

Dictionary of Common Terms

<u>ENGLISH</u>	<u>FOREIGN</u>	<u>PRONUNCIATION</u>
AREAS OF THE BODY		
Lower Body Area	Gedan	Gay Don
Middle Body Area	Chudan	Chew Don
Upper Body Area	Jodan	Joe Don
BLOCKING (UKE)		
Ankle Hooking Block	Ashikube Kake Uke	Ah She Coo Be Kak Kay Oo
Kay Augmented Block	Morote Uke	Moe Row Tay Oo Kay
Downward Block	Gedan Uke	Gay Don Oo Kay
High Block	Jodan Uke	Jo Don Oo Kay
Hooking Knife Hand Block	Tensho Uke	Ten Show Oo Kay
Inside Outward Block	Uchi Uke	Oo Chee Oo Kay
Middle Block	Chudan Uke	Chew Don Oo Kay
Outside Inward Block	Soto Uke	So Toe Oo Kay
Reverse Wedge Block	Kakiwake Uke	Kah Key Wah Kay Oo Kay
Scooping Block	Sukui Uke	Sue Coo Ee Oo Kay
Wrist Hook Block	Tekuki Kake Uke	Tay Coo Ke Kah Kay Oo Kay
X-Block	Juji Uke	Ju Gee Oo Kay
BODY WEAPONS		
Arch of Foot	Teisoku	Tay Soe Coo
Backfist	Uraken	Oo Rah Ken
Backhand	Haishu	Hi Shoo
Ball of Foot	Chusoku	Chew So Coo
Bottom Fist	Tettsui	Tet Sue Ee
Chicken Beak	Keiko	Kay Koe
Dragon's Head Fist	Ryutoken	Roo Toe Ken
Edge of Foot	Sokuto	So Coo Toe
Elbow	Empi	Em Pee
Forefist	Seiken	Say Ken
Heel of Foot	Kakato	Kah Coo Toe
Inverted Fist	Gekken	Gay Ken
Knee	Hiza	He Zah
Knife Hand	Shuto	Shoo Toe
Middle Finger/One Knuckle	Nakyubi Ipponken	Na Kay Oo Be Ee Pon Ken

Palm Heel
Ridge Hand
Spear Hand
Two Finger Spear
Vertical Fist
Wrist

Shotei
Haito
Nukite
Nihon Nukite
Honken
Koken

Show Tay
Hi Toe
New Key Tay
Nee Han New Key Tay
Han Ken
Koe Ken

CLASS TERMINOLOGY

Attention
Begin
Belt
Bow
Bow to Instructor
Club or School
Contest
Forms
Get Ready
Inner Power
Instructor
Left
Master
Meditation
No
Referee
Right
Sparring
Spirit Yell
Stop
Striking Board
Student
Technique
Thank You
Uniform
Yes

Kyotsuke
Hajime
Obi
Rei
Sensei Ne Rei
Dojo
Shiai
Kata
Yoi
Ki
Sensei
Hidari
Shihan
Muk Sho
lie
Shimbum
Migi
Kumite
Kiai
Yame
Makiwara
Karate-Ka
Waza
Arigato
Gi
Hai

Coats Gay
Ha Ji May
Oh Bee
Ray
Sen Say Nee Ray
Doe Joe
She Eye
Kah Tah
Yaw Ee
Kay
Sen Say
He Da Ree
She Han
Mook Show
Ee Yay
Shim Bomb
Me Gee
Coo Me Tay
Key Eye
Yah May
Mah Key Wah Rah
Kah Rah Tay Kah
Wah Zah
Ah Ree Ga Toe
Ghee
Hi

KATA

Crane on a rock
First Cause #1
First Cause #2
First Cause #3
Flying Swallow
Half Moon
Horse Riding #1
Horse Riding #2
Horse Riding #3
Jion Temple
Kata of the Universe
Peaceful Mind #1
Peaceful Mind #2

Gankaku
Taikyoku Shodan
Taikyoku Nidan
Taikyoku Sandan
Empi
Hangetsu
Tekki Shodan
Tekki Nidan
Tekki Sandan
Jion
Ten No Kata
Heian Shodan
Heian Nidan

Gone Kah Koo
Teye Kyoh Coo Show Don
Teye Kyoh Coo Nee Don
Teye Kyoh Coo San don
Em Pee
Han Get Soo
Teh Kee Sho Don
Teh Kee Ni Don
Teh Kee San Don
Jee On
Ten No Ka Ta
Hay An Show Don
Hey An Ni Don



Peaceful Mind #3
Peaceful Mind #4
Peaceful Mind #5
Penetrate a Fortress
Ten Hands
To Look at the Sky

Heian Sandan
Heian Yodan
Heian Godan
Bassai
Jutte
Kwanku

Hay An San Don
Hay An Yo Don
Hay An Go Don
Baw Seye
Ju Tay
Kwan Koo

KICKING(GERI)

Back Kick
Crescent Kick
Front Jump Kick
Front Kick
Groin Kick
Heel Kick
Joint Kick
Knee Kick
Round House/Ball of Foot
Round House/Top of Foot
Jump Kick
Side Kick
Snap Kick
Thrust Kick

Ushiro Geri
Mikazuki Geri
Mae Tobi Geri
Mae Geri
Kin Geri
Kakato Geri
Kansetsu Geri
Hiza Geri
Mawashi Geri
Mawashi Kubi Geri
Yoko Tobi Geri
Yoko Geri
Keage Geri
Kekomi Geri

Oo She Row Gay Rhee
Me Kah Zoo Key Gay Rhee
Mah Eh Toe Be Gay Rhee
My Gay Rhee
Ken Gay Rhee
Kah Kah Toe Gay Rhee
Kan Set Sue Gay Rhee
He Zah Gay Rhee
Mah Wah She Gay Rhee
Mah Wah She Coo Be Gay RheeSide
Yoe Koe Toe Be Gay Rhee
Yoe Koe Gay Rhee
Kay Ah Gay Gay Rhee
Kay Koe Me Gay Rhee

PUNCHING(TSUKI)

Alternate Punching
Consecutive Punching
Double Fist Punching
Lunge Punch
Reverse Punch
Roundhouse Punch
Straight Punch
U-Punch

Ren Tsuki
Dan Tsuki
Morote Tsuki
Oi Tsuki
Gyaku Tsuki
Mawashi Tsuki
Tsuki
Yama Tsuki

Ren Tsoo Key
Don Tsoo Key
Moe Row Tay Tsoo Key
Oh Ee Tsoo Key
Gey a Coo Tsoo Key
Mah Wah She Tsoo Key
Tsoo Key
Yah Mah Tsoo Key

RANKS(JAPANESE)

10th Grade
1st Grade
2nd Grade
3rd Grade
4th Grade
5th Grade
6th Grade
7th Grade
8th Grade
9th Grade

Ju Kyu
I Kyu
Ni Kyu
San Kyu
Yon Kyu
Go Kyu
Rok Kyu
Sichi Kyu
Hachi Kyu
Kyu Kyu

Ju Que
Ee Que
Nee Que
Sahn Que
Yown Que
Go Que
Row Que
See Chee Que
Ha Chee Que
Que Que

BLACK BELT LEVELS

1st Degee

Shodan

Show Don

2nd Degree
3rd Degree
4th Degree
5th Degree
6th Degree
7th Degree
8th Degree
9th Degree
10th Degree

Nidan
Sandan
Yodan
Godan
Rokudan
Sichidan
Hachidan
Kyudan
Judan

Nee Don
Sahn Don
Yo Don
Go Don
Row Que Don
See Chee Don
Ha Chee Don
Que Don
Ju Don

STANCES(DACHI)

Back Stance
Cat Stance
Crane Stance
Forward/Front Stance
Half Moon Stance
Hook Stance
Hour Glass
Ready Stance
Straddle Leg Stance
Sumo Stance

Kokutsu Dachi
Nekoashi Dachi
Tsuriashi Dachi
Zenkutsu Dachi
Hengetsu Dachi
Kake Dachi
Sanchin Dachi
Fudo Dachi
Kiba Dachi
Shiko Dachi

Koe Coo Tsoo Dah Chee
Neh Koe Ah She Dah Chee
Tsoo Ri Ah She Dah Chee
Zen Coo Sue Dah Chee
Hahn Get Sue Dah Chee
Kah Kay Dah Chee
San Chin Dah Chee
Fue Doe Dah Chee
Key Bah Dah Chee
She Koe Dah Chee

STRIKING(UCHI)

Back Strike
Downward Strike
Forward Strike
Upward Strike

Ushiro Uchi
Otoshi Uchi
Mae Uchi
Tate Uchi

Oo She Row Oo Chee
Oh Toe She Oo Chee
Mah Eh Oo Chee
Tah Tay Oo Chee

KOREAN TERMINOLOGY

Back Stance
Backhand
Begin
Bow
Cat Stance
Forms
Forward Stance
Front Kick
Front Stance
High Block
Horse Riding Stance
Knife Hand
Left
Low Block
Lunge Punch
Master
Meditation
Middle Block
Ready Stance

Hu Gul Sugi
Ree Kwon
Si Jak
Chong Bong
Twi Pal Sugi
Hyung
Chon Gul Sugi
Ap Chagee
Ap Sugi
Sang Dan Makki
Kima Sugi
Soo Do
Wen Chok
Ha Dan Makki
Paro Chigee
Sa Bum Nim
Mook Yom
Chung Dan Makki
Chun Bee Sugi

Who Jool Sew Gee

Chawng Bawng

Hee Oong
Chawn Jool Sew Gee
Aup Chaw Gee
Aup Sew Gee
Song Don
Kee Mah Sew Gee

Sah Boom Neem

Reverse Punch
Ridge Hand
Right
Roundhouse Kick
School
Side Kick
Sparring
Teacher
Uniform
Yell

Pan Dae Chigee
Yoi Sudo
Ba Run Jok
Dol Rio Chagee
Dojang
Yop Chagee
Tae Ryon
Sa Bum
Dobok
Ki Hap



Iron Crane Dojo