

KARATE TERMINOLOGY

Yellow Belt Test Requirements

<u>English</u>	<u>Japanese</u>	<u>Pronunciation</u>
Technique	Waza	wa-za
Free Fight	Kumite	koo-me-tay
Fore Fist	Seiken	say-ken
Fore Arm	Ude	oo-day
Chop	Shuto	shoe-toe
Stance	Dachi	da-chee
Elbow	Empi	em-pee
Back Fist Strike	Uraken Uchi	oo-rah-ken oo-chee
Foot Edge	Sokuto	soh-kuh-toe
Ball of Foot	Koshi	koh-she
Side Squat Stance	Hachiji Dachi	hah-chee-gee-dah-chee
Front Stance	Zenkutsu Dachi	zen-koot-su da-chee
Cat Foot Stance	Neko Ashi Dachi	neh-ko a-she da-chee
Fore Fist Punch	Seiken-Tsuki	say-ken-zoo-key
Down Block	Zenkutsu Uke	zen-koot-su oo-key
Rising Block	Age Uke	ah-gay oo-kay
Chest Block	Ude Uke	oo-day oo-kay
Front Kick	Mae Geri	my gay-ree
Front Snap Kick	Mae Geri Keage	my gay-ree kay-ah-gay
Front Thrust Kick	Mae Geri Kekomi	my gay-ree kay-koh-mee
Side Kick	Yoko Geri	yoh-ko gay-ree
Side Snap Kick	Yoko Geri Keage	yoh-koh gay-ree kay-ah-gay
Side Thrust Kick	Yoko Geri Kekomi	yoh-koh geh-ree kay-koh-mee
Roundhouse Kick	Mawashi Geri	mah-wah-she gay-ree
Form	Kata	kah-tah
Shout of Spirit	Kiai	kee-eye
Teacher	Sensei	sen-say

KARATE TERMINOLOGY

Blue Belt Test Requirements (Including all previous belt terminology)

<u>English</u>	<u>Japanese</u>	<u>Pronunciation</u>
Upper Level	Jodan	joe-don
Middle Level	Chudan	choo-don
Lower Level	Gedan	gay-don
Meditate	Mokuso	moh-kso
Kneeling Position	Seiza	say-zah
Thank You Very Much	Domo Arigato Gozaimasu	doh-moh ah-ree-gah-toh goh-sah-ee -mas

Green Belt Test Requirements (Including all previous belt terminology)

<u>English</u>	<u>Japanese</u>	<u>Pronunciation</u>
Breath and Mind Power	Kokyo Ho	ko-kee-yo hoe
Fight or Match	Hajime	ha-jee-may
Start A Match	Shobu Hajime	show-boo ha-jee-may
Stop	Yame	yah-may
Red	Aka	ah-ka
White	Shiro	shee-row
Yes	Hai	high
Fore fist Thrust Punch	Seiken-Tsuki Kekomi	say-ken-zoo-key kay-koh-mee
Reverse Punch	Gyaku Tsuki	ga-yah-koo zoo-key
Original Position	Moto No Ichi	mow-toe no eech
Time	Jikan	gee can
Extended Match	Encho Sen	in cho sen
Shin	Sune	soo-ney
Instep	Ashinokou	ah-she-no-koo
Back Stance	Kokutsu Dachi	ko-koot-su da-chee
Belt	Obi	oh-be
Training Hall	Dojo	doh-joe
Blow	Uchi	oo-chee
Kick	Geri	gay-ree
Thrust	Tsuki	t-sue-key

KARATE TERMINOLOGY

Purple Belt Test Requirements (Including all previous belt terminology)

<u>English</u>	<u>Japanese</u>	<u>Pronunciation</u>
Stop (Ran Out of Ring)	Yame Jogai	yah-may joe-guy
Extra Extended Match	Sai Encho Sen	sigh in cho sen
I Don't Take It	Torimasen	tor-ee-may-sin
Same Time	Aiuchi	eye-oo-chee
Red Wins	Aka no kachi	ah-ka no ka-chee
White Wins	Shiro no kachi	she-row no ka-chee
Warning Of A Foul	Hansoku Chui	han-so-koo chew-ee
Foul	Hansoku	han-so-koo
Warning (Ran Out Of Ring)	Jogai Chui	joe-guy chew-ee
Disqualification	Shikkaku	she-kak-oo
Judges Assemble	Fukushin Shugo	foo-koo-shin shoe-go
Draw	Hikiwake	he-key-wah-key
Judgement	Hantei	han-tey

Brown Belt Test Requirements (Including all previous belt terminology)

<u>English</u>	<u>Japanese</u>	<u>Pronunciation</u>
Please	Dozo	do-zoh
No	Lie	lie
Good Morning	Ohayo	oh-hi-o
Good Afternoon	Konnichi wa	ko-nee-chee wa
Good Evening	Konban Wa	kon-bahn wa
Good Night	Oyasuminasai	oh-yah-soo-me-nah-sai
Good Bye	Sayonara	sai-o-nar-a
Hello	Moshi	mo-she
Your Welcome	Do Itashimashite	doh it-ah-shim-ash-she-tey
Japan	Nihan	nee-han
Fight On	Tsuzukete	t-sue-key-tay
Resume Fighting	Tsuzukete Hajime	t-sue-key-tay ha-jee-may

KARATE TERMINOLOGY

Numbers

<u>English</u>	<u>Japanese</u>	<u>Pronunciation</u>
One	Ichi	ee-chee
Two	Ni	nee
Three	San	sahn
Four	Shi	shee
Five	Go	goh
Six	Roku	roh-koo
Seven	Shichi	shee-chee
Eight	Hachi	hah-chee
Nine	Ku	koo
Ten	Ju	joo
Eleven	Ju Ichi	joo ee-chee
Twelve	Ju Ni	joo nee
Twenty	Ni Ju	nee joo
Twenty-One	Ni Ju Ichi	nee joo ee-chee
Thirty	San Ju	sahn joo
Thirty-One	San Ju Ichi	sahn joo ee-chee
Etc.		
One Hundred	Hyaku	hi-ya-koo
One Hundred One	Hyaku Ichi	hi-ya-koo ee-chee