

Japanese Terminology

Blocks: Block - **uke**
Rising/face block - **age uke**
Low sweeping block - **gedan barai**
Outside block - **soto-uke**

Hand Techniques: Front punch - **oi-zuki**
Reverse punch - **gyaku-zuki**

Foot Techniques: Kick - **geri**
Front kick - **mae geri**
Side kick - **yoko geri**

Counting: Five - **go**
Six - **roku**
Seven - **shichi or nana**
Eight - **hachi**
Nine - **ku**
Ten - **ju**

General Terminology:

Begin - **hajime**
Stop - **yame**
Bow - **rei**
Ready - **yoi**
Teacher - **Sensei**
Senior - **Senpai**
Junior - **Kohai**
Karate practitioner - **karateka**
Training hall - **dojo**
Uniform - **gi**
Empty hand - **karate**
The way of the empty hand - **karate-do**
Basics - **kihon**
Forms - **kata**
Sparring - **kumite**
Spirited yell - **kiai**
Meditate - **mokuso**
Belt - **obi**
Kneel - **seiza**
Stand up - **kiritsu**
Turn around - **mawate**

Stances:

Stance - **dachi**
Attention stance (heels together feet out) - **musubi dachi**
Ready stance (Yoi) - **heiko dachi**
Front stance - **zenkutsu dachi**
Horse riding stance - **kiba dachi**