



# J.R.'s Karate Club

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## BASIC KARATE TERMS, TECHNIQUES & VOCABULARY

### COUNTING

ONE	ICHI
TWO	NI
THREE	SAN
FOUR	SHI
FIVE	GO
SIX	ROKU
SEVEN	HICHI
EIGHT	HACHI
NINE	KU
TEN	JU

### STANCES

(N) STANCE	DACHI
(N) FORMAL ATTENTION	SKEE
(N) NATURAL STANCE	<del>MAE</del> MAE DACHI
(N) HORSE STANCE	KIBA DACHI
(N) FORWARD FRONT STANCE	ZENKUTSU DACHI
(Y) BACK STANCE	KOKUTSU DACHI
(O) CAT STANCE	NEKO ASHI DACHI
(G) FIGHTING STANCE	MAHABI DACHI
(N) CROSS OVER STEP	TAI SABAKI
(G) SHORT CAT STANCE	NIGAWASHI DACHI

### HAND TECHNIQUES

(N) PUNCH	SAKEN (ZUKI)
(Y) STRIKE	UCHI
(Y) RISING PUNCH	JODAN UCHI
(Y) ELBOW STRIKE	EMPI UCHI
(Y) BACK FIST STRIKE	REKEN UCHI
(Y) KNIFE HAND STRIKE	SHUTO UCHI
(N) RIDGE HAND STRIKE	HAITO UCHI

### FOOT TECHNIQUES

(N) KICK	GERI
(N) FRONT KICK	MAE GERI
(N) ROUND HOUSE KICK	MAWASHI GERI
(Y) SIDE KICK	YOKO GERI
(Y) BACK KICK	USHIRO GERI
(Y) THRUST KICK	KOMI GERI

### BLOCKING TECHNIQUES

(N) BLOCK	UKE
(N) RISING BLOCK	JODAN UKE
(N) DOWNWARD BLOCK	GEDAN BARAI
(Y) KNIFE HAND BLOCK	SHUTO UKE
(G) ELBOW BLOCK	EMPI UKE
(N) INSIDE FOREARM BLOCK	UDE UKE
(G) AUGMENTED BLOCK	MOROTO UKE
(Y) OUTSIDE FOREARM BLOCK	OSOTO UKE
(G) RISING X BLOCK	JUJI UKE
(N) LOW X BLOCK	ZUKI UKE

### GENERAL VOCABULARY

(N) TEACHER	SENSEI
(N) BEGIN	HAJIME
(N) BOW	REI
(N) TRAINING ROOM	DOJO
(N) WAY OF HARMONY	WADO
(N) EMPTY HAND	KARATE
(N) TRAINING PATTERN	KATA
(N) PEACE & HARMONY	PINAN
(N) FIGHTING (SPARRING)	KUMITE

### PINANS

(N) PINAN SHODAN
(Y) PINAN NEDAN
(O) PINAN SUNDAN
(G) PINAN YODAN
(B) PINAN GODAN

(N) NEW STUDENT    (Y) YELLOW BELT    (O) ORANGE BELT    (G) GREEN BELT    (B) BLUE BELT