: Reverse round kick
Hiza-geri	(he-zah geh-rhee)	: Knee kick
Jodan-kekomi	(joe-dahn kay-koh-me)	: Thrust kick to face
Jodan-mae-geri	(joe-dahn mah-eh geh-rhee)	: Front kick to face
Keage	(key-ah-geh)	: Snap kick
Kebanashi	(kay-bah-nah-she)	: Kick off (snap kick)

Kekomi	(kay-koh-me)	: Thrust kick
Kensetsu-geri	(ken-set-sue geh-rhee)	: Stamping kick, <sup>foot</sup> joint in leg
Keri	(kay-rhee)	: Kicking
Keri ashi	(keh-rhee ash-ee)	: Kicking foot
Keri-waza	(kay-rhee wha-zah)	: Kicking technique
Kesa-geri	(keh-sah geh-rhee)	: Diagonal kick
Kin-geri	(kin geh-rhee)	: Groin kick
Mae-ashi-geri	(mah-eh ah-she geh-rhee)	: Front leg kick
Mae-ashi kekomi	(mah-ee-ah-shee keh-koh-mee)	: Front leg thrust
Mae-geri	(mah-eh geh-rhee)	: Front kick
Mae-geri-keage	(mah-eh geh-rhee kay-ah-geh)	: Front snap kick
Mae-geri-kekomi	(mah-eh geh-rhee kay-koh-me)	: Front thrust kick
Mae-tobi-geri	(mah-eh toe-be geh-rhee)	: Jumping front kick
Mawashi-geri	(mah-wha-she geh-rhee)	: Round kick
Mawashi-uke	(mah-wha-shee oo-kay)	: Roundhouse block
Mikazuki-geri	(me-kah-zoo-key geh-rhee)	: Crescent kick
Nidan-geri	(nee-dahn geh-rhee)	: Double jump kick
Renzoku-geri	(wren-zoe-koo geh-rhee)	: Combination kick
Sokuto	(sow-koo-toe)	: Edge of foot
Sokuto Keage	(sow-koo-toe kay-ah-geh)	: Snap kick with <sup>foot</sup> edge
Tobi-geri	(toh-bee-geh-ree)	: Flying front kick
Tobi-keri	(tow-be keh-rhee)	: Flying front kick
Tobi-yoko-geri	(tow-be yoh-koh-geh-rhee)	: Jumping side kick
Uchi-mawashi-geri	(oo-chee mah-wah-she geh-rhee)	: Inside roundhouse
Ushiro-ashi-geri	(oo-she-row ah-she geh-rhee)	: Rear-leg kick
Ushiro-geri	(oo-she-row geh-rhee)	: Back kick
Yoko-geri	(yoh-koh geh-rhee)	: Side kick
Yoko-geri-keage	(yoh-koh geh-rhee key-ah-geh)	: Side snap kick
Yoko-geri-kekomi	(yoh-koh geh-rhee key-koh-me)	: Side thrust kick
Yoko-kekomi	(yoh-koh keh-koh-me)	: Side thrust kick
Yoko-tobi-geri	(yoh-koh toe-be geh-rhee)	: Jumping side kick
Atama-uchi	(ah-tahm-ah oo-chee)	: Strike with head
Ate-waza	(ah-teh wah-zah)	: Smashing techni
Enpi	(ehn-pee)	: Elbow attacks
Empi	(en-pee)	: Elbow
Empi-uchi	(en-pee oo-chee)	: Elbow Strike
Ganmen uchi	(gan-men oo-chee)	: Facial strike
Hai-wan	(ha-ee wahn)	: Back-arm
Haishu-uchi	(hi-shoo oo-chee)	: Back-hand strike
Haito	(hah-ee-toh)	: Ridge hand
Haito-uchi	(hi-toe oo-chee)	: Ridge-hand strik
Heiwan-uchi	(hi-wahn oo-chee)	: Forearm strike
Hiji-ate	(he-gee ah-teh)	: Elbow strike
Hiji-atemi	(he-gee ah-teh-me)	: Elbow strikes
Hiji-uchi	(he-gee oo-chee)	: Elbow strike
Hiraken	(he-rah-ken)	: Fore-knuckle fist
Hitosashi-ippon-ken	(hih-toh-sah-she ee-pohn ken)	: Forefinger knuck
Hiza-uchi	(he-zah oo-chee)	: Knee strike
Hizagashira	(he-zah-gah-she-rah)	: Knee cap

Ippon-ken	(eep-ponē ken)	: One-knuckle fist
Ippon-nukite	(eep-ponē noo-key-teh)	: Stabbing action extended forefinger
Kentsui	(ken-tsue-ee)	: Hammer fist
Kentsui-uchi	(ken-tsue-ee oo-chee)	: Fist-hammer strike
Kizami-zuki	(key-zah-me zoo-key)	: Jab
Ko-uchi	(koh-oo-chee)	: Bent wrist strike
Kumade	(koo-mah-deh)	: Bear-hand
Mae-empi-uchi	(mah-eh en-pee oo-chee)	: Forward elbow strike
Mae-hiji-ate	(mah-eh he-gee ah-teh)	: Forward elbow strike
Mawashi-hiji-ate	(mah-wah-she he-gee ah-teh)	: Circular elbow strike
Nakadaka-ippōn-ken	(nah-kah-dah-eep-ponē-ken)	: Middle finger on knuckle fist ( <i>protruding</i> )
Nakadaka-ken	(nah-kah-dah-kah-ken)	: Middle-finger knuckle
Nihon-nukite	(nee-hone-noo-key-teh)	: Two finger spearhand
Nukite	(noo-key-teh)	: Spear-hand
Otoshi-empi-uchi	(oh-toe-she en-pee oo-chee)	: Downward elbow strike
Otoshi-hiji-ate	(oh-toe-she he-gee ah-teh)	: Downward elbow strike
Oyayubi-ippōn-ken	(oh-yah-you-boo ee-pohn ken)	: Thumb knuckle
Sashite	(sah-she-tay)	: Raising hand to strike
Seiken	(say-ken)	: Fore-fist
Seiken-zuki	(say-ken zoo-key)	: Forefist middle
Seiryūto	(say-ryū-toh)	: Ox-jaw hand
Shittsui	(shit-tsue-ee)	: Knee-hammer
Shu-wan	(shoe-wahn)	: Palm arm
Shubo	(shoe-bow)	: Arm-stick
Shuto	(shoe-toe)	: Knife hand
Shuto-uchi	(shoe-toe oo-chee)	: Knife-hand strike
Sokuto	(sow-koo-toe)	: Foot edge
Tate-empi-uchi	(tah-teh en-pee oo-chee)	: Upward elbow strike
Tate-hiji-ate	(tah-teh he-gee ah-teh)	: Upward elbow strike
Teisho	(tay-show)	: Palm-heel
Teisho-uchi	(tay-sho oo-chee)	: Palm-heel strike
Tettsui	(tett-soo-ee)	: Hammer fist
Tettsui-uchi	(tett-soo-ee oo-chee)	: Bottom fist strike
Tsuki	(tsue-key)	: Punch or thrust
Uchi	(oo-chee)	: Striking
Uchi-waza	(oo-chee wah-zah)	: Striking technique
Ude	(oo-deh)	: Forearm
Uraken	(oo-rah-ken)	: Back-fist
Uraken-uchi	(oo-rah-ken oo-chee)	: Back-fist strike
Ushiro-empi-uchi	(oo-she-row en-pee oo-chee)	: Back elbow strike
Ushiro-hiji-ate	(oo-she-row he-gee ah-teh)	: Back elbow strike
Wanto	(wahn-toe)	: Arm sword
Washide	(wah-she-deh)	: Eagle hand
Yoko-empi-uchi	(yoh-koh en-pee oo-chee)	: Side elbow strike
Yoko-hiji-ate	(yoh-koh he-gee ah-teh)	: Side elbow strike
Yoko-mawashi-empi-uchi	(yoh-koh mah-wah-she en-pee oo-chee)	: Side-round elbow
Yoko-mawashi-hiji-ate	(yoh-koh mah-wah-she)	

he-gee ah-teh) : Side-round elbow

## Stances:

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Ayumi ashi	(a-yoo-me ash-ee)	: Natural step
Fudo-dachi	(foo-dough dah-chee)	: Rooted stanc also Sochin-
Gankaku-dachi	(gahn-kah-koo dah-chee)	: One legged s Tsuru-ashi-d Sagi-ashi-da
Gedan no kamae	(gay-dahn no kah-may)	: Lower level posture
Hachiji-dachi	(hah-chee-gee dah-chee)	: Open-leg sta
Han-zenkutsu-dachi	(hahn zen-koo-tsue dah-chee)	: Half forward
Hangetsu-dachi	(hahn-geh-tsue dah-chee)	: Half-moon st
Hanmi	(hahn-me)	: Half-front-f position
Hanmi no kamae	(han-me no kah-may)	: Half forward combative po
Heiko-dachi	(hay-koh dah-chee)	: Parallel sta
Heisoku-dachi	(hay-sow-koo dah-chee)	: Informal att stance
Hidari-shizen-tai	(he-dah-rhee she- zen tah-ee)	: Left natural
Hidari-teiji-dachi	(he-dah-rhee teh-gee dah-chee)	: Left T-stanc
Jodan no kamae	(joh-dahn no kah-may)	: Upper level posture
<b>Kiba-dachi</b>	(key-bah dah-chee)	: Straddle-leg also Naihanc or Naifanchi
<b>Kokutsu-dachi</b>	(koe-koo-tsu dah-chee)	: Back stance
Kosa-dachi	(koe-sah dah-chee)	: Crossed legg
Musubi-dachi	(moo-sue-be dah-chee)	: Informal att stance, feet
Naifanchin-dachi	(ni-fahn-chin dah-chee)	: Straddle sta Naihanchin-d Kiba-Dachi
Naihanshi-dachi	(ni-hahn-she dah-chee)	: Kiba-dachi w turned in an
Naihanchin-dachi	(ni-hahn-chin dah-chee)	: Straddle stance Naifanchin-dachi Kiba-Dachi
Neko-ashi-dachi	(neh-koh ah-she-dah-chee)	: Cat stance
Reinoji-dachi	(ray-no-gee dah-chee)	: L stance
Sagi-ashi-dachi	(sah-gee ah-shee dah-chee)	: Propped stan Tsuru-ashi-d Gankaku-ashi
Sanchin-dachi	(san-chin dah-chee)	: Hour-glass s
Sesan-dachi	(seh-sahn dah-chee)	: Side facing stance
Shiko-dachi	(she-ko dah-chee)	: Square stance

Shizen-dachi no kamae	(she-zen no kah-may)	: Natural comb posture
Shizentai	(she-zen tay)	: Natural posi
Sochin-dachi	(so-chin dah-chee)	: Diagonal str "Immovable" also Fudo-da
Suri ashi	(soo-rhee ash-ee)	: Sliding step
Teiji-dachi	(teh-gee dah-chee)	: T stance
Tsugi ashi	(tsue-gee ash-ee)	: Shuffling st
Tsumasaki	(tsue-mah-sah-key)	: Tips of toes
Tsuru-ashi-dachi	(tsue-roo-ah-shee dah-chee)	: Crane stance Gankaku-ashi Sagi-ashi-da
Uchi-hachiji-dachi	(oo-chee ha-chee-gee dah-chee)	: Inverted ope stance
Yori ashi	(yoh-rhee ash-ee)	: Dragging ste
Zenkutsu-dachi	(zen-koo-tsue dah-chee)	: Forward stan

**Numbers:**

Numbers:

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Ichi	(ih-chee)	: One
Ni	(nee)	: Two
San	(sahn)	: Three
Shi	(she)	: Four
Go	(go)	: Five
Roku	(roo-koo)	: Six
Shichi	(shih-chee)	: Seven
Hachi	(hah-chee)	: Eight
Ku	(koo)	: Nine
Ju	(joo)	: Ten

General Terms:

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Agura	(ah-goo-rah)	: Informal sitting (legs c
Aiuchi	(ah-ee-oo-chee)	: Simultaneous points by by opponents in a match
Aka	(ah-kah)	: Red (tournaments)
Ashi waza	(ah-shee wah-zah)	: Kicks
Attate Iru	(ah-tah-tay ih-roo)	: Contact (tournaments)
Bo	(boh)	: Staff, used as a weapon
Budo	(boo-doh)	: Martial Way
Bunkai	(bun-kye)	: Study of Kata application techniques
Chakuchki	(chaw-kutch-key)	: Replacing
Chudan	(chew-dahn)	: Chest area
Chui	(chew-ee)	: Warning (tournaments)
Dan	(dahn)	: Black belt rank
Do	(doh)	: Way/Path
Dojo	(doh-joh)	: Training gym (literally: the Way or of Enlightenm

Domo Arigato	(doh-moh ah-ree-gah-toe	
Gozai-imasu	go-zye-ih-mah-soo)	: Thank you very much (present)
Domo Arigato	(doh-moh ah-ree-gah-toe	
Gozai-mashita	go-zye-mah-she-tah)	: Thank you very much (past)
Embusen	(ehm-boo-sahn)	: Pattern of a given kata
Fujubun	(foo-jew-buhn)	: Not enough power (tournament)
Fukushin Shugo	(foo-koo-shin shoe-goh)	: Judges conference (tournament)
Gai-wan	(gah-ee wahn)	: Outer arm
Gasshuku	(gas-shoe-koo)	: Special training camp
Gedan	(geh-dahn)	: Lower area of the body
Geri	(geh-rhee)	: Kick
Gi	(ghee)	: Jacket, Training costume
Gohon-Kumite	(goh-hon koo-mih-tay)	: Five step basic sparring
Gokurosan	(goh-koh-roh-san)	: Thank you for doing what is expected of you.
Gokurosahma	(goh-koh-roh-sam-mah)	: Thank you for doing what is expected of you (with respect)
Hai	(hi)	: Yes
Haishu	(hi-shoo)	: Back-hand
Haisoku	(hi-sow-koo)	: Instep
Hajime	(hah-zhim-ay)	: Begin
Hanshi	(hahn-she)	: Head person of an organization
Hansoku	(hahn-sow-koo)	: Foul, a penalty in tournament
Hantei	(hahn-tay)	: Decision (tournaments)
Hidari	(he-dah-rhee)	: Left
Hiji	(he-gee)	: Elbow
Hikiwake	(hee-kee-wah-keh)	: Draw in a match
Hiza	(he-zah)	: Knee
Hombu-Dojo	(hohm-boo doh-joh)	: Central dojo of an organization
Ippon	(eep-pohn)	: One point in a match
Ippon kumite	(eep-pohn koo-me-teh)	: One point sparring
Ippon shobu	(eep-pohn show-boo)	: One point match, also Sh
Iyeh	(ee-yeh)	: No
Jikan	(gee-kahn)	: Time (tournaments)
Jiyu ippon	(jye-oo ih-pon)	: One step sparring from f
Jiyu-kumite	(gee-you koo-me-teh)	: Free-style sparring
Jiyu-ippou -kumite	(gee-you eep-pohn koo-me-teh)	: One step free-style spar
Jo	(joh)	: 4'-5' wooden staff
Jo-sokutei	(joh so-koo-teh-ee)	: Raised sole, also Double
Jodan	(joh-dahn)	: Face area
Jogai	(joh-guy)	: Out of bounds (tournament)
Josokutei	(joh-sue-koo-tie)	: Ball of the feet
Kachi	(kah-chee)	: Victorious winner (tournament)
Kaette	(kah-eh-teh)	: Return, or Go Back
Kaisho	(kah-ee-show)	: Open hand
Kakato	(kah-kay-toh)	: Heel
Kakuto	(kah-koo-toh)	: Bent-wrist
Kamae	(kah-may)	: Combative posture
Kamae-te	(kah-mah-eh-teh)	: Assume stance

Karate	(kah-rah-teh)	: Empty-hand fighting
Karate-Do	(kah-rah-teh-doh)	: The way of Karate
KarateKa	(kah-rah-teh-kah)	: A practitioner of Karate
Kata	(kah-tah)	: Forms
Keiko	(kay-koh)	: Training
Keiko	(kay-koh)	: Joined Fingertips
Keito	(kay-toh)	: Chicken-head wrist
Kendo	(ken-doh)	: Sword fighting
Kentsui	(ken-tsue-ee)	: Fist hammer
Ki	(key)	: Mind, Spirit, Energy
Kiai	(key-aye)	: Focusing shout, lit: "Me the spirits"
Kihon	(key-hohn)	: Basic techniques
Kihon ippon	(key-hon ih-pon)	: Basic one point sparring
Kihon kumite	(key-hone koo-me-teh)	: Basic sparring
Kime	(key-may)	: Focus of power
Ki-O-Tsuke	(key-oh-tsue-key)	: Attention
Ko-shi	(koh-she)	: Ball of the foot
Kohai	(koh-hye)	: A student junior to ones
Koken	(koh-ken)	: Wrist Joint
Kon-ban-wa	(kohn-bahn-wah)	: Good evening (after-daylight)
Konnichi-wa	(kohn-ee-chee-wah)	: Good evening (day-light)
Koshin	(koh-shin)	: Rearward
Kumite	(koo-me-teh)	: Sparring
Kyoshi	(key-oh-she)	: Master instructor
Kyu	(kyoo)	: White/Brown belt rank
Ma	(mah)	: Distance between opponen
Ma-ai	(mah-aye)	: Distancing
Ma-ai Ga Toh	(mah-aye gah-toh)	: Improper Distancing (tou
Mae	(may)	: Front
Mae Ukemi	(may oo-keh-ee)	: Front fall/roll
Makiwara	(mah-key-wah-rha)	: Punching board
Matte	(mat-tay)	: Wait
Mawaru	(mah-wah-roo)	: Turn around
Mawat-te	(mah-wah-tay)	: Turn around
Migi	(me-ghee)	: Right
Mo-Ichido	(moh-ee-chee-doh)	: Once again
Mokuso	(moh-keh-so)	: Silent contemplation, me
Moroto no kamae	(moe-row-toh no kah-may)	: Augmented hand combative
Mudansha	(moo-dan-shah)	: Students without blackbe
Nagewaza	(nah-geh-wah-zah)	: Throwing techniques
Nai-wan	(nah-ee wahn)	: Inner arm
Nidan	(nee-dahn)	: Second level (black belt)
Nukete Iru	(noo-keh-tay ee-roo)	: Out of target (tournamen+)
O-swate	(oh-swah-teh)	: Sit down
O-tate	(oh-tah-teh)	: Stand up
Obi	(oh-bee)	: Training uniform belt
Ohiyo Gozaimasu	(oh-ha-yoh go-zye-mah-soo)	: Good morning
Onegai-shimasu	(oh-nih-guy-she-mah-soo)	: Please teach me. lit: request

Osu	(oh-soo)	: Greeting
Oyasumi nasai	(oh-yah-soo-me nah-sigh)	: Good night (upon departing)
Oyo	(oh-yoh)	: Study of techniques in kata Bunkai but including fol
Rei	(ray)	: Bow
Reigi	(ray-ghee)	: Ettiquette, also Reishik
Reishiki	(ray-she-key)	: Ettiquette, also Reigi
Renshi	(rehn-she)	: Polished instructor
Renzoku waza	(rehn-zoh-koo wah-zah)	: Combination techniques
Sanbon kumite	(san-bohn koo-me-teh)	: Three step sparring
Sanbon-zuki	(san-bohn zoo-key)	: Three step sparring, one blocks three punch combi
Sandan gi	(san-dahn gee)	: Basic sparring adapted f Gekisai kata
Sandan kumite	(san-dahn koo-me-teh)	: Three step, three level
Seiza	(sigh-zah)	: A proper sitting position on one's knees, between the
Sempai	(sehm-pye)	: A senior student
Sensei	(sehn-seh-ee)	: Instructor
Shiai	(shee-ah-ee)	: Match
Shihan	(shee-han)	: Formal title, Master Instructor or Teacher of Teachers
Shiho-wari	(she-hoh wah-rhee)	: Breaking boards on four test power
Shimpan	(sheem-pahn)	: Referee in a match
Shiro	(she-roh)	: White (tournaments)
Shizen dachi	(she-zen dah-chee)	
no kamae	no kah-may)	: Natural combative posture
Shizen-tai	(she-zen tah-ee)	: Natural position (body relaxed but alert)
Shomen	(show-men)	: The front
Sore made	(soh-reh mah-deh)	: End of Match
Suki	(sue-key)	: Opening
Tachi	(tah-chee)	: Stances
Tachi zen	(tah-chee zen)	: Standing meditation
Tai Sabaki	(tye sah-bah-key)	: Body movement
Taiming Go Osoi	(tye-ming goh oh-sue-ee)	: Not proper timing (tournament)
Tameshi-wari	(tah-meh-she-wah-rhee)	: Test of technique's power
Tanden	(tahn-den)	: Navel
Tandoku Renshu	(tan-doh-koo ren-shoe)	: Preparatory exercise
Te waza	(teh wah-sah)	: Hand attacks
Tenshin	(ten-shin)	: Moving, shifting
Tome	(toh-may)	: Return to original position
Tonfa	(tohn-fah)	: Farm tool developed into weapon by Okinawans
Toranai	(toh-rah-nye)	: No point (tournaments)
Torite	(toh-ree-teh)	: Escape methods
Uchi Deshi	(oo-chee deh-she)	: A live-in student
Ukete Iru	(oo-keh-tay ee-roo)	: Blocked (tournaments)
Ushiro	(oo-she-row)	: Back, rear
Wan	(wahn)	: Arm

Waza	(wah-zah)	: Techniques
Waza-ari	(wah-zah ah-ree)	: Half-point in a match
Yame	(yah-may)	: Stop
Yasume	(yah-soo-me)	: At ease
Yoi	(yoy)	: Ready
Yoko	(yoh-koh)	: Side
Yowai	(yow-wah-ee)	: Weak focus (tournaments)
Yudansha	(you-dahn-shah)	: Black belt holder (any rank)
Zanshin	(zahn-shin)	: Following through techniques w/ remaining mind/heart
Zenshin	(zahn-shin)	: Forward
Zazen	(zah-zen)	: Meditation