

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	Kiai – Powerful shout or yell (spirit yell)
Senpai – Senior Student	Yoi – Ready
Kohai – Junior Student	Yasume – Relax
Dojo – Training Room	Hajime – Start (begin)
Kyotsuke – Attention	Matta – Stop (hold up)
Rei – Bow	Yame - Stop
Kata – Form	Tori – Person practicing technique
Kumite – Sparring (free-form, 1-step, 3-step)	Uke – Opponent/partner

Counting

Ichī – One (1)	Roku – Six (6)
Ni – Two (2)	Shichi – Seven (7)
San – Three (3)	Hachi – Eight (8)
Shi/Yon – Four (4)	Ku – Nine (9)
Go- Five (5)	Ju – Ten (10)