

Karate School Vocabulary and Terminology

General Vocabulary:

- Attention.....Kiosuke
- Basic MovementsKihon
- Begin.....Hajime
- Below Black Belt Rank.....Kyu
- Black Belt Rank.....Dan
- Board Breaking.....Tameshiwara
- Bow.....Rei
- Expert.....Renshi
- Free Style Sparring.....Jiyu-Kumite
- Formal Exercises/Forms.....Kata
- Front.....Shomen
- Good Morning.....Konnichiwa
- Good By.....Sayonara
- Good Evening.....Konbanwa
- Instructor.....Sensei
- Left.....Hidari
- Lower Area.....Gedan
- Master.....Shihan
- Mental Concentration.....Kime
- Meditate.....Mukutso
- Middle Area.....Chudan
- Please Teach Me.....Onegai shimasu
- Point(in sparring match).....Ippon
- Punching Board.....Makiwara
- Ready.....Yoi
- Ready Position.....Kako
- Right.....Migi
- Senior Kyu Belt Rank.....Sempai
- Sparring.....
- Stop.....Yame
- Teacher.....Sensei
- Thank You Very Much.....Domo Arigato
- Training Hall.....Dojo
- Training Uniform.....Gi
- Training Belt.....Obi
- Turn.....Mawatte
- Upper Area.....Jodan
- Vocal Expulsion of Air and Power.....Kiai
- Wizard.....Kyoshi
- You're Welcome.....Doitashimashite

Counting in Japanese:

- One.....Ichi
- Two.....Ni
- Three.....San
- Four.....Shi
- Five.....Go
- Six.....Roku
- Seven.....Shichi
- Eight.....Hachi
- Nine.....Ku
- Ten.....Ju
- Twenty.....Niju
- Thirty.....Sanju
- Forty.....Yonj
- Fifty.....Goju
- Sixty.....Rokuju
- Seventy.....Shichiju
- Eighty.....Hachiju
- Ninety.....Kuju
- One Hundred.....Hyaku

Stances:

- Attention.....Kiosuke
- Back Stance.....Koketsu -Dachi
- Cat Stance.....Neko-Ashi-Dachi
- Crane Stance.....Sagi-Ashi-Dachi
- Front Forward Stance.....Zen-Kutsu-Dachi
- Horse Stance.....Kiba-Dachi
- Hourglass Stance.....Sanchin-Dachi
- Kneeling Position.....Sayza
- Natural Stance.....Heiko-Dachi
- Ready Stance.....Kako-Dachi
- Straddle Horse Stance.....Shiko-Dachi

Blocking Techniques:

- Double Forearm Block.....Morote Uke
- Downward Block.....Gedan Uke
- Downward Sweeping Block.....Barai Otoshi Uke
- Hooking Block.....Hiki Uke
- Inside Forearm Block.....Uchi Uke
- Outside Forearm Block.....Soto Uke
- Pushing Block.....Shotei Otoshi Uke
- Rising Block.....Age Uke
- Roundhouse Block.....Mawashi Uke
- Wrist Block.....Koken Uke

Hand Techniques:

- Backfist Strike.....Uraken Uchi
- Bear Hand.....Kama-te
- Elbow Strike.....Empi Uchi
- Finger Pierce Strike.....Nukite Uchi
- Forearm Strike.....Kote Uchi
- Front Punch.....Seiken Zuki
- Hammerfist Strike.....Tettsui Uchi
- Hooking Punch.....Kagi Zuki
- Jab.....Kizami Zuki
- Knife Hand Strike.....Shuto Uchi
- Lunge Punch.....Oi Zuki
- Palm Heel Strike.....Shotei Uchi
- Reverse Punch.....Gyaku Zuki
- Ridge Hand.....Haito Uchi
- Rising Punch.....Age Zuki
- Rolling Backfist.....Hiraken Uchi
- U-Punch.....Awase Zuki
- Vertical Punch.....Tate Zuki
- Wrist Strike.....Koken Uchi

Foot Techniques:

- Back Kick.....Ushiro Geri
- Foot Sweep.....Ashi Barai
- Front Kick.....Mae Geri
- Hook Kick.....Gyaku Mawashi Geri
- Joint Kick.....Kensetsu Geri
- Jumping Front Kick(single leg).....Tobi Mae Geri
- Jumping Front Kick(double leg).....Nidan Mae Geri
- Jumping Side Kick.....Tobi Yoko Geri
- Knee Kick.....Hiza Geri
- Roundhouse Kick.....Mawashi Geri
- Side Kick.....Yoko Geri
- Stomping Kick.....Fumikomi Geri