

Advanced Terminology

General Terms

Migi	(mi-gi)	Right
Hidari	(hid-ar-ee)	Left
Mae	(may)	Front
Ushiro	(you-shiro)	Back
Yoko	(yo-ko)	Side
Sumi	(soo-me)	Angle
Mawashi	(ma-washy)	In a semi-circle
Zenshin	(zen-shin)	Forward
Kotai	(cor-tie)	Backward
Tai-Sabaki	(tie-sa-bark-ee)	Body Shifting
Bunkai	(boonk-eye)	Applications of Kata
Mawate	(ma-what-aye)	Turn Around
Zanshin	(zan-shin)	Mental Alertness
Tobi	(toe-be)	Jumping or Leaping
Okuri-ashi	(o-koo-ri ashy)	Sliding step, shuffle
Ayumi-ashi	(a-you-me ashy)	Stepping (as when walking)
Obi	(o-be)	Belt
Morote	(more-ot-ay)	With Two Hands
Jiyu Kumite	(jew koo-mit-ay)	Free Fighting
Gyakute	(gya-ka-tay)	Grappling, wrestling, joint locking

Blocks

Mikazuki-Geri Uke	(mika zoo-ki ge-ri oo-kay)	Crescent Kick Used to Block
Hiza Uke	(his-a oo-kay)	Block Using Bent Knee
Kake-wake Uke	(kar-key wa-key oo-kay)	Opening Block
Teisho Uke	(tay-show oo-kay)	Palm Heel Block
Sukui Uke	(su-koo-ee oo-kay)	Scooping Block

Kicks

Mikazuki-Geri	(mika zoo-ki ge-ri)	Crescent Kick
Soto Mikazuki-Geri	(sot-oh mika zoo-ki ge-ri)	Outside Crescent Kick
Hiza-Geri	(his-a ge-ri)	Kicking With Knee
Ashi-Barai	(ashy bar-eye)	Leg Sweep
Fumikomi	(foo-me ko-me)	Stamping Kick
Ushiro Mawashi-Geri	(you-shiro ma-washy ge-ri)	Hooking Kick
Kin-Geri	(kin ge-ri)	Rising Groin Kick (top of foot)
Ke-age	(key-ar-gi)	Snapping Kick
Kekomomi	(kek-o-me)	Thrusting Kick
Mawashi Hiza-Geri	(ma-washy his-a ge-ri)	Roundhouse Knee Kick

Body References

Josokutei	(joe-sook-otay)	Ball of the foot
Haisoku	(hi-sock-o)	Instep of foot (Top)
Sokuto	(so-koot-o)	Outside edge of foot
Kakato	(ka-ka-toe)	Heel of Foot
Kakuto	(ka-koo-toe)	Bent Wrist
Kasumi	(ka-sue-me)	Temple
Seiken	(say-kan)	Fore Fist
Empi	(em-pee)	Elbow
Hiza	(his-a)	Knee
Teisho	(tay-show)	Palm Heel
Ude	(oo-day)	Forearm
Gaiwan	(guy-wan)	Thumb Side of Forearm (outside)
Naiwan	(nigh-wan)	Finger Side of Forearm (inside)
Hara	(ha-ra)	Abdomen
Uraken	(oo-ra-ken)	Back Fist
Kyosen	(kyu-o-sen)	Solar Plexus
Sakotsu	(sa-kot-sue)	Collar Bone

Punches & Strikes

Ushiro Empi-Uchi	(you-shiro em-pee oo-chi)	Backwards Elbow Strike
Yoko Empi-Uchi	(yok-oh em-pee oo-chi)	Sideways Elbow Strike
Mawashi Tsuki	(ma-washy zoo-ki)	Hook Punch
Yama Tsuki	(ya-ma zoo-ki)	Wide U-Punch
Ren Tsuki	(ren zoo-ki)	Continuous Punching
Nukite	(nook-it-ay)	Spear Hand Strike
Teisho Tsuki	(tay-show zoo-ki)	Palm Heel Strike
Furi-Uchi	(fur-oo-chi)	Reverse Back Fist Strike
Kizami Tsuki	(kiz-army zoo-ki)	Jab Punch

Stances

Kosa-Dachi	(ko-sa dutch)	Crossed Feet Stance
Tsuru-Ashi-Dachi	(zoo-roo ashy dutch)	Crane Leg Stance
Heisoku-Dachi	(hi-sok-oo dutch)	Feet Together Stance
Renoji-Dachi	(ren-oji dutch)	L stance

Advanced Kata (!st Kyu onwards)

Empi	(em-pee)	Flight of the swallow: 1 st Kyu & Shodan Ho grading
Jion	(jee-on)	From the temple of Jion: Shodan Ho grading
Sepai	(sep-eye)	18 hands: 1 st Dan grading
Kanku-Dai	(kun-koo-die)	Look at the sky: 2 nd Dan grading
Sanseru	(sun-sir-roo)	36 hands: 2 nd Dan grading