

KARATE TERMINOLOGY SHEET

#1 Beginner/Intermediate

COUNTING IN JAPANESE NUMBERS:

ICHI	-	ONE	ROKKO	-	SIX
NI	-	TWO	SICHI	-	SEVEN
SAN	-	THREE	HACHI	-	EIGHT
SHI	-	FOUR	KU	-	NINE
GO	-	FIVE	JU	-	TEN

STANCES:

JAPANESE	ENGLISH
Yoi	Ready stance
Kokutsu-Dachi	Backward leaning stance
Zenkutsu-Dachi	Forward leaning stance
Kiba-Dachi	Horse shoe stance/straddle stance
Musubi-Dachi	Open Toe stance
Heiko-Dachi	Parallel stance/feet apart
Heisoku-Dachi	Parallel stance/attention
Hachiji-Dachi	Open Leg stance/normal stance
Gyaku Zenkutsu Dachi	Reverse Forward Leaning stance
Sanchin	Hour Glass stance

KICKING:

JAPANESE	ENGLISH
Mae Geri	Front kick
Mawashi Geri	Roundhouse kick
Yoko Geri	Side kick
Kake Geri	Hook kick
Kin Geri	Groin kick
Mae Keage	Front Stretch kick
Yoko Keage	Side Stretch kick

BODY TARGET AREAS:

JAPANESE	ENGLISH
Jodan	High area
Chudan	Middle area
Gedan	Low area