

Ichi = One

Ni = Two

San = Three

Shi = Four

Go = Five

Roku = Six

Shichi = Seven

Hachi = Eight

Ku = Nine

Ju = Ten Chudan = Middle level

Dogi = Training suit

Dojo = Training hall

Gedan = Lower level

Hajime = Start

Jodan = Upper level

Karate-ka = Karate practitioner

Kata = Prearranged forms

Kiai = Shout

Kihon = Basics

Kumite = Sparring

Mawatte = Turn

Mokuso = Meditation

Naotte = Relax

Otagai Ni Rei = Bow to each other

Seiza = Formal kneeling position

Sensei = Instructor

Sensei Ni Rei = Bow to the instructor

Shomen Ni Rei = Bow to the front

Yame = Stop

Yoi = Ready