

JAPANESE TERMS

NUMBERS

Ichi	- one (1)
Ni	- two (2)
San	- three (3)
Shi or yon	- four (4)
Go	- five (5)
Roku	- six (6)
Shichi or nana	- seven (7)
Hachi	- eight (8)
Kyu or ku	- nine (9)
Ju	- ten (10)
Ju ichi	- eleven (11)
Ju ni	- twelve (12)
Ju san	- thirteen (13)
Ju yon	- fourteen (14)
Ju go	- fifteen (15)
Ni ju	- twenty (20)
San ju	- thirty (30)
Hyaku	- one hundred (100)

COMMON DOJO TERMS

Dojo	- training hall or school
Sensei	- teacher (instructor)
Sempai	- senior student (one that has been there before)
Kohai	- junior student (one that is after)
Hai	- yes
lie	- no
Yoi	- ready yourself (physical and mental)
Kamae	- Move to a stance or posture
Hajime	- begin
Yamae	- end
Seiza	- sitting position
Shinza ni rei	- bow to the place of honor
Shomen ni rei	- bow to the front
Sensei ni rei	- bow to the teacher
Otagai ni rei	- bow to each other
Kyotsuke	- attention position
Onegaishimasu	- please (please help me learn)
Arigato gozaimashita	- thank you
Gomen nasai	- sorry
Kime	- focus
Kiai	- focused yell
Jodan	- upper level
Chudan	- middle level
Gedan	- lower level
Gi	- uniform
Obi	- belt
Kata	- forms
Kumite	- sparring
Kobudo	- old martial arts (okinawan kobudo includes weapons)

KARATE TECHNIQUES

Stances (Dachi)

- Heisoku Dachi - Feet together (toes & heels touch)
- Musubi Dachi - Heels together toes point out 45°
- Heiko Dachi - Parallel stance (feet shoulder width)
- Sanchin - Hourglass stance
- Shiko Dachi - Side facing/square stance (sumo)
- Hanzen Dachi - Half forward stance
- Zenkutsu Dachi - Forward (bent leg) stance
- Kokutsu Dachi - Back (bent leg) stance
- Nekoashi Dachi - Cat foot stance
- Renoji Dachi - Tilted 'V' stance (standing cat)
- Kosa Dachi - Crossed leg stance
- Sagi Ashi Dachi - Crane stance (one leg)

Karate Striking Surfaces

- Seiken - Knuckle(fore) fist
- Kentsui - Hammerfist (bottom fist)
- Uraken - Backfist
- Nukite - Spearhand
- Shuto - Sword (knife) hand
- Teisho or shotei - Palm heel
- Ippon Ken - One knuckle, one point fist
- Haito - Ridge hand
- Kote - Back of hand/forearm
- Koken - Wrist
- Hiji - Elbow
- Hiza - Knee
- Ushiro Kakato - Back of heel
- Ashi Kubi - Instep
- Josokutei - Ball of foot
- Kasokutei - Heel
- Sokuto - Outer edge of foot

Blocking Techniques (Uke Waza)

Age Uke or Jodan Age Uke	- Rising block
Kosa Uke	- Crossed arms block
Yoko Uchi Uke	- Side Striking block
Soto Ude Uke	- Outside forearm block
Yoko Uke	- Side block
Uchi Ude Uke	- Inside forearm block
Kakete or kake uke	- Hooking hand block
Hiji Uke	- Elbow block
Nagashi Uke	- Sweeping block
Sukui Uke	- Scooping block
Shuto Uke	- Sword hand block
Harai Uke	- Sweeping block
Gedan Barai	- Down block (low level sweeping block)
Teisho Uke	- Palm block
Haishu Uke	- Back hand block
Osae Uke	- Pressing block

Hand Techniques (Te Waza)

Tsuki	- Punch
Tateken Tsuki	- Vertical forefist
Uraken Tsuki	- Inverted forefist (close punch)
Gyaku Tsuki	- Reverse punch
Oi Tsuki	- Lunge punch
Ipponken	- One knuckle thrust
Nukite	- Spear hand
Shuto Uchi	- Sword hand (knife edge) strike
Kentsui Uchi	- Bottom fist strike (hammer fist)
Uraken Uchi	- Back knuckle strike
Haito Uchi	- Ridge hand
Hijiata	- Elbow strike

Foot Techniques (Ashi Waza)

Mae Geri	- Front kick (ball of foot forward)
Hiza Geri	- Knee kick
Fumikomi	- Stomp
Sokuto Geri	- Edge of foot kick
Yoko Geri	- Side kick
Mawashi Geri	- Round kick
Ushiro Geri	- Back kick

Kage Geri

Gyaku Mawashi Geri

Mikazuki Geri

Tobi Geri

- Hook kick

- Reverse round kick (hook heel kick)

- Crescent kick

- Jump kick