

## BASIC TERMINOLOGY

**FACIAL AREA-** Chin, Mouth, Cheeks & Nose area.

**KARATE-** open hand or empty hand, That is without weapons

**JUDO-** The art of using your body leverage to toss or throw your opponent.

**KUNG-FU-** The Chinese art of self-defense resembling karate which means "accomplished technique".

**SENSEI-** (sin say) Instructor or teacher

**MASTER SENSEI-** Head instructor usually 5<sup>th</sup> Degree also just called "Master"

**DOJO-** (doe joe) Karate School or Gym

**GHI-** (Like Key only with a G ) Karate Uniform

**YOICH-** (Yoit) Ready

**KATA-** (Kaa Taa) Form

**KIAI-** (Kee Eye) Yell or shout

**OHARA-** (Hair A) Breathing excersise

**KUMITE-** (Cue Men Tay) To fight or spar

**HAJIME-** (Ha Jim Me) Begin or start

**YAME-** (Ya Ma) Stop or end

**REI-** (Rue) Bow

**CHI-** (Chie) or (Key) Inner strength

**ICHI-** (Itche) One

**NI-** (Knee) Two

**SAN-** (Sawn) Three

**SHI-** (She) Four

**GO-** (Go) Five

**ROKU-** (Row Koo) Six

**SHICHI-** (She Chee) Seven

**HACHI-** (Haa She) Eight

**KU-** (Koo) Nine

**JU-** (Jew) Ten

**JU-ICHI-** Eleven

**JU-Ni-** Twelve

**NI-JU-** Twenty

**NI-JU-ICHI-** Twenty-one

**HYAKU-** (Yaa Koo) One Hundred

**HYAKU-ICHI-** One Hundred and one

**HAI-** (Hiii) Yes

**LIE-** (Lay) No

**MOSHI-** (Moe She) Hello