

Champion Karate & Fitness

Terminology Sheet To Obtain Youth/Adult Yellow Belt

Numbers

1	ichi	6	roku
2	ni	7	shichi
3	san	8	hachi
4	shi	9	ku
5	go	10	ju

Colors

white	shiro	punch	tsuke/zuli
yellow	kiro	block	uke
		kick	keri/geri

Basic Karate Terms

training hall or school	dojo
karate uniform	gi
belt	obi
head instructor	sensei
short, loud scream	kiai