

## Terminology

These are the basic terms that you'll commonly hear and use while training in the dojo. Make a point to learn their meaning and correct pronunciation.

karate-do	way of the empty hand
sensei	one who has come before.
sempai	senior student
kohai	junior
dohai	equal rank
dojo	way of the place
kiotsuke	attention
rei	bow
yoi	ready
hajime	begin
yame	stop
hai	yes
kime	focus
seiza	formal seated position
mokuso	meditation
jodan	high
chudan	middle
gedan	low
mawatte	turn
ko-tai	change
kamae	set/ready.
kata	pre-arranged form
kumite	crossing of hands.
bunkai	analysis of movement
waza	drill
yakusoku	agreement fighting.
makiwara	punching board.
gi	training uniform
obi	belt
sensei ni rei	bow to the instructor
one-gaishi-masu	please help or teach me.
arigato gozaimasu	thank you very much.
migi	right
hidari	left
Renshi	model student
Kyoshi	model teacher
Hanshi	model man
Shihan	licensed teacher

## Basic Techniques

- Basic Stances
  - Attention stance - Heisoku dachi
  - V stance – musubi dachi
  - Ready stance – Yoi dachi or heiko dachi
  - Toes in stance – naihanchin dachi
  - Horse stance – kiba dachi
  - Long stance – zenkutsu dachi
  - Natural stance - Sheizentai dachi
  - Cat stance – neko ashi dachi
  - Crossing stance – kosa dachi
- Basic Blocks
  - High block - jodan uke
  - Outside block - chudan soto uke
  - Inside block – chudan uchi uke
  - Low block - gedan barai
- Basic Punches & Strikes
  - Punch - tsuke  
Palm heel strike – sho-tai
  - Knife hand strike - shuto tsuke
  - Elbow strike - empi
- Basic Kicks
  - Front snap kick – ken geri
  - Side kick - yoko geri
  - Roundhouse kick - mawashi geri
  - Back thrust kick - ushiro geri