

KARATE VOCABULARY

JAPANESE	PRONUNCIATION	ENGLISH	SPANISH
Age	AH-GAY	Upward	Sube
Age uke	AH-GAY-OO-KAY	Rising block	Bloque sube
Age zuki		Rising punch	
Ago	AH-GOH	Jaw; chin	Mandibula
Arigatou	AH-REE-GAH-TOH	Thank-you	
Arigatou Gozaimashita	AH-REE-GAH-TOH-GO-ZAH- MAH-SHEE-TAH	Thank you very much	
Ashi	AH-SHEE	Leg	Pierna
Ashi	AH-SHEE	Foot	Pie
Ashi Barai	AH-SHEE-BAH-RIE	Foot/Leg sweep	
Ashi kubi	AH-SHEE-KOO-BEE	Ankle	Tobillo
Ashi no yubi	AH-SHEE-NO-YOO-BEE	Toe	Dedo del pie
Atama	AH-TAH-MAH	Head	Cabeza
Barai	BAH-RYE	Sweep (verb)	Barrer
Barai	BAH-RYE	Sweep (noun)	Barredura
Budo	BOO-DOH	Way of the warrior	-
Bunkai	BOON-KAY	Analysis	
Choku	CHO-KOO	Straight	Recto
Choku zuki	CHO-KOO-TSOO-KEY	Straight punch	Puñetazo recto
Chudan	CHOO-DAN	Middle; chest level	Medio
Dachi	DAH-CHEE	Stance	Posicion de los pies
Dan	DAN	Rank	Linea
Do	DO	Way (of life)	Filosofia
Dohai	DO-HIGH	Student (same rank)	Estudiante igual
Fudo-dachi	FOO-DOH-DAH-CHEE	Immovable stance	
Fumikomi Geri	FOO-MEE-KOH-MEE-GEH-REE	Stamping kick	
Gankaku-dachi	GAHN-KAH-KOO-DAH-CHEE	Crane stance	
Gawa	GAH-WAH	Side	Lado
Geden	GAY-DAN	Lower; groin level	Bajo
Geden barai	GAY-DEN-BAR-HIGH	Downward block	Barredura
Geri	GEH-REE	Kick (verb)	Patiar
Geri	GEH-REE	Kick (noun)	Patada
Gi	GEE	Uniform	Uniforme

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Go	GOH	Five	Cinco
Go no sen	GOH-NOH-SEN	Attack after	Ataque despues
Gohon kumite	GO-HONE-KOO-MEE-TAY	Five-step sparring	Boxeando cinco pasos
Gyaku	GEE-AH-KOO	Reverse	Inverso
Gyaku kaiten	GEE-AH-KOO-KYE-TEN	Reverse rotation	Rotacion contrario
Gyaku zuki	GEE-AH-KOO-TSOO-KEY	Reverse punch	Puñetazo inverso
Hachi	HACH	Eight	Ocho
Hai	HYE	Yes	Si
Haishu Uke	HIE-SHOO-OO-KAY	Backhand block	
Haitou Uke	HIE-TOH-OO-KAY	Ridge-hand block	
Hajime	HAH-JEE-MAY	Begin	Empezar
Hana	HAH-NAH	Nose	Nariz
Hangetsu-dachi	HAHN-GEHY-SOO-DAH-CHEE	Half moon stance	
Hanmi	HAHN-MEE	Half-front	Diagonal
Hara	HAH-RAH	Body center	Centro del cuerpo
Hasami Zuki	HAH-SAH-MEE-ZOO-KAY	Scissor punch	
Heian	HAY-AHN	-	-
Heiko-dachi	HAY-KOH-DAH-CHEE	Natural stance	Posicion de los pies natural
Heisoku-dachi	HAY-SOH-KOO-DAH-CHEE	Parallel stance (feet together)	Posicion de los pies paralelo
Hidari	HEE-DAH-REE	Left	Izquierda
Hiji	HEE-JEE	Elbow	Codo
Hikite	HEE-KEE-TAY	Draw hand	Mano retirada
Hiza	HEE-SAH	Knee	Rodilla
Ichi	EECH	One	Uno
Ippon kumite	EE-PONE-KOO-MEE-TAY	One-step sparring	Boxeando un paso
Jiyu ippon kumite	JEE-YOO-EE-POHN-KOO-MEE-TAY	Free one-step sparring	Boxeando un paso libre
Jiyu kumite	JEE-YOO-KOO-MEE-TAY	Free sparring	Boxeando libre
Jodan	JOH-DAN	Upper; face level	Superior
Joho	JOH-HOH	Up	Arriba
Ju	JOO	Ten	Diez
Jutsu	JOOT-SOO	Technique	Tecnica

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Juujii Uke	JOO-OO-GEE-OO-KAY	X-block	
Kagi Zuki	KAH-GEE-ZOO-KAY	Hook punch	
Kaho	KAH-HOH	Down	Abajo
Kaisho Uke	KAI-SHOH-OO-KAY	Open hand block	
Kaiten	KYE-TEN	Rotation	Rotacion
Kakato	KAH-KAH-TOH	Heel	Talon
Kao	KOW	Face	Cara
Kara	KAH-RAH	Empty	Vacio
Karate-ka	KAH-RAH-TEH-KAH	A practitioner of karate	
Kata	KAH-TAH	Form(s)	Forma(s)
Kata	KAH-TAH	Shoulder	Hombro
Keage	KAY-AH-GEE	Snap (verb)	Golpear
Keage	KAY-AH-GEE	Snap (noun)	Golpe
Keito Uke	KIE-TOH-OO-KAY	Chicken head block	
Kekomi	KAY-KOH-MEE	Thrust (verb)	Empujar
Kekomi	KAY-KOH-MEE	Thrust (noun)	Empujon
Ken	KEN	Fist	Puño
Kentsui	KEN-TSOO-EE	Hammer fist	Puñetazo martillo
Kiba dachi	KEE-BAH-DAH-CHEE	Side stance	Posicion de los pies al lado
Kihon	KEE-HONE	Basics	Basico
Kime	KEY-MAY	Focus; spirit	enfocaranimio
Kiotsuke	KEE-OHT-SOO-KAY	Attention	
Kiritsu	KEE-RIT-SOO	Stand; rise (verb)	Subir
Kizami zuki	KEY-ZAHM-MEE-TSOO-KEY	Short punch	Puñetazo corto
Kohai	KOH-HIGH	Junior student	Estudiante joven
Kokutsu Dachi	KOH-KOO-TSOO-DAH-CHEE	Back stance	Posicion de los pies atrasado
Kosa Uke	KOH-SAH-OO-KAY	Crossed block	
Koshi	KOH-SHEE	Hip	Cadera
Koshi	KOH-SHEE	Ball (of the foot)	Planta del pie
Kosa-dachi	KOH-SOH-DAH-CHEE	Crossed stance	
Kubi	KOO-BEE	Neck	Cuello
Kumite	KOO-MEE-TAY	Sparring	Boxeando

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Kumite	KOO-MEE-TAY	Spar	Boxear
Kun	KOON	Motto; philosophy	Filosofia
Kyu	KYOO	Level	Nivel
Kyu	KYOO	Nine	Nueve
Maai	MYE	Distance	Distancia
Mae	MYE	In front	En frente
Mae	MYE	Forward	Avanzado
Mae geri	MY-GEH-REE	Front kick	patada frente
Mawashi Geri	MAH-WAH-SHEE-GEH-REE	Roundhouse kick	
Mawatte	MAH-WAH-TAY	Turn around	Voltearse
Me	MAY	Eye	Ojo
Migi	MEE-GEE	Right	Derecho
Mikazuki Geri	MEE-KAH-ZOO-KEE-GEH-REE	Crescent moon kick	
Mimi	MEE-MEE	Ear	Oreja
Mokuso	MOK-SOH	Meditate	Idear
Momo	MOH-MOH	Thigh	Muslo
Morote Uke	MOH-ROH-TAY-OO-KAY	Augmented block	
Morote Zuki	MOH-ROH-TAY-ZOO-KAY	Augmented punch	
Mune	MOO-NAY	Chest	Pecho
Neko-ashi-dachi	NEY-KOH-AH-SHEE-DAH-CHEE	Cat stance	
Ni	NEE	Two	Dos
Nidan Geri	NEE-DAH-N-GEH-REE	Double kick	
nukite	NOO-KEE-TAY	Spear hand	
Obi	OH-BEE	Belt	Cinturon
Oi zuki	OY-TSOO-KEY	Step-in punch	Puñetazo estocada
Onaka	OH-NAH-KAH	Stomach	Estomago
Osae Uke	OH-SIE-OO-KAY	Pressing block	
Oshiri	OH-SHEE-REE	Butt	Trasero
Osu	OHS	Yes; I understand	Si; entiendo
Oyayubi	OY-AH-YOO-BEE	Thumb	Dedo pulgar
Rei	RAY	Bow; courtesy	Inclinarse; cortesia
Roku	ROH	Six	Seis
San	SAHN	Three	Tres

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Sanbon kumite	SAHN-BONE-KOO-MEE-TAY	Three-step sparring	Boxeando tres pasos
Sanchin-dachi	SAN-CHEEN-DAH-CHEE	Hourglass stance	
Seiretsu	SAY-REH-TSOO	Line up	Alinear
Seiza	SAY-ZAH	Sit straight	Sentarse
Sempai	SEM-PIE	Senior student	Estudiante mayor
Sen no sen	SEN-NOH-SEN	Attack before	Ataque antes
Senaka	SAY-NAK-KAH	Back	Espalda
Sensei	SEN-SAY	Instructor	Instructor
Shi	SHEE	Four	Cuatro
Shichi	SHEECH	Seven	Siete
Shihon	SHEE-HOHN	Four-finger	
Shindoo	SHIN-DOO	Vibration	Vibracion
Shisei	SHEE-SAY	Posture	Postura
Shita	SHEE-TAH	Below	Abajo
Shodan	SHOW-DON	First	Primero
Shomen	SHOH-MEN	Front	Frente
Shubo	SHOO-BOH	Forearm	Antebrazo
Shugo	SHOO-GOH	Gather, assemble	
Shuto	SHOO-TOH	Knife	Cuchillo
Soketei	SOH-KAY-TAY	Sole	Planta del pie
Sokudo	SOH-KOO-DOH	Speed	Velocidad
Sokuto	SOH-KOO-TOH	Edge (of foot)	Frente del pie
Soto	SOH-TOH	Outside	Afuera
Soto uke	SO-TOH-OO-KAY	Outside forearm block	Bloque exterior
Sune	SOO-NAY	Calf	Becerro
Tai Sabaki	TIE-SAH-BAH-KEE	Body shifting/evasion	
Taikyoku Shodan	TIE-KYO-KOO-SHOH-DAN	-	-
Te	TAY	Hand	Mano
Te no hira	TAY-NO-HEE-RAH	Palm	Palma
Tekubi	TAY-KOO-BEE	Wrist	Muñeca
Uchi	OO-CHEE	Strike (verb)	Herir
Uchi	OO-CHEE	Strike (noun)	Ataque
Uchi	OO-CHEE	Inside	Interior

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Ude	OO-DAY	Arm	Brazo
Ude Uke	OO-DAY-OO-KAY-OO-KEY	Inside forearm block	Bloque interior
Ue	OO-AY	Above	Arriba
Uke	OO-KAY	Block (verb)	Bloquear
Uke	OO-KAY	Block (noun)	Bloque
Uraken uchi	OO-RAH-KEN-OO-CHEE	Back-fist strike	
Ushiro	OO-SHEE-OH	Behind	Detras
Ushiro	OO-SHEE-OH	Backward	Corto
Ushiro Geri	OO-SHEE-ROH-GEH-REE	Back kick	
Waza	WAH-ZAH	Technique	Tecnica
Yama Uke	YAH-MAH-OO-KAY	Mountain block	
Yame	YAH-MAY	Finish	Terminar
Yasumi	YAH-SOO-MEE	Rest	
Yoi	YOY	Ready	Listo
Yoko	YOH-KOH	Side	Lado
Yoko	YO-KO-GEH-REE	To the side	Al lado
Yoko geri	YO-KO-GEH-REE	Side kick	Patiar lado
Yubi	YOO-BEE	Finger	Dedo
Zanshin	ZAHN-SHIN	Awareness	Conocimiento
Zenkutsu dachi	ZEN-KOO-TSOO-DAH-CHEE	Front stance	Posicion de los pies al frente
Zenpo	ZEN-POH	Front	Frente
Zuki	TSOO-KEY	Punch (verb)	Dar un puñetazo
Zuki	TSOO-KEY	Punch (noun)	Puñetazo