



In the following pages we will give you some of the key terms we use in Rokakai Karate. In the early stages you will be given instructions in both English and Japanese. However at more senior levels you will be expected to understand instructions in Japanese only, so happy learning.

Your Rokakai Sensei.



Japanese	Pronunciation	English
Jodan Uke	Joe-dan oo-kay	Head block
Jun Zuki	Jun zoo-key	Front punch
Chudan	Chew-dan	Stomach level
Dachi	Dah-chee	Stance
Dojo	Dough-joe	Training hall
Empi	En-pee	Elbow
Empi Uchi	En-pee oo-chee	Elbow strike
Empi Uke	En-pee oo-kay	Elbow block
Fumikomi	Foo-me-koh-me	Stamping kick
Gedan	Geh-dan	Lower level
Gedan Barai	Geh-dan bar-eye	Lower block
Gedan Zuki	Geh-dan zoo-key	Lower punch
Gi	Ghee	Training suit
Gyaku	Gya-koo	Reverse
Gyaku Zuki	Gya-koo zoo-key	Reverse punch
Haito Uchi	Hi-toe oo-chee	Ridge hand strike
Kumite	Koo me-tay	Sparring
Jodan	Joe-dan	Head level
Kage Uke	Kah-gay oo-kay	Hooking block
Kage Zuki	Kah-gay zoo-key	Hooking punch
Kata	Kah-tah	Formal exercise
Keage	Key-ah-geh	Snap
Kekomi	Key-koh-me	Thrust
Kiba Dachi	Key-bah dah-chee	Straddle or horse riding stance
Kime	Key-may	Focus
Kizami Zuki	Key-zah-me zoo-key	Front snap punch
Kokutsu Dachi	Koh-koot-su dah-chee	Back stance



Japanese	Pronunciation	English
Mae Geri	Mah-eh geh-rhee	Front kick
Mawashi Geri	Mah-wha-she geh-rhee	Roundhouse kick
Marote Uke	Moe-rho-the oo-kay	Augmented block
Nukite	Noo-keh-tay	Spear hand straight thrust
Rei	Ray	Bow
Sempai	Sem-pie	Senior
Sensei	Sen-say	Teacher
Shizentai	She-zen-tie	Natural stance
Shuto Uchi	Shoe-toe oo-chee	Knife hand strike
Shuto Uke	Shoe-toe oo-kay	Knife hand block
Storaka	Store kay	Ridge hand block
Soto Uke	So-toh oo-kay	Inside block
Teisho Uchi	Tay-sho oo-chee	Palm heel strike
Teisho Uke	Tay-sho oo-kay	Palm heel block
Tettsui	Tett-soo-ee	Bottom fist
Uchi Uke	Oo-chee oo-kay	Outside block
Uraken	U-rack en	Back fist
Ushiro Geri	Oo-sheer-rho geh-rhee	Back kick
Yana Zuki	Yah-mah zoo-key	'U' punch
Yame	Yah-may	Stop
Yoko Geri	Yoh-koh geh-rhee	Side kick
Zenkutsu Dachi	Zen-koot-su dah-chee	Front stance



SPARRING

Japanese	Pronunciation	English
Kumite	Koo-me-teh	Sparring
Gohon Kumite	Go-hon koo-me-tay	5 step sparring
Ippon kumite	Ee-pon koo-me-teh	One step sparring
Jiyu ippon	Gee-you ee-pon koo-me-teh	Semi-free sparring
Jiyu kumite	Gee-you koo-me-teh	Free sparring

COUNTING

Japanese	Pronunciation	English
Ichi	Ee-chee	1
Ni	Nee	2
San	Sahn	3
Shi	She	4
Go	Go	5
Roku	Roh-koo	6
Shichi	She-chee	7
Hachi	Hah-chee	8
Ku	Koo	9
Ju	Joo	10