

# Champion Karate & Fitness

## Terminology Sheet To Obtain Youth/Adult Purple Belt

### Numbers

10	ju	60	roku ju
20	ni ju	70	nana ju
30	san ju	80	hachi ju
40	yan ju	90	ku ju
50	go ju	100	hayaku

### Basic Karate Terms

sparring	kumite
elbow	empi
lower sweeping block	gedan barai
side	yoko
round	mawashi

### Techniques

triple punch	san ban zuke
back fist	urakin

### Colors

red	aka
brown	chairo