

Useful Karate terms



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Numbers

1	Ichi (sho)
2	Ni
3	San
4	Shi (yon)
5	Go
6	Roku
7	Shichi (nana)
8	Hachi
9	Ku
10	Ju
11	Ju-ichi
12	Ju-ni
20	Ni-ju
21	Ni-ju-ichi
30	San-ju
40	Y on-ju
50	Go-ju
60	Roku-ju
100	Hyaku
500	Go-hyaku
1,000	Sen
5,000	Go-sen
10,000	Ichi-man
100,000	Ju-man

Karate Terms

Y oi	Ready stance
Zenkutsu-dachi	Front stance
Kokutsu-dachi	Back stance
Neko-ashi-dachi	Cat stance
Sanchin-dachi	Hour glass stance
Shiko-dachi	Straddle Leg stance / Horse Riding stance
Musubu-dachi	Attention stance (Heels touching - feet turned out)
Seiza	Kneel

Colours

Aka	Red
Ao	Blue
Shiro	White

Punches

Oi zuki	Lunge punch / Stepping forward punch
Gyaku zuki	Reverse Punch
Maekan zuki	Leading hand punch
Sekkyaku zuki	Half step punch

Kicks

Mae tobi ger	Jumping front kick
Mae geri keage	Front snap kick
Mawashi geri	Roundhouse Kick
Ushiro geri	Back Kick
Ushiro mawashi geri	Hook Kick/Back roundhouse kick
Y oko geri kekomi	Side Thrust Kick

Other Useful Terms

Hidari	Left
Migi	Right
Kiai	Traditional Japanese shout
Nukite	Spearhand
Kekomi	Thrust
Keage	Snap
Jodan	Head area
Chudan	Middle body area
Gedan	Lower body area
Hokie kumite	Pre-arranged sparring

Blocks /Strikes

Age uke	Upward rising block
Uchi uke	Underarm block
Gedan barai	Downward block
Shuto uke	Knife hand block

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