

# COMMON TERMS

Karate : Empty Hand

Dojo : Training hall

Shihan : Senior instructor

Sensei : Teacher

Sempai : Senior student

Gi : Karate Suit

Kyu : Levels below Black belt, counting down to 1st kyu, usually from 10th kyu

Dan : Steps showing mastery of the art, starting from 1st dan

Rei : Bow

Yoi : Ready

Hajime : Begin

Yame : Stop

Mawatte : Turn

Narande : Line up

Kihon : Basic

Kata : Form

Kumite : Sparring

## RANK SYSTEM

Around the 1920's, Funakoshi adopted the Kyu/Dan system, along with the Judoka's uniform, the gi that had been developed by Kano Jigoro. This system used colored belts as an indication of rank. Originally, Karate had only 3 obi (belt) colours. White, Brown and Black, with several ranks of each. Here is the original belt system.

(literally: "form") is a Japanese word describing detailed patterns of movements practiced either solo or in pairs. Kata are used in many traditional Japanese arts such as theater forms like kabuki and schools of tea ceremony (chado), but are most commonly known for the presence in the martial arts. Kata are used by most traditional Japanese and Okinawan martial arts, such as aikido, iaido, jodo, judo, jujitsu, kendo and karate. Other arts such as T'ai Chi Ch'uan Taekwondo feature the same kind of training, but use the respective Chinese and Korean words instead.

## SHOTOKAN KATA

Taikyoku Shodan : Great Ultimate beginning step (basic) Heian Shodan : Peaceful Mind beginning step Heian Nidan : Peaceful Mind 2nd step Heian Sandan : Peaceful Mind 3rd step Heian yondan :

Peaceful Mind 4th step Heian Godan : Peaceful Mind 5th step Tekki Shodan : Horse riding beginning  
step Bassai Dai : To Penetrate a Fortress (Major) Jion : Kind and Graciousness Enpi/Empi : Flight of  
the swallow Kanku Dai : To Look At the Sky (Major) Hangetsu : Half-moon See Kata