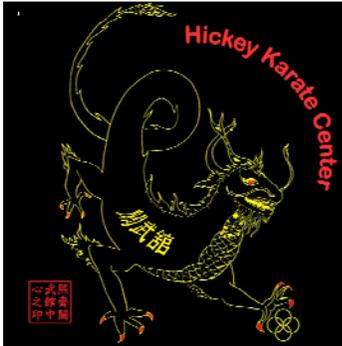


# Hickey Karate Center



## COMMON PHRASES AND PRONUNCIATIONS USED IN KARATE

Japanese	Meaning	Phonetic Pronunciation
ichi	1	ee-chee
ni	2	nee
san	3	sahn
chi	4	chee
go	5	go
roku	6	row-koo
shichi	7	shee-chee
hachi	8	hah-chee
ku	9	koo
ju	10	joo
ju ichi	11	joo ee-chee
ju ni	12	joo nee
ju san	13	joo sahn
ju chi	14	joo chee
ju go	15	joo go
ju roku	16	joo row-koo
ju shichi	17	joo shee - chee
ju hachi	18	joo - hah -chee
ju ku	19	joo -koo

**COMMON PHRASES AND PRONUNCIATIONS USED IN KARATE**

<b>Japanese</b>	<b>Meaning</b>	<b>Phonetic Pronunciation</b>
ni ju	20	nee joo
Shihan	teacher of teachers (Mr. and Mrs. Hickey)	Shee-hahn
Sensei	teacher	Sen - say
Sempai	assistant teacher	Sem - pie
Dojo	training hall	Doh - joe
Rei	bow	ray
Shomen	Front of dojo	Show-men
Ni	to (as in Shomen ni, rei or bow to front)	Nee
Hidari	Left	Hih -dar-ee
Migi	Right	Mee-gee
Kiotsuke	Immediately stand at attention	Usually shortened to "skee"
Shomen ni, rei	bow to the front (showing respect for the dojo, the U.S.A. flag, and Karate)	Show-men nee, ray
Shihan/Sensei ni, rei	bow to Shihan or Sensei (whomever is teaching)	Shee-hahn nee, ray Sen-say nee, ray
Gi	karate uniform	gee
Obi	karate belt	oh-bee
Hajime	begin	Hah-ji-may
Yame	Stop immediately	Yah-may (said only by teacher or referee, not repeated by students)

## Hickey Karate Center

Japanese	Meaning	Phonetic Pronunciation
Matte	wait or stop	Mah-tay (students repeat after instructor says "matte" to indicate they understand to wait)
Jodan Age Uke	upper block	Joe-dahn ah-gee- oo-kee
Chudan Uke	middle block	chew-dahn oo-kee
Gedan Barai Uke	lower block	Gay-dahn Bah-ray oo-kee
Sote Ute Uke	outside forearm block	So-tow oo-tee oo - kee
Shuto Uke	knife hand block	shoe-toe oo-kee
Tsuki	punch	zoo-kee
Kiba dachi	horse stance	key-bah dah-chee
Zenkutsu dachi	front stance	zen-koot-zoo dah-chee
Kokutsu dachi	back stance	koh-koot-zoo dah-chee
Hai	spirited yell (done when performing strong technique or to indicate that student understands teacher)	Hi!
Geri	kick	Gary
Mai geri	front kick	my gary
Yoko geri	side kick	yo -koh gary
Mawasha geri	roundhouse kick	mah-wash - ah gary
Ushiro geri	back kick	Oo-sheer-oh gary
Tetsui	hammer fist strike	tet-zoo-ee
Ureken	backfist strike	er-eh-ken
Kwanmu do!	the way of "kwan mu" - spirited shout of respect at the end of class	Kwan - mew doh