

SHITO-RYU KARATE-DO KYOKAI CANADA

TERMINOLOGY LIST OF FUNDAMENTAL TECHNIQUE

STANCE (TACHI WAZA)

Attention Stance	Heisoku Dachi	Hay-so-koo Dah-chee
Joining Stance	Musubi Dachi	Moo-sue-bee Dah-chee
Open Leg Stance	Hachiji Dachi	Haa-chee-jee Dah chee
Natural Stance	Ayumi Dachi	Ah-you-me Dah-chee
Forward Stance	Zenkutsu Dachi	Zen-koot-sue Dah-chee
Square Stance	Shiko Dachi	She-koh Dah-chee
Horse Stance	Naifanchi Dachi	Ny-fan-chee Dah-chee
Cat Stance	Neko Ashi Dachi	Nay-koh Ash-ee Dah-chee
Back Stance	Kokutsu Dachi	Koh-koot-sue Da-chee
Cross Leg Stance	Kosa Dachi	Koh-sah Da-chee
Crane Stance	Sagi Ashi Dachi	Sah-ghee Ash-ee Da-chee

BLOCKING TECHNIQUES (UKE WAZA)

Upper Block	Age Uke	Ah-gay Oo-kay
Lower Block	Harai Uke	Hah-rye Oo-kay
Inside Centre Block	Yoko Uke	Yoh-koh Oo-kay
Outside Centre Block	Yoko Uchi Uke	Yoh-koh Oo-chee Oo-kay
Knifehand Block	Shuto Uke	Shoo-toe Oo-kay
Sweeping Block	Nagashi Uke	Nah-gah-she Oo-kay
Wedge Block	Kakiwaki Uke	Kah-key wah-key Oo-kay
Cross Arm Block	Juji Uke	Ju-jee Oo-kay
Vertical Knifehand Block	Tate Shuto Uke	Tah-tey Shoo-toe Oo-kay
Double Forearm Block	Morote Uke	Moh-row-tay Oo-kay

HAND TECHNIQUES (TE-WAZA)

Straight Punch	Choku Tsuki	Cho-koo Tsuu-key
Lunge Punch	Oi Tsuki	Oh-ee Tsuu-key
Reverse Punch	Gyaku Tsukui	Gya-koo Tsuu-key
Circular Punch	Mawashi Tsuki	Mah-wah-shee Tsuu-key
Knifehand Strike	Shuto Uchi	Shoo-toe Oo-chee
Backfist Strike	Uraken	Ura-ken
Double Punch	Morote Tsuki	Mo-ro-tay Tsuu-key
Hook Punch	Kagi Tsuki	Kah-gay Tsuu-key
Side Elbow Strike	Yoko Hiji Ate	Yo-koh He-jee Ah-tay
Roundhouse Elbow Strike	Mawashi Hiji Ate	Mah-wah-she He-jee Ah-tay
Upper Elbow Strike	Tate Hiji Ate	Tah-tay He-jee- Ah-tay
Reverse Elbow Strike	Ushiro Hiji Ate	Oo-she-roh He-jee Ah-tay
Lower Elbow Strike	Otoshi Hiji Ate	Oh-to-she He-jee- Ah-tay

LEG AND FOOT TECHNIQUES (KERI WAZA)

Front Snap Kick	Mae Geri Keage	Mah-ee Geh-rhee Key-ah-ghee
Front Thrust Kick	Mae Geri Kekomi	Mah-ee Geh-rhee Kay-koh-mee
Side Snap Kick	Yoko Geri Keage	Yoh-koh Geh-rhee Key-ah-ghee
Side Thrust Kick	Yoko Geri Kekomi	Yoh-koh Geh-rhee Kay-koh-mee
Roundhouse Kick	Mawashi Geri	Mah-wah-she Geh-rhee
Back Kick	Ushiro Geri	Oo-she-roh Geh-rhee
Knee Strike	Hiza Geri	He-zah Geh-rhee
Lower Side Thrust Kick	Fumikomi	Foo-mee Koh-mee

OTHER

Training Hall	Dojo	Doh-joh
Founder	Soke	Soh-Kay
Supreme Instructor	Shuseki Shihan	Shoo-sek-ee Shee-han
Master	Shihan	Shee-han
Teacher	Sensei	Sen-say
Senior	Senpai	Sen-pie
Junior	Kohai	Koh-hii
Black Belt Holder	Yudansha	You-dan-sha
Non-black belt Holder	Mudansha	Moo-dan-sha
Front of dojo	Shinzen	Shin-zen
Front of gym, etc.	Shomen	Sho-men
Bow	Rei	Ray (roll tongue)
Bow to the Dojo	Shinzen or Shomen ni Rei	
Bow to the Teacher	Sensei ni Rei	
Bow to the Senior	Senpai ni Rei	
Bow to one another	O tagai ni Rei	
Please (i.e. teach us)	Onigaishimasu	
Thank You	Arigato (less formal)	
	Arigato Gozaimushta (more formal)	
Karate uniform	Keikogi	Kay-koh-ghee
Karate Belt	Obi	Oh-bee
Tenets of the Dojo	Dojo Kun	Doh-joh Koon