

## Karate Techniques (Waza)

<b>Stances (Dachi)</b>		<b>Punches (Zuki)</b>	
Shizentai	Natural stance	Oi zuki	Stepping punch
Zenkutsu dachi	Front stance	Gyaku zuki	Reverse punch
Kokutsu dachi	Back stance	Kizami zuki	Leading hand (reaching) punch
Kiba dachi	Horse-riding stance	Choku zuki	Straight punch
Shiko dachi	Straddle stance	Tate zuki	Vertical fist punch
Neko ashi dachi	Cat stance	Ura zuki	Upper cut
Kosa dachi	Cross-legged stance	Kagi zuki	Hook punch
Heisoku dachi	Heels + toes together	Ren zuki	Double punch
Musubi dachi	Heels together, toes apart	Sanbon zuki	Triple punch
Fudo dachi	Rooted stance	Age zuki	Rising punch
Hangetsu dachi	Half-moon stance	Mawashi zuki	Roundhouse punch
Sanchin dachi	Hour-glass stance	Yama zuki	Mountain punch
<b>Blocks (Uke)</b>		<b>Kicks (Geri)</b>	
Gedan barai	Downward sweeping block	Mae geri	Front kick
Jodan barai	Upward sweeping block	Mawashi geri	Roundhouse kick
Ude barai	Forearm sweeping block	Gyaku mawashi geri	Reverse roundhouse kick
Soto (ude) uke	Outside (forearm) block	Ura mawashi geri	Reverse roundhouse kick
Uchi (ude) uke	Inside (forearm) block	Yoko geri keage	Side snap kick
Age uke	Rising block	Yoko geri kekomi	Side thrust kick
Otoshi uke	Dropping block	Ushiro geri	Back kick
Shuto uke	Knife-hand block	Ashi barai	Foot sweep
Moroto ude uke	Augmented forearm block	Fumikomi	Stamping kick
Nagashi uke	Palm sweeping block	Hiza geri	Knee kick
Juji uke	X block	Kizami geri	Front leg (reaching) kick
Kakewake uke	Wedge block	Mikazuki geri	Crescent kick
Osae uke	Pressing block	Tobi geri	Jumping kick

<b>Strikes (Uchi)</b>		<b>Other</b>	
Empi uchi	Elbow strike	Hidari	Left
Nukite	Spear-hand strike	Migi	Right
Shuto uchi	Knife-hand strike	Age	Rising
Haito uchi	Ridge-hand strike	Otoshi	Dropping
Teisho	Palm heel strike	Shomen	Front
Uraken	Back fist strike	Ushiro	Back, behind
Tetsui	Hammer fist strike	Hanmi	Half-facing

## Counting

Ichi	One		Ni-Ju	Twenty	(Two tens)
Ni	Two		Ni-Ju-Ichi	Twenty-one	(Two tens plus one)
San	Three		Ni-Ju-Ni	Twenty-two	(Two tens plus two)
Shi (or yon)	Four		Ni-Ju-San	Twenty-three	(Two tens plus three)
Go	Five		Ni-Ju-Shi	Twenty-four	(Two tens plus four)
Roku	Six		Ni-Ju-Go	Twenty-five	(Two tens plus five)
Shichi (or nana)	Seven		Ni-Ju-Roku	Twenty-six	(Two tens plus six)
Hachi	Eight		Ni-Ju-Shichi	Twenty-seven	(Two tens plus seven)
Ku (or kyu)	Nine		Ni-Ju-Hachi	Twenty-eight	(Two tens plus eight)
Ju	Ten		Ni-Ju-Ku	Twenty-nine	(Two tens plus nine)
Ju-Ichi	Eleven	(Ten [plus] one)	San-Ju	Thirty	
Ju-Ni	Twelve	(Ten [plus] two)	Yon-Ju	Forty	
Ju-San	Thirteen	(Ten [plus] three)	Go-Ju	Fifty	
Ju-Shi	Fourteen	(Ten [plus] four)	Roku-Ju	Sixty	
Ju-Go	Fifteen	(Ten [plus] five)	Nan-Ju	Seventy	
Ju-Roku	Sixteen	(Ten [plus] six)	Hachi-Ju	Eighty	
Ju-Shichi	Seventeen	(Ten [plus] seven)	Kyu-Ju	Ninety	
Ju-Hachi	Eighteen	(Ten [plus] eight)	Hyaku	One hundred	
Ju-Ku	Nineteen	(Ten [plus] nine)	Sen	One thousand	

## Miscellaneous Terms

Karate	Empty hand	Kihon	Basics
Budo	The way of the warrior	Kata	Form
Dojo	Training hall	Kumite	Sparring
Sensei	Teacher	Gohon Kumite	Five-step sparring
Sempai	Senior student	Sanbon Kumite	Three-step sparring
Dogi (also Gi)	Uniform	Kihon Ippon Kumite	Basic One-step sparring
Obi	Belt	Jiyu Ippon Kumite	Semi-free-style sparring
Zanshin	Awareness	Jiyu Kumite	Free-style sparring
Kime	Focus	Shobu Ippon Kumite	Competition sparring
Kiai	Spirited shout		
Seiza	Sit (in kneeling down position)	Jodan	Upper level
Rei	Bow	Chudan	Middle level
Yoi	Ready	Gedan	Lower level
Kamaete	Do it (adopt the stated position)		
Hajime	Begin	Kyu	A numbered grade below black belt
Yame	Stop	Dan	A level of black belt
Tsuzukete	Continue		
Mawatte	Turn	Osu, Oss or Ossu	General term of acknowledgement

## General

### Sempai Instructions (at start/end of class)

What to Say	Pronunciation	Translation	When to Say It
1. Seidetsu	Sigh-dets	Line up	When class is about to begin
2. Seiza	Say-za	Sit (in kneeling position)	Everyone is lined up
3. Mokuso	Mock-so	Close eyes (meditate)	Everyone is in seiza
4. Kamaku	Cam-mack	Open eyes	After brief meditation
5. Shomen ni Rei	Show-men-nee-ray	Bow to the front	Once eyes are open
6. Sensei ni Rei	Sen-see-nee-ray	Bow to the teacher(s)	Sensei faces class
7. Otagai ni Rei	O-ta-guy-nee-ray	Bow to each other	After previous bow

### Dojo Kun (rules for the dojo - led by Sempai, repeated by all)

The Dojo Kun is a declaration recited by all karate students, usually at the end of a training session before the final bows. The purpose of the Dojo Kun is to remind everyone in the dojo, regardless of rank, to take the underlying principles of Shotokan karate and make them a regular part of their daily life. Each line is recited by the sempai and repeated by everyone else.

What to say	Translation
Hitotsu! Jinkaku kansei ni tsutomuru koto!	One! To strive for the perfection of character!
Hitotsu! Makoto no michi o mamoru koto!	One! To defend the paths of truth!
Hitotsu! Doryoku no seishin o yashinau koto!	One! To foster the spirit of effort!
Hitotsu! Reigi o omonzuru koto!	One! To respect others!
Hitotsu! Kekki no yu o imashimuru koto!	One! To refrain from violent behaviour!

### Japanese Pleasantries

Good morning	Ohayo gozaimasu	Please (as in give me...)	Kudasai
Good afternoon	Konnichiwa	Please (service request)	Onegaishimasu
Good evening	Konbanwa	Please (e.g. do come in)	Dozo
Good night	Oyasumi nasai	Thank you	Domo
Goodbye	Sayonara		Arigato

How are you?	O genki desu ka?		Arigato gozaimasu (present)
I am fine. And you?	Genki Desu. Anata wa?		Arigato gozaimashita (past)
			Domo arigato
Yes	Hai		Domo arigato gozaimashita
No	lie	You're welcome	Do itashimashite
I don't know	Shirimasen (or wakarimasen)	Excuse me	Sumimasen