

# Champion Karate & Fitness

## Terminology Sheet

To Obtain Youth Replacement & Youth/Adult Green Belt

Numbers		Colors	
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1	ichi	16	ju roku	white	shiro
2	ni	17	ju shichi	yellow	kiro
3	san	18	ju hachi	orange	dai-dai iro
4	shi	19	ju ku	blue	ao
5	go	20	ni ju	green	midori
6	roku	21	ni ju ichi	purple	murasaki
7	shichi	22	ni ju ni		
8	hachi	23	ni ju san		
9	ku	24	ni ju shi		
10	ju	25	ni ju go		
11	ju ichi	26	ni ju roku		
12	ju ni	27	ni ju shichi		
13	ju san	28	ni ju hachi		
14	ju shi	29	ni ju ku		
15	ju go	30	san ju		

### Stances

horse stance	kiba dachi
front/deep stance	zenkutsu dachi
wide-open leg stance	shiko dachi
back stance	kokutsu dachi
cat stance	neko ashi dachi

Basic Karate Terms		Basic Techniques	
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training hall/school	dojo	punch	tsuke/zuki
karate uniform	gi	block	uke
belt	obi	kick	keri/geri
head instructor	sensei	front stance rising	zenkutzu dachi age
short loud scream	kiai	block	uke
line up	shugo	front stance inside	zenkutzu dachi uchi
bow	rei	block	uke
upper (head) area	jodan	front stance outside	zenkutzu dachi soto
middle (chest) area	chudan	block	uke
lower area	gedan	reverse punch	gyaki zuki
form	kata	front stance chest	oi-zuki
stance	dachi	punch	
rising block	age uke	front stance lower	zenkutzu dachi gedan
attention	kyotsuke	block	barai
ready	yoi	cat stance front kick	zenkutzu dachi gedan
knife hand	shuto		barai
front	mae	kick and punch	geri to zuki
		back stance knife	kokutsu dachi chudan
		hand chest block	suto uke