

Grade	Japanese	Translation	Notes
White & Blue Belt			
Kata	Taikyoku Shodan	First Cause	sounds like tacki-oku-shodan
Punches	Oi zuki	Straight punch	
	Choku zuki	Stepping punch	
	Gyaku zuki	Reverse punch	
Blocks	Gedan Barai	Downward block	
	Age Uke	Upper Rising block	
	Soto Uke	Outside block	sometimes Soto Ude Uke
	Uchi Uke	Inside block	sometimes Uchi Ude Uke
Kicks	Mae geri	Front kick	
Stances	Zenkutsu dachi	Front stance	
	Musubi dachi	bowing stance	
	Shizentai	Natural stance	sometimes Heiko dachi
Other	Oss	Respectful greeting/ understood	
	Yoi	Ready	
	Rei	Bow	
	Sensei	Instructor	
	Gi	Karate suit	
	Kiai	Shout!	
	Kata	Formal exercises	
	Tate Shuto	Vertical knife hand	
Red Belt (9th Kyu)			
Kata	Heian Shodan	Peaceful Mind Level 1	
Strikes	Tetsui uchi	Hammer fist strike	
	Shuto uchi	Knife hand strike	
Stances	Kokutsu dachi	Back stance	
Kicks	Kekomi geri	Thrust kick	
	Mawashi Geri	Roundhouse Kick	
Other	Jodan	Head	
	Chudan	Middle body	
	Gedan	Lower body	
	Hidari	Left	
	Migi	Right	
Orange Belt (8th Kyu)			
Kata	Heian Nidan	Peaceful mind Level 2	
Punches	Ura zuki	Inverted punch	
	Tate zuke	vertical punch	
	Uraken	Back fist	
Blocks	Haiwan Uke	back-of-arm block	
	Te Osai Uke	Pressing Block	
	Morote Uke	Assisted Block	
Kicks	Yoko geri keage	Side snap kick	
	Ushiro Geri	Behind Kick	
Yellow Belt (7th Kyu)			
Kata	Heian Sandan	Peaceful mind level 3	
Strikes	Nikite	Knife Hand	
	Empi uchi	Elbow strike	
Blocks	Kosa uke	Cross Block	
	Empi uke	Elbow Block	
Kicks	Mikazuki Geri	Crescent Kick	
	Fumikomi	Stamp	

Stances	Heisoku Dachi	Feet together stance	
	Kiba Dachi	Horse riding stance	
Green Belt (6th Kyu)			
Kata	Heian Yondan	Peaceful mind level 4	
Strikes	ren zuki	two punch combination	
	Sanbon Zuki	Three punch combination	
Blocks	Juji uke	Cross Block	
	Kakiwaki Uke	Wedge Block	
Other	Haishu	Back of hand	
	Keisho	Open Hand (Palm)	
	Atami Tsukami	Head Grab	
Purple Belt (5th Kyu)			
Kata	Tekki Shodan		
Strikes	Kage zuki	Hook punch	
	Morote zuki	Combined punch	
Blocks	Nagashi Uke	Sweeping block	
	Nami Ashi	Leg snapping wave block	
	Awase uke	Combined block	
Purple & White Belt (4th Kyu)			
Kata	Heian Godan		
Blocks	Keisho Juji uke	cross palm block	
Stances	Manji Gamai	manji uke in back stance	
Other	kami-sukami	hair grab	
Japanese	Translation	Japanese	Translation
Dojo	Training Hall	Dojo Kun	Dojo code
Hajime	Start/begin	Hiki Te	Hidden Hand
Kihon	Basic techniques	Yame/ matte	Finish/stop
Kumite	Sparring	Zanshin	Alert/aware
Dachi - Stances		Teisho uchi	Palm heel strike
Neko ashi dachi	Cat Stance	Haito uchi	Ridge hand strike
Renoji dachi	L stance		
Fudo Dachi	Rooted Stance		
Tsuki - Punches		Uchi - Strikes	
Kizami tsuki	Front hand punch	Age empi uchi	Rising elbow strike
Kagi tsuki	Hook punch	Mawashi empi uchi	Round elbow strike
Sanbon tsuki	Three punch combination	Tate empi uchi	Downward elbow strike
Geri - Kicks			
Yoko geri kekomi	Side thrust kick	Yoko geri keage	Side snap kick
Ushiro geri	Back kick	Mawashi geri	Roundhouse kick
Nidan geri	Two kicks with same leg	Hiza geri	Knee kick
Kumite - Sparring			
Kihon Ippon Kumite	Basic one-step sparring	Jiyu Ippon Kumite	Semi-free style sparring
Counting			
Japanese	Translation		
Ichi	1		
Ni	2		
San	3		
Shi	4		
Go	5		

Roku	6		
Shichi	7		
Hachi	8		
Kyu	9		
Ju	10		