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 5th 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