

VOCABULARY WORDS FOR BEGINNERS

<u>Japanese Term</u>	<u>Phonics</u>	<u>English Meaning</u>
Karate	kah-rah-tay	Empty Hand
Dojo	doh-joe	Training Hall
Sensei	sen-say	Teacher
Yoi	yoee	Ready & Prepared
Yame	yah-may	Recover to Ready & Prepared
Zenkutsudachi	zen-koot-soo-dah-chee	Forward Stance
Kibadachi	keebah-dah-chee	Side (Straddle Leg) Stance
Kokutsudachi	koh-koot-soo-dah-chee	Back Stance
Ageuke	ah-gay-oo-kay	Rising Block
Sotoudeuke	soh-toh-oo-day-oo-kay	Outside Forearm Block
Gehdanbarai	gay-dawn-bar-eye	Low Sweeping Block
Oizuki	oiee-zoo-kee	Lunge (Stepping Punch)
Gyakuzuki	guy-yauk-koo-zoo-kee	Reverse Punch
Maegeri	my-gary	Front Snapping Kick
Yokoage	yoko-kay-ah-gay	Side Snapping Kick
Yokoekomi	yoko-kay-ko-may	Side Thrusting Kick
Kata	kah-tah	Formal Exercise
Kihon	kee-hone	Basic Techniques
Kumite	koo-me-tay	Sparring (Practice Fighting)
Kiai	key-I	Explosive, Spirited Yell
Kamaete	kah-my-tay	Set Yourself Into Position
Ousu	uhs	Positive Acknowledgement
Hai	hi	Yes
Iye	e-a	No
Sempai	sem-pie	Senior Student
Shotokan	show-toh-kahn	Our Style Of Karate

Counting To Ten

Ichi	eech	One	1
Ni	nee	Two	2
San	sawn	Three	3
Shi	shee	Four	4
Go	goh	Five	5
Roku	roh-koo	Six	6
Shichi	shee-chee	Seven	7
Hachi	haw-chee	Eight	8
Ku	koo	Nine	9
Ju	joo	Ten	10