

Pronunciation keys of Japanese terms are given in parentheses.

Numbers

One	ichi (ee-chee)
Two	ni (nee)
Three	san (sahn)
Four	shi (shee)
Five	go (goh)
Six	roku (roh-koo)
Seven	shichi (shee-chee)
Eight	hachi (hah-chee)
Nine	ku (koo) / kyū (kyoo)
Ten	jū (joo)

General

Head instructor/Master instructor (of an organization) *(see notes at the end)	shihan (shee-hahn)
Instructor *(see notes at the end)	sensei (sehn-seh-ee)
Training hall	dōjō (doh-joh)
Training uniform	keiko gi (keh-ee-koh gee)/gi (gee)
Training uniform belt	obi (oh-bee)
Vocal expulsion of air	kiai (kee-ah-ee)
Black Belt rank	dan (dahn)
White/Brown belt rank	kyū (kyoo)
Meditation	mokusō (moh-koo-soh)
Bow	rei (reh-ee)/lei (leh-ee)
Assume stance	kamaete (kah-mah-eh-teh)
Get ready	yōi (yoh-ee)
Begin	hajime (hah-jee-meh)
Pivot/assume opposite direction	kaette (kah-eh-teh)
Stop	yame (yah-meh)
At ease	yasume (yah-soo-meh)
Basic training	kihon (kee-hohn)
Formal exercise/forms	kata (kah-tah)
Sparring	kumite (koo-mee-teh)
Escape techniques	torite (toh-ree-teh)
Throwing techniques	nagewaza (nah-geh-wah-zah)
Foot sweep	ashibarai (ah-shee-bah-rah-ee)
Maximum effectiveness/ focus of techniques	kime (kee-meh)
Pulling hand	hikite (hee-kee-teh)
Breathing center in lower abdomen	tanden (tahn-dehn)
Getting into the opponent	irimi (ee-ree-mee)
Elbow Attacks	enpi (ehn-pee)/ empi(ehm-pee)
Jumping-in attack	tobikomi (toh-bee-koh-mee)
Continuous Techniques	renzoku waza (rehn-zoh-koo wah-zah)
Punching board	makiwara (mah-kee-wah-rah)
Staff	bō (boh)
Standing Forms:	Tachikata (tah-chee-kah-tah) Tachi (tah-chee)
Front stance	zenkutsu-dachi (zehn-koo-tsoo-dah-chee)
Back stance	kōkutsu-dachi (koh-koo-tsoo-dah-chee)
Horse riding stance	kiba-dachi (kee-bah-dah-chee)
Immovable stance	fudō-dachi (foo-doh-dah-chee)
Cat stance	nekoashi-dachi (neh-koh-ah-shee-dah-chee)

Natural stance	shizentai (shee-zehn-tah-ee)
Close-leg stance	heisoku-dachi (heh-ee-soh-koo-dah-chee)
Half-facing stance	hanmi-dachi (hahn-mee-dah-chee)
Open-leg stance	hachiji-dachi (hah-chee-jee-dah-chee)
Blocks	Uke (oo-keh) Harai (hah-rah-ee)
Downward block	gedan-barai (geh-dahn-bah-rah-ee)
Rising block	age-uke (ah-geh-oo-keh)
Forearm block	ude-uke (oo-deh-oo-keh)
Hammer block	tetsui-uke (teh-tsoo-ee-oo-keh)/tettsui-uke (teht-tsoo-ee-oo-keh)
Knife-hand block	shutō-uke (shoo-toh-oo-keh)
Cross-arm block	jūji-uke (joo-jee-oo-keh)
Two-hand block	morote-uke (moh-roh-the-oo-keh)
Palm-heel block	teishō-uke (teh-ee-shoh-oo-keh)
Hand Techniques	Te Waza (teh-wah-zah)
Lunge punch	oi-zuki (oh-ee-zoo-kee)
Reverse punch	gyaku-zuki (gyah-koo-zoo-kee)
Jab	maete (mah-eh-teh)
Continuous punches alternating hands	bari-bari (bah-ree-bah-ree)
Continuous punching attacks	renzoku-zuki (rehn-zoh-koo-zoo-kee)/ren-zuki (rehn-zoo-kee)
Punching with horse riding stance	kibadachi-zuki (kee-bah-dah-chee-zoo-kee)
Double punch	morote-zuki (moh-roh-teh-zoo-kee)
Hook punch	kagi-zuki (kah-gee-zoo-kee)
Palm-heel	teishō (teh-ee-shoh)
Rising punch	age-zuki (ah-geh-zoo-kee)
Striking Techniques	Uchi Waza (oo-chee-wah-zah)
Back-fist strike	uraken-uchi (oo-rah-kehn-oo-chee)
Bottom-fist strike	tetsui-uchi (teh-tsoo-ee-oo-chee)/tettsui-uchi (teht-tsoo-ee-oo-chee)
Knife-hand strike	shutō-uchi (shoo-toh-oo-chee)
Spear-hand	nukite (noo-kee-teh)
Two-finger spear-hand	nihon-nukite (nee-hohn-noo-kee-teh)
Fore-fist	seiken (seh-ee-kehn)
Fore-knuckle fist	hiraken (hee-rah-kehn)
One-knuckle fist	ippon-ken (eep-pohn-kehn)
Middle finger/knuckle fist	nakadaka-ken (nah-kah-dah-kah-kehn)
Ridge-hand	haitō (hah-ee-toh)
Kicks	Keri (keh-ree)
Front kick	mae-geri (mah-eh-geh-ree)
Round kick	mawashi-geri (mah-wah-shee-geh-ree)
Side-thrust kick	yokogeri-kekomi (yoh-koh-geh-ree-keh-koh-mee)
Side-up kick	yokogeri-keage (yoh-koh-geh-ree-keh-ah-geh)
Crescent kick	mikazuki-geri (mee-kah-zoo-kee-geh-ree)
Stamping kick	fumikomi (foo-mee-koh-mee)
Rear kick	ushiro-geri hiro_geri.mp3"> (oo-shee-roh-geh-ree)
Double front kick	nidan-geri (nee-dahn-geh-ree)
Flying front kick	tobi-geri (toh-bee-geh-ree)
Flying side-thrust kick	tobi-yokogeri (toh-bee-yoh-koh-geh-ree)
Front kick with front leg	maeashi-geri (mah-eh-ah-shee-geh-ree)

Front-thrust kick	maeashi-kekomi (mah-eh-ah-shee-keh-koh-mee)
Continuous kicks	renzoku-geri (rehn-zoh-koo-geh-ree)
Foot edge	sokutō (soh-koo-toh)
Heel	kakato (kah-kah-toh)
Kneecap	hizagashira (hee-zah-gah-shee-rah)
Sparring:	Kumite (koo-mee-teh)
Basic one-time sparring	kihon ippon gumite (kee-hohn eep-pohn goo-mee-teh)
Free one-time sparring	jiyū-ippō gumite (jee-yoo-eep-pohn goo-mee-teh)
Three-time sparring	sanbon gumite (sahn-bohn goo-mee-teh)
Five-time sparring	gohon gumite (goh-hohn goo-mee-teh)
Free-style	jiyū kumite (jee-yoo koo-mee-teh)
Upper body	jōdan (joh-dahn)
Middle body	chūdan (choo-dahn)
Lower body	gedan (geh-dahn)
Distance, timing, and other things between opponents	ma (mah)
Match	shiai (shee-ah-ee)
Bow	rei (reh-ee) / lei (leh-ee)
One point match	shōbu ippon (shoh-boo eep-pohn)
Begin	hajime (hah-jee-meh)
Stop	yame (yah-meh)
Clash	aiuchi (ah-ee-oo-chee)
I award no point	torimasen (toh-ree-mah-sehn)
Continue	tsuzukete (tsoo-zoo-keh-teh)
One more time	mō ichido (moh ee-chee-doh)
End of match	soko made (soh-koh mah-deh) / sore made (soh-reh mah-deh)
Half-point	waza ari (wah-zah ah-ree)
Point	ippon (eep-pohn)
Two half-points equal one point	waza ari awasete ippon (wah-zah ah-ree ah-wah-seh-teh eep-pohn)
Draw	hikiwake (hee-kee-wah-keh)
Red	aka (ah-kah)
White	shiro (shee-roh)
Red is the winner	aka no kachi (ah-kah noh kah-chee)
Referee	shinpan (sheen-pahn) / shimpan (sheem-pahn)
Throwing Techniques	Nagewaza (nah-geh-wah-zah)
to topple a folding screen	Byōbudaoshi (byoh-boo-dah-oh-shee)
spinning top	Komanage (koh-mah-nah-geh)
encircle the neck	Kubiwa (koo-bee-wah)
half wheel	Katawaguruma (kah-tah-wah-goo-roo-mah)
'v' turning swallow	Tsubamegaeshi (tsoo-bah-meh-gah-eh-shee)
to spear a ball	Yaridama (yah-ree-dah-mah)
to push off a cliff	Taniotoshi (tah-nee-oh-toh-shee)
to encircle with the arm	Udewa (oo-deh-wah)
to hammer upside down	Sakatsuchi (sah-kah-tsoo-chee)
Performer of the technique	tori (toh-ree)
Receiver of the technique	uke (oo-keh)
Falling techniques	ukemi (oo-keh-mee)