

GENERAL KARATE TERMINOLOGY

Dojo	School, training place
Karate	Empty hand
Karate-do	The way of empty hand
Sensei	Teacher
Sempai	Senior (higher rank or position)
Kohai	Junior (lower rank or position)
Dohai	Peer, equal (same rank or position)
Obi	Belt
Gi	Karate uniform
Kime	Focus
Kihon	Fundamentals, basics
Kiai	Sharp yell with focus
Karate-ka	Karate student, practitioner
Keiko:	Practice
Kata	Form (a pre-arranged pattern of defensive and offensive techniques against multiple imaginary opponents)
Kyu	Colored belt ranking
Dan	Black belt ranking ("man")
Shodan	First degree black belt
Shodan-ho	Probationary status of first degree rank of black belt
Tai-Sabaki	Switching a stance
<u>COMMANDS</u>	
Seiretsu	Line up
Kiotsuke	Attention
Rei	Bow
Mokuso	Mediation, reflection
Mokuso Yame	Stop the meditation, reflection
Kokki Ni Mukkatte , Rei	Respect to the flag
Sensei, onegaishimasu, rei	Teacher, please train us, bow
Yame	Stop
Naott	At ease
Mawatte	Turn around
Yoi	Preparation, ready
Yasume	Rest, at ease
Seiza	Kneel down
Otagai- ni-Rei	To each other, bow
Ossu	An expression of respect, "push patience"
Hajime	Begin

Hidari
Hidari ashi mae
Migi
Migi ashi mae

Jodan
Chudan
Chudan Barai
Chudan Barai
Chudan Zuki
Gedan

Ichi
Ni
San
Shi (yon)
Go
Roku
Shichi
Hachi
Kyu
Jyu
Jyu Ichi
Ni Jyu
Ni Jyu Ichi
Hyaku

Kumite
Shiai Kumite
Jiyu Kumite
(sometimes Jyu or Jiiyu)
Ippon kumite:
Sanbon kumite

DIRECTIONS

Left
Left foot forward
Right
Right foot forward

BODY LEVELS

Upper level
Middle level
Mid level block
Mid level strike
Mid level Punch
Lower degree, level

COUNTING

One
Two
Three
Four
Five
Six
Seven
Eight
Nine
Ten
Eleven
Twenty
Twenty one
One Hundred

SPARRING

Sparring
Competition Sparring
Free sparring
One step sparring
Three step sparring