

Kihon Kata		Translation
1	Harai Uke in Zenkutsudachi, Tsuki	Kiyostuke – Attention
2	Yoko Uke in Zenkutsudachi, Tsuki	Shizentai – Natural Stance
3	Jodan Uke in Zenkutsudachi, Tsuki	Zenkutsudachi – Forward Stance
4	Harai Uke in Zenkutsudachi, Mae Geri, Tsuki	Nekoashidashi – Cat Stance
5	Yoko Uke in Zenkutsudachi, Mae Geri, Tsuki	Shiko Dachi – Sumo Stance
6	Jodan Uke in Zenkutsudachi, Mae Geri, Tsuki	Seiken-Tsuki – Basic Punch
7	Harai Uke in Nekoashidachi, Mae Geri, Tsuki	Gyaku-Tsuki – Rev Punch
8	Yoko Uke in Nekoashidachi, Mae Geri, Tsuki	Oi-Tsuki – Lunge Punch
9	Jodan Uke in Nekoashidachi, Mae Geri, Tsuki	Riken-uchi – Back fist
10	Shuto Uke in Nekoashidachi, Mae Geri, Tsuki	Tate Tsuki – Standing Fist
11	Harai Uke in Zenkutsudachi, Yoko Uke in Nekoashidachi, Tsuki	Nukite – Finger Thrust
12	Yoko Uke in Zenkutsudachi, Jodan Uke in Nekoashidachi, Tsuki	Mae Geri – Front Kick
13	Jodan Uke in Nekoashidachi, Harai Uke in Nekoashidachi, Tsuki	Yoko Kekomi Geri – Side Kick
14	Harai Uke in Nekoashidachi, Shuto Uke in Nekoashidachi, Tsuki	Mawashi Geri – Roundhouse Kick
15	Harai Uke, Yoko Uke in Zenkutsudachi, Mae Geri, Tsuki	Harai Uke – Low Block
16	Yoko Uke, Jodan Uke in Zenkutsudachi, Mae Geri, Tsuki	Yoko Uke – I. Mid. Blk
17	Jodan Uke, Harai Uke in Zenkutsudachi, Mae Geri, Tsuki	Yoko Uchi– O. Mid. Blk.
18	Harai Uke, Shuto Uke in Nekoashidachi, Mae Geri, Tsuki	Jodan Uke – High Blk
19	Harai Uke in Zenkutsudachi, Yoko Kekomi Geri, Tsuki	Sukui Uke – Sweep. Blk.
20	Harai Uke in Zenkutsudachi, Mawashi Geri, Tsuki	Teisho Uke – Palm heel Blk.
		Shuto Uke – Knife Hnd. Blk.
		Juji Uke – “X” Blk. (wrists crossed)

1	Ichi
2	Ni
3	San
4	Shi
5	Go
6	Roku
7	Shichi
8	Hachi
9	Ku
10	Ju

Pinan Katas: Nidan, Shodan, Sandan, Yodan, Godan

Nifanshi Katas: Shodan, Nidan, Sandan (for Shodan-Ho and Black Belt)

Kihon Kumite (Ippon Kumite)			
	Attack(s)	Counter Move(s) and Attack	
1	Seiken-Tsuki (low)	Harai Uke and Gyaku-Tsuki.	
2	Seiken-Tsuki (middle)	Yoko Uke and Gyaku-Tsuki.	
3	Seiken-Tsuki (middle)	Yoko Uchi and Gyaku-Tsuki.	Outside middle
4	Seiken-Tsuki (low)	Sukui Uke Block and Gyaku-Tsuki.	Scoop
5	Seiken-Tsuki (low)	Teisho Uke in opposite stance and Lunge Gyaku-Tsuki.	Palm-heel
6	Seiken-Tsuki (high)	Jodan Uke and Gyaku-Tsuki.	
7	Seiken-Tsuki (middle)	Yoko Uchi (Inside of Gyaku-Tsuki) and Riken Uchi.	Backhand
8	Seiken-Tsuki (middle)	Yoko Uchi (Outside of Gyaku-Tsuki) and Empi Uchi.	Elbow
9	Seiken-Tsuki (high)	Juji Uke, grab with right hand and pull down across body, left Shuto Uchi.	X-block
10	Seiken-Tsuki (high)	Jodan Uke, grab wrist, pull down and Mawashi Geri.	
11	Seiken-Tsuki (middle)	Shuto Uke (outside) in Neko Ashi Dachi, Mae Geri.	
12	Seiken-Tsuki (middle)	Haito Uke inside, grab wrist and Teisho Uke to shoulder, grab gi and Yoko Geri (past body for demo)	Left hooking
13	Mae Geri	Harai Uke in zenkutsu dachi to outside and Gyaku-Tsuki.	
14	Mae Geri	Sukui Uke in shiko dachi to outside of leg and switch to zenkutsu dachi for Gyaku-Tsuki.	
15	Mae Geri	Scooping grab in Shiko Dachi, Shizentai and Gyaku-Tsuki.	
16	Seiken-Tsuki Tsuki	Harai Uke. Yoko Uchi and Gyaku-Tsuki.	
17	Seiken-Tsuki Tsuki	Yoko Uchi in Shiko-Dachi. Harai Uke shifting to Zenkutsu Dachi and Gyaku-Tsuki.	
18	Seiken-Tsuki Stepping Seiken-Tsuki	Harai Uke. Step Back Yoko Uchi and Gyaku-Tsuki.	
19	Seiken-Tsuki Stepping Mae Geri	Jodan Uke. Step back and Sukui Uke Block and Gyaku-Tsuki.	
20	Mae Geri Stepping Mae Geri	Harai Uke. Sukui Uke and Gyaku-Tsuki.	

Blocking Techniques

Harai Uke	- Downward block
Yoko Uke	- Inside Middle block
Yoko Uchi	- Outside Middle block
Jodan Uke	- Upper block
Sukui Uke	- Scooping block
Shuto Uke	- Knife-hand block
Juji Uke	- "X" block (wrists crossed)
Morote Yoko Uke	- Augmented Inside Middle block
Kakiwake Uke	- Wedge block
Teisho Uke	- Palm-heal block
Haishu Uke	- Back-hand block
Nami Ashi	- Inside Foot-Snapping block
Mikazuke Geri Uke	- Crescent Kick block
Kuro Tora	- Black Tiger (Harai Uke & Yoko Uke simultaneously)

Hand Thrusting Techniques

Seiken tsuki	- Basic practice Punch
Gyaku tsuki	- Reverse Punch
Oi tsuki	- Lunge Punch
Ura tsuki	- Close Punch
Tate tsuki	- Upright Fist Punch
Mawashi tsuki	- Roundhouse Punch
Kage tsuki	- Hook Punch
Yama tsuki	- "U" Punch
Morote tsuki	- Double Punch
Hadami tsuki	- Scissor Punch
Nukite	- Finger Thrust

Stances

Kiyostuke	- Attention
Shizentai	- Natural Stance
Zenkutsu Dachi	- Forward Stance
Kokutus Dachi	- Back Facing Stance
Shiko Dachi	- Sumo Stance
Kiba Dachi	- Straddle (Horse) Stance
Neko Ashi Dachi	- Cat Stance
Tsuru Ashi Dachi	- Crane Stance
Kake Dachi	- Hooked Stance
Sanchin Dachi	- Inward Tension Stance

Other Important Terms

Osu	-Karate greeting; denoting respect.
Karate	-Literal Translation:"The Empty Hand"
KarateDoh	-The Way of Karate
Karate-Ka	-A Karate Student
Samurai	-Warrior
Bushido	-Code of the Samurai
Budo	-Martial Arts
Karate Gi	-Karate Training Uniform
Obe	-Belt
Dojo	-Training Hall
Shihan	-Master
Sensei	-Instructor
Sempai	-Senior
Kyu	-Rank below Black Belt: 6 th Kyu-White belt
Dan	-Degrees of Black Belt: Shodan-1 st Deg.

Kicking Techniques

Mae Geri Keage	- Front Snap Kick
Mae Geri Kekomi	- Front Thrust Kick
Yoko Geri Keage	- Side Snap Kick
Yoko Geri Kekomi	- Side Thrust Kick
Mawashi Geri	- Roundhouse Kick
Ushiro Geri Keage	- Back Snap Kick
Ushiro Geri Kekomi	- Back Thrust Kick
Ushiro Mawashi Geri	- Spinning Back Kick
Hittsui Geri	- Knee Kick
Mae Tobe Geri	- Flying Front Kick
Yoko Tobe Geri	- Flying Side Kick
Fumikomi	- Stamping Kick
Mikazuke Geri	- Crescent Kick
Gyaku Mawashi Geri	- Reverse Roundhouse Kick

Hand Striking Techniques

Shuto	- Knife Hand
Uraken (Riken Uchi)	- Back fist Strike
Tetsui	- Back fist Strike
Empi Uchi	- Elbow Strike
Haishu Uchi	- Back Hand Strike
Haito Uchi	- Ridge Hand Strike
Teisho Uchi	- Palm Hand Strike

Counting in Japanese

Ichi	- One
Ni	- Two
San	- Three
Shi	- Four
Go	- Five
Roku	- Six
Shichi	- Seven
Hachi	- Eight
Ku	- Nine
Ju	-Ten

Mukuso	-Meditation
Kata	-Prearranged fighting forms
Kihon Kumite	-Basic Sparring practice
Ippon Kumite	-One point prearranged sparring
Sanbon Kumite	-Three point prearranged sparring
Jiyu Kumite	-Free Sparring
Rei	-Bow
Yoi	-Ready
Hajime	-Start
Yasume	-Rest
Yame	-Stop
Shomen	-Front
Migi	-Right
Hidari	-Left