

Champion Karate & Fitness

Terminology Sheet

To Obtain Kinder Blue, Kinder Green, & Youth/Adult Orange Belt

Numbers

11	ju ichi	16	ju roku
12	ju ni	17	ju shichi
13	ju san	18	ju hachi
14	ju shi	19	ju ku
15	ju go	20	ni ju

Basic Karate Terms

line up	shugo
bow	rei
upper (head) area	jodan
middle (chest) area	chudan
lower area	gedan
form	kata
stance	dachi

Colors

orange	dai-dai iro
blue	ao