

Glossary

Below are Japanese terms commonly used in Genwakai Karate along with an English translation.

Numbers

One	Ichi
Two	Ni
Three	San
Four	Shi/Yon
Five	Go
Six	Roku
Seven	Shichi/Nana
Eight	Hachi
Nine	Kyu
Ten	Ju
Twenty	Ni ju
Thirty	San ju
Forty	Yon ju
Fifty	Go ju
Sixty	Roku ju
Seventy	Nana ju
Eighty	Hachi ju
Ninety	Ku ju
One Hundred	Hyaku
One Thousand	Issen; Sen

Directions & Locations

Left	Hidari
Hidden side	Ura
Right	Migi
Natural/front side	Omote
Forward, front	Mae
Backward, rear	Ushiro
Level (front)	Jun
Reverse (back)	Gyaku
Upper-level	Jo-dan
Mid-level	Chu-dan

Low level	Ge-dan
Inside	Uchi
Outside	Soto
Sideways, horizontal	Yoko
Straight	Seiken

Action and Technique Words

technique	waza
hard technique	goho waza
soft technique	juho waza
form	kata
lesson	kyugyou
basic techniques	kihon waza
punch	tsuki
kick	keri
cut	kiri
elbow	ate
block	uke
open-hand	karate
escape	dasshutsu
sparring	kumite
one step sparring	yakuso kumite
Body movement/evasion	tai sabaki
shout/spirit breath	kiai
sword hand	shuto
pulling hand/ standard ready position of fist	hikite
switch legs	ashi kaite
moving feet while in stance	unsoku
staying in place while in stance	sonoba
both sides (natural & hidden)	dai
distance between you and an opponent	mawai
stance	dachi
focus point of a strike	kime

People & Places

Karate student	Karateka
Teacher	Sensei
National director/founder	Kaicho
Dojo director	Kancho
Practice hall	Dojo
Hall for martial arts	Budokan
Association for martial arts	Budokai

A student's rank	Kyu
------------------	-----

Parts of the Body

hand	te
foot	ashi
ball of foot (literally: hip of the foot)	koshi
edge of foot	sokuto
fist	ken
head of fist	kento
wrist	kote
arm	ude
elbow	hiji (ate)
knee	hiza
leg	ashi
groin	kinteki
thumb	yubi
neck	kubi
head	atama
face	kao
hip	koshi

Clothes & Things

Uniform	Gi
Belt	Obi
Armored uniform	Bogu
Sparring helmet	Men
War helmet	Kabuto
Staff	Bo
Sword	Katana
Punching board	Maki wara

Common Phrases

Please (formal)	Onegai-shimasu
Thank You	Arigato-gozaïmasu
Please	Kudasai
Excuse me	Sumimasen
Ready	Yoi
Begin	Hajime
End	Naote
Stop immediately	Yame
Hurry up	Hayaku

Sitting on one's heels	Seiza
Finish	Owarimasu
Starting	Hajimemasu
Ouch	Itai
Yes	Hai
No	ie
Yes/understood/affirmative	Oussu