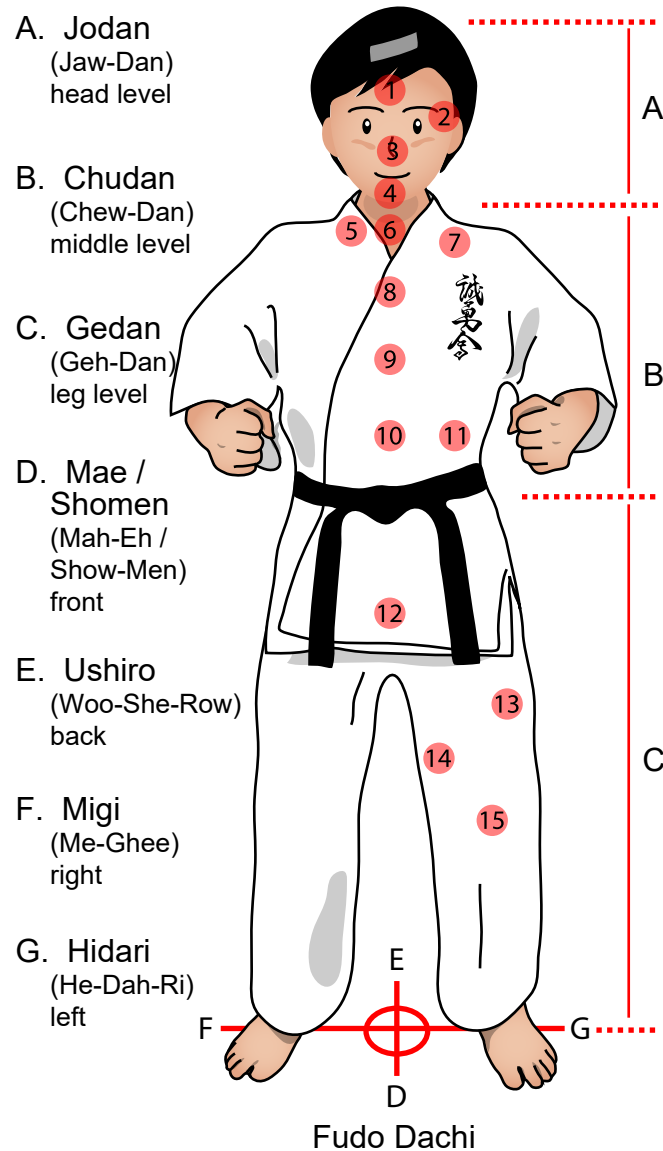


Basic Terminology of Karate 空手基礎用語

Levels and Directions

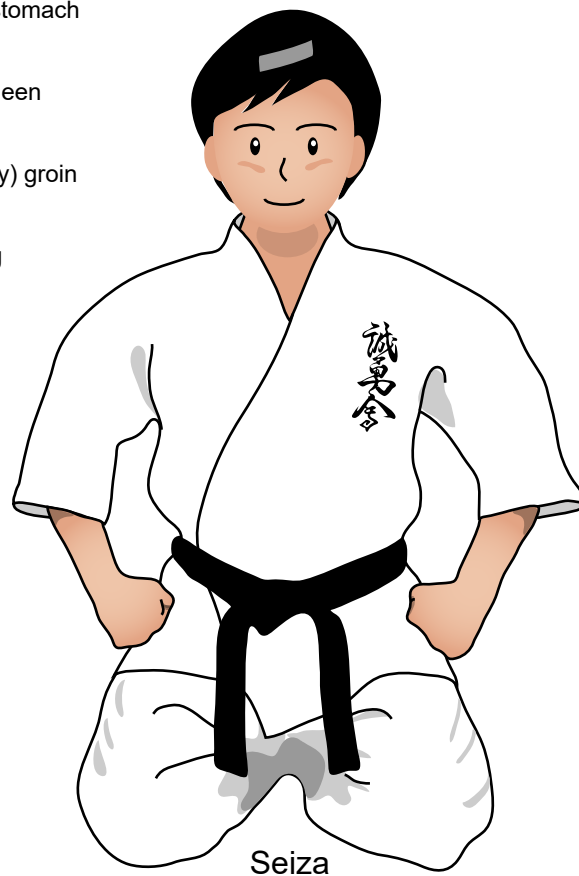


Targets

1. Ganmen (Gun-Men) face
2. Komekami (Koh-Meh-Kah-Me) temple
3. Hana (Hah-Nah) nose
4. Ago (Ah-Go) chin
5. Kubi (Koo-Bee) neck
6. Nodo (No-Dough) throat
7. Sakotsu (Sah-Koh-Two) collarbone
8. Mune (Moo-Neh) chest
9. Mizoochi (Mee-Zoh-Chi) solar plexus
10. Hara (Hah-Rah) stomach
11. Hizo (He-Zoh) spleen
12. Kinteki (Kin-Teh-Key) groin
13. Ashi (Ah-She) leg

Counting 1 to 10

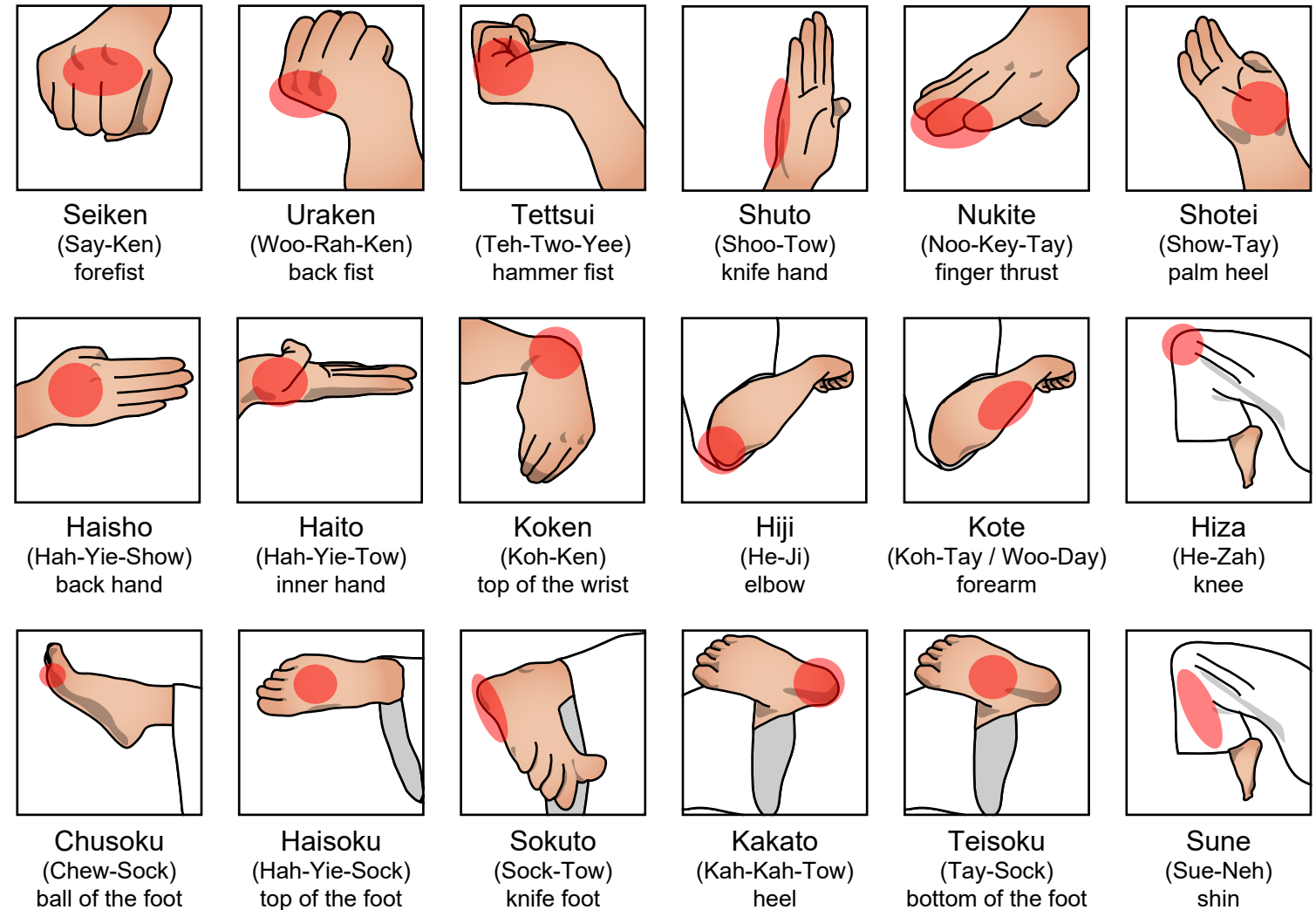
- | | | |
|-----|--------|-----------|
| 1 | Ichi | (Yie-Chi) |
| 2 | Ni | (Knee) |
| 3 | San | (Son) |
| 4* | Shi | (She) |
| 5 | Go | (Go) |
| 6 | Roku | (Rock) |
| 7** | Shichi | (She-Chi) |
| 8 | Hachi | (Hah-Chi) |
| 9 | Ku | (Koo) |
| 10 | Ju | (Juh) |
- *4 can be pronounced "Yon"
 **7 can be pronounced "Nana"
14. Uchimata (Woo-Chi-Mah-Tah) inner thigh
 15. Hiza Kansetsu (He-Zah Kan-Say-Two) knee joint



Essentials

- Seiyu Karate (Say-You) / our Karate style
- Osu (Ohss) / respect, perseverance and determination
- Dojo (Dough-Jow) / training place
- Dogi (Dough-Gee) / karate uniform
- Obi (Oh-Bee) / belt
- Fudo Dachi (Foo-Dough Dah-Chi) / original stance
- Rei (Ray) / bowing with courtesy
- Seiza (Say-Zah) / correct sitting
- Kiai (Key-Ah-Yi) / concentrating life force energy, often amplified through a short shout

Body Parts to be used for strikes and blocks



Honorary Titles

 Sempai (Sen-Pa-Yie) a black belt beginner	 Sensei (Sen-Say) a black belt teacher	 Shihan (She-Han) a black belt master and mentor
<ul style="list-style-type: none"> • Shodan and Nidan • 1st and 2nd degree black belt • A brown belt who regularly teaches can be called Sempai. <p>The word "Sempai" is not limited to Karate. It is widely used in Japan for a senior member of a sport club or an organization. An opposite word is Kohai (Koh-Ha-Yie), a junior member.</p>	<ul style="list-style-type: none"> • Sandan and Yondan • 3rd and 4th degree black belt <p>"Sensei" is not limited to Karate. The word is widely used in Japan for a school teacher, a doctor, a politician and a lawyer.</p>	<ul style="list-style-type: none"> • Godan and over • 5th degree black belt and over <p>The word "Shihan" is only used in the world of the Japanese traditional arts such as Karate, Kendo, Kabuki, Sado and Kado.</p>

A view from Shihan Tats: Practicing Karate is not just about mastering its techniques, but also about learning Japanese culture. The attempt to understand a foreign language leads us to respect different customs and perspectives from other countries. It plays a key role in broadening our horizons.