

KARATE BASIC TERMINOLOGY/KNOWLEDGE

Karate – Kara (open) te (hand)

Shōrin Ryu – Shōrin (forest) Ryu (school/style)

Origin – Okinawa

Branch – Matsumura Seito-Ha

Ranks (belts)

Kyu Ranks	Dan Ranks
Rokyu – White	Shodan – 1 st Black
Gokyu – Yellow	Nidan – 2 nd Black
Yonkyu – Blue	Sandan – 3 rd Black
Sankyu – 3 rd Brown	Yondan – 4 th Black
Nikyu – 2 nd Brown	Godan – 5 th Black
Ikkyu – 1 st Brown	Rokudan – 6 th Black

Common Terms

Sensei – Instructor

Senpai – Senior Student

Kohai – Junior Student

Dojo – Training Room

Kata – Form

Kumite – Sparring (free-form, 3-step)

Kiai – Powerful shout or yell (spirit yell)

Tori – Person practicing technique

Uke – Opponent/partner

Common Commands

Kyotsuke – Attention

Rei – Bow

Yoi – Ready

Yasume – Relax

Hajime – Start (begin)

Matta – Stop (hold position)

Yame - Stop

Counting

Ichi – One (1)

Ni – Two (2)

San – Three (3)

Shi/Yon – Four (4)

Go- Five (5)

Roku – Six (6)

Shichi/Nana – Seven (7)

Hachi – Eight (8)

Kū – Nine (9)

Jū – Ten (10)

Ju Ichi – Eleven (11)

Ju Ni – Twelve (12)

Ju San – Thirteen (13)

Ju Yon – Fourteen (14)

Ju Go- Fifteen (15)

Ju Roku – Sixteen (16)

Ju Nana – Seventeen (17)

Ju Hachi – Eighteen (18)

Ju Kū – Nineteen

Ni-Jū - Twenty

San-Jū – Thirty

Yon-Jū – Forty

Go-Jū – Fifty

Roku-Jū - Sixty

Nana-Jū - Seventy

Hachi-Jū – Eighty

Ku-Jū - Ninety

Hyaku – One Hundred (100)