

Numbers:

one *ichi*
two *ni*
three *san*
four *shi* or *yon*
five *go*
six *roku*
seven *shichi* or *nana*
eight *hachi*
nine *ku*
ten *ju*

General Terminology:

upper area *jodan*
middle area *chudan*
lower area *gedan*
combative/guarding posture *kamae*
begin *hajime*
stop *yame*
focus *kime*
bow *rei*
ready *yoi*
left *hidari*
right *migi*
teacher (born before) *Sensei*
senior *Senpai*
junior *Kohai*
karate practitioner *karateka*
training hall *dojo*
uniform *gi*
empty hand *karate*
the way of the empty hand *karate-do*
basics *kihon*
forms *kata*
spirited yell *kiai*
punching board *makiwara*
meditate *mokuso*
belt *obi*
school or style *ryu*
kneel *seiza*
front wall *shomen*

attention *kiyotsuke*
back/rear foot of body *ushiro*
hand *te*
foot *ashi*
switch sides *kaete*
please teach me *onegaishimasu* or *oss!*
thank you very much *arigato gozai mashita*
turn around *mawate*
sparring *kumite*
one step sparring *jiyu ippon kumite*
slow free flowing sparring *randori*
application of kata *bunkai*
advanced application of kata *oyo*
body shifting *tai sabaki*
break falls *ukemi*

3-step sparring *san dan kumite* or *san dan gi*

Stances:

stance *dachi*
feet together *heisoku dachi*
heels together feet out at 45 degrees *musubi dachi*

parallel ready stance *heiko dachi*
natural stance *hachiji dachi*
square stance *shiko dachi*
hour glass stance *sanchin dachi*
front stance *zenkutsu dachi*
back stance *kokutsu dachi*
cat stance *neko ashi dachi*
horse riding stance *kiba dachi*
half front stance *han zenkutsu dachi*
Half-moon stance *hangetsu dachi*
Rooted stance *fudo dachi*

Blocks:

block *uke*
face block *jodan uke*
rising/face block *age uke*
chest block *chudan uke*
low block *gedan uke*
low sweeping block *gedan barai*
elbow block *hiji uke* or *enpi uke*
pulling/grasping block *hiki uke*
knee block *hiza uke*
wrist block *ko uke*
roundhouse block *mawashi uke*
knife hand block *shuto uke*
inside forearm block *soto uke*
outside forearm block *uchi uke*

Hand Techniques:

fist *ken*
punch or thrust *zuki*
strike *uchi*
fore fist punch *seiken zuki*
rising punch *age zuki*
face punch *jodan zuki*

chest punch *chudan zuki*
low punch *gedan zuki*
reverse punch *gyaku zuki*
lead punch, jab *kizami zuki*
lunge punch *oi-zuki*
double punch *nihon zuki* or *niren zuki*
triple punch *sanbon zuki*
hammer fist *kentsui uchi*
back fist strike *uraken uchi*
palm heel *shotei* or *tesho uchi*
elbow strike *enpi uchi*
U- punch *awase zuki*
finger thrust *nukite zuki*
ridge hand *haito uchi*
sword hand *shuto uchi*

Foot Techniques:

kick *geri*

foot *ashi*

foot sweep *ashi barai*

joint kick *kansetsu geri*

front kick *mae geri*

roundhouse kick *mawashi geri*

side kick *yoko geri*

jump kick *tobi geri*

back kick *ushiro geri*

hook kick *hiki geri* or *udo mawashi geri*

crescent kick *mikazuki ger*