



Karate Terminology

Miscellaneous

- Sensei (sen-say)—teacher
- Senpai (sen-pie)—senior student (students that started before you)
- Kohai (koh-hi)—junior student (students that started after you)
- Yoji (yoh-jih)—pre-schooler
- Jodan (jyo-dah'n)—face level
- Chudan (chew-dah'n)—solar plexus level
- Age-uke gyaku-zuki (ah-geh u-keh gya-koo zoo-key)—rising block, reverse-punch
- Oss (oh's) -acknowledgment or greeting
- Kiai (key-eye) -shout
- Hidari (he-dah-ley) - left
- Migi (me-ghi) - right
- Kyu (que) - color belt rank, e.g., 7th Kyu (orange belt)
- Kizami (key-zah-me) - lead side; side that's in the front
- Kata (kah-tah) - formal exercise with designated steps

Counting Numbers

- Ichi (ee-chih) = One
- Ni (nee) = Two
- San (sahn) = Three
- Shi (shee) = Four
- Go (goh) = Five
- Roku (roh-koo) = Six
- Shichi (shee-chee) = Seven
- Hachi (hah-chee) = Eight
- Kyu (koo) = Nine
- Ju (joo) = Ten



Opening/Closing Ceremony

- Seiza (say-zah)—kneel to the floor
- Mokuso (mohk'-soh)—meditation to focus and clear one's mind before/after training
- Mokuso yame (mohk'-soh yah-meh)—end mokuso
- Shomen ni rei (show-men knee rey)—bow to the front, paying respect to all past teachers
- Sensei ni rei (sen-say knee rey)—bow to the teacher, thanking the teacher of the class
- Otagai ni rei (oh-tah-guy knee rey)—bow to each other, showing respect to all classmates

Kata

- Names by Rank
- Heian Shodan - white, 9th kyu
- Heian Nidan - yellow, 8th kyu
- Heian Sandan - orange, 7th kyu
- Heian Yondan - green, 6th kyu
- Heian Godan - blue, 5th kyu
- Tekki Shodan - purple, 4th kyu

Performance of Kata—individual, all done silently except for Kata Announcement and Kiai; group, the leader will announce as below

- Kyotsuke Rei (kyo-tsu-keh rey)—heels together and bow
- Kata's name announcement - leader will announce first, followed by participants
- Yoi (yo-ee)—feet apart shoulder width, ready stance
- Hajime (hah-gee-meh) - command for start, or leader counts the steps
- Kiai (key-eye) - Karate yell, at designated spots
- Yame (yah-mey) - command to return to ready stance after finishing the Kata
- Rei (rey)— bring heels together with toes out and bow



Kihon Terminology

- Hidari gedan-barai kamaete (he-dah-lee geh-dahn bah-rye comma-eh-teh) —left leg forward, down-block ready stance
- Mawatte (mah-wah-tte) - turn around

Punches

- Choku-zuki (cho-ku zoo-key)—standing punch
- Oi-zuki (oh-ee zoo-key)—stepping punch, punch same side with front leg
- Gyaku-zuki (gya-koo zoo-key)—punch opposite side with front leg
- Kizami-zuki (key-zah-me zoo-key)—front hand punch or jab

Blocks

- Age-uke (ah-geh u-keh)—rising block
- Soto-uke (soh-toe u-keh)—outside to in block
- Uchi-uke (u-chi u-keh)—inside to out block
- Shuto-uke (shoe-toe u-keh)—knife hand block
- Gedan-barai (geh-dah-n bah-rye)—downward sweep block

Kicks

- Mae-geri (mah-eh geh-lee)—front kick
- Mawashi-geri (mah-wah-she geh-lee)—roundhouse kick
- Yoko-geri (yoh-koh geh-lee)—side kick
- Ushiro-geri (u-she-rho geh-lee)—back kick

Stances

- Zenkutsu-dachi (zen-koo-tsu dah-chi')—front stance
- Kiba-dachi (key-bah dah-chi')—horse (side) stance
- Kokutsu-dachi (koh-koo-tsu dah-chi')—back stance
- Shomen (show-men)—front facing
- Hanmi (han-mih)—angle facing



Combinations

- Soto-uke gyaku-zuki (soh-toe u-keh gya-koo zoo key)—outside block, reverse-punch
- Soto-uke enpi-uchi uraken (soh-toe u-keh en-pih u-chee u-rah-ken)- outside block, elbow strike and back fist strike
- Shuto-uke kizami mae-geri nukite (shoe-toe u-keh key-zah-mih mah-eh- geh-lee noo-key-teh)—knife hand block, lead leg front-kick spear hand strike
- Mae-geri rengeru (mah-eh geh-lee ren geh-lee)—double front kick
- Mawashi-geri rengeru (mah-wah-she geh-lee ren geh-lee)—double roundhouse kick
- Kamae (kah-mah-eh)—on guard position