

Karate Dojo Terminology

Counting in Japanese	
Ichi	One
Ni	Two
San	Three
Shi	Four
Go	Five
Roku	Six
Shichi	Seven
Hachi	Eight
Ku	Nine
Ju	Ten
Ju-Ichi	Eleven
Ju-Ni	Twelve
Ju-San	Thirteen
Ju-Shi	Fourteen
Ju-Go	Fifteen
Ju-Roku	Sixteen
Ju-Shichi	Seventeen
Ju-Hachi	Eighteen
Ju-Ku	Nineteen
Ni-Ju	Twenty
Ni-Ju-Ichi	Twenty One
Ni-Ju-Ni	Twenty Two
Ni-Ju-San	Twenty Three
Ni-Ju-Shi	Twenty Four
Ni-Ju-Go	Twenty Five
Ni-Ju-Roku	Twenty Six
Ni-Ju-Shichi	Twenty Seven
Ni-Ju-Hachi	Twenty Eight
Ni-Ju-Ku	Twenty Nine
San-Ju	Thirty
Hyaku	One Hundred

Dachi	Stance
Bensoku	Cross Leg
Hachiju	Natural
Heiko	Parallel (Ready)
Heisoku	Closed Foot
Kokutsu	Deep Back
Musubi	Formal Attention
Nekoashi	Cat Foot
Sanchin	Hourglass
Sesan	Front
Seiunchin (Shiko)	Straddle Leg (Horse)
Zenkutsu	Deep Front

Geri-Waza	Kicking Techniques
Hiza-Geri	Knee Kick
Kake-Geri	Hook Kick
Mae-Geri	Front Kick
Mawashi-Geri	Roundhouse Kick
Ushiro-Geri	Back Kick
Yoko-Geri	Side Blade Kick
Fumikomi-Geri	Crossover Stomp Kick

Te-Waza	Hand Techniques
Empi-Uchi	Elbow Strike
Haito	Ridge Hand
Nukite	Spear Hand
Seiken	Straight Punch
Shotei	Palm Heel Strike
Shuto	Knife Hand
Tettsui	Hammer Fist
Uraken	Back Fist

Uke-Waza	Blocking Techniques
Jodan Uke	Upper Block
Chudan Uke	Middle Block
Gedan Uke	Lower Block
Juji Uke	Cross Block

General Terms	
Arigato	Thank You
Arigato Gozaimasu	Thank You Very Much
Bunkai	Application
Chishi	Stone Lever Weight
Dan	Black Belt Ranks
Dojo	Training Hall
Gi	Uniform
Hajime	Begin
Hara (Tanden)	Abdomen'/Center of Gravity
Hatachi Rei	Standing Bow
Ippon	Point
Isshin	One Heart
Karate	Empty Hand
Karate-Do	Empty Hand Way
Karate-Ka	Karate Student
Kata	Form
Kiai	Karate Yell
Kime	Focus
Kumite	Sparing
Kyu	Ranks before Black Belt
Makiwara	Striking Post
Mokuso	meditation
Nigiri-Game	Gripping Jar
Obie	Belt
Onigoshi Masu	Will You Please Help Me?
Osh (Yame)	Stop
Pinon	Beginner Forms
Randouri	Slow and Soft Sparing
Rei	Bow
Ryu	Style (Way)
Seiza	Kneeling Position
Shiai	Contest/Testing
Shobu	Self Defense Technique
Shomen	Front
Tatsuo Shimabuku	Founder of Isshin Ryu Karate
Ukemi-Waza	Falling Technique