<u>Terminology:</u>

| GiuniformDojoplace of studySenseiteacherUkeattackerToridefenderKiaispirit shoutDomo Arigatothank youKarateempty handsKarate Dothe way of karateKenpolaw of the fistBunkaiimaginary ukeKataformShihanmaster instructorRenshisenior instructorObibeltReibow/respectMokusomeditateKumitesparingOsuI understand and will try my bestHaiyesHajimebeginMattestopDachistrikeTsukipunchShodan1st Degree Black BeltNidan3rd Degree Black Belt | <u>IEI IIIII010gy.</u> | |
|--|------------------------|-----------------------------------|
| SenseiteacherUkeattackerToridefenderKiaispirit shoutDomo Arigatothank youKarateempty handsKarate Dothe way of karateKenpolaw of the fistBunkaiimaginary ukeKataformShihanmaster instructorRenshisenior instructorObibeltReibow/respectMokusomeditateKumitesparingOsuI understand and will try my bestHaiyesHajimebeginMattestopDachistanceGerikickUchistrikeTsukipunchShodan1st Degree Black BeltNidan2nd Degree Black Belt | Gi | uniform |
| UkeattackerToridefenderKiaispirit shoutDomo Arigatothank youKarateempty handsKarate Dothe way of karateKenpolaw of the fistBunkaiimaginary ukeKataformShihanmaster instructorRenshisenior instructorObibeltReibow/respectMokusomeditateKumitesparingOsuI understand and will try my bestHaiyesHajimebeginMattestanceGerikickUchistrikeTsukipunchShodan1st Degree Black Belt | Dojo | place of study |
| ToridefenderKiaispirit shoutDomo Arigatothank youKarateempty handsKarate Dothe way of karateKenpolaw of the fistBunkaiimaginary ukeKataformShihanmaster instructorRenshisenior instructorObibeltReibow/respectMokusomeditateKumitesparingOsuI understand and will try my bestHaiyesHajimebeginMattestanceGerikickUchistrikeTsukipunchShodan1st Degree Black BeltNidan2 nd Degree Black Belt | Sensei | teacher |
| Kiaispirit shoutDomo Arigatothank youKarateempty handsKarate Dothe way of karateKenpolaw of the fistBunkaiimaginary ukeKataformShihanmaster instructorRenshisenior instructorObibeltReibow/respectMokusomeditateKumitesparingOsuI understand and will try my bestHaiyesHajimebeginMattestanceGerikickUchistrikeTsukipunchShodan1st Degree Black Belt | Uke | attacker |
| Domo Arigatothank youKarateempty handsKarate Dothe way of karateKenpolaw of the fistBunkaiimaginary ukeKataformShihanmaster instructorRenshisenior instructorObibeltReibow/respectMokusomeditateKumitesparingOsuI understand and will try my bestHaiyesHajimebeginMattestanceGerikickUchistrikeTsukipunchShodan1st Degree Black BeltNidan2 nd Degree Black Belt | Tori | defender |
| Karateempty handsKarate Dothe way of karateKenpolaw of the fistBunkaiimaginary ukeKataformShihanmaster instructorRenshisenior instructorObibeltReibow/respectMokusomeditateKumitesparingOsuI understand and will try my bestHaiyesHajimebeginMattestopDachistanceGerikickUchistrikeTsukipunchShodan1st Degree Black BeltNidan2 nd Degree Black Belt | Kiai | spirit shout |
| Karate Dothe way of karateKenpolaw of the fistBunkaiimaginary ukeKataformShihanmaster instructorRenshisenior instructorObibeltReibow/respectMokusomeditateKumitesparingOsuI understand and will try my bestHaiyesHajimebeginMattestopDachistanceGerikickUchistrikeTsukipunchShodan1st Degree Black BeltNidan2 nd Degree Black Belt | Domo Arigato | thank you |
| Kenpolaw of the fistBunkaiimaginary ukeKataformShihanmaster instructorRenshisenior instructorObibeltReibow/respectMokusomeditateKumitesparingOsuI understand and will try my bestHaiyesHajimebeginMattestanceGerikickUchistrikeTsukipunchShodan1st Degree Black BeltNidan2nd Degree Black Belt | Karate | empty hands |
| Bunkaiimaginary ukeKataformShihanmaster instructorRenshisenior instructorObibeltReibow/respectMokusomeditateKumitesparingOsuI understand and will try my bestHaiyesHajimebeginMattestanceGerikickUchistrikeTsukipunchShodan1st Degree Black BeltNidan2nd Degree Black Belt | Karate Do | the way of karate |
| KataformShihanmaster instructorRenshisenior instructorObibeltReibow/respectMokusomeditateKumitesparingOsuI understand and will try my bestHaiyesHajimebeginMattestopDachistanceGerikickUchistrikeTsukipunchShodan1st Degree Black BeltNidan2nd Degree Black Belt | Kenpo | law of the fist |
| Shihanmaster instructorRenshisenior instructorObibeltReibow/respectMokusomeditateKumitesparingOsuI understand and will try my bestHaiyesHajimebeginMattestopDachistanceGerikickUchistrikeTsukipunchShodan1st Degree Black BeltNidan2nd Degree Black Belt | Bunkai | imaginary uke |
| Renshisenior instructorObibeltReibow/respectMokusomeditateKumitesparingOsuI understand and will try my bestHaiyesHajimebeginMattestopDachistanceGerikickUchistrikeTsukipunchShodan1st Degree Black BeltNidan2nd Degree Black Belt | Kata | form |
| ObibeltReibow/respectMokusomeditateKumitesparingOsuI understand and will try my bestHaiyesHaiibeginMattestopDachistanceGerikickUchistrikeTsukipunchShodan1st Degree Black BeltNidan2 nd Degree Black Belt | Shihan | master instructor |
| Reibow/respectMokusomeditateKumitesparingOsuI understand and will try my bestHaiyesHajimebeginMattestopDachistanceGerikickUchistrikeTsukipunchShodan1st Degree Black BeltNidan2 nd Degree Black Belt | Renshi | senior instructor |
| MokusomeditateKumitesparingOsuI understand and will try my bestHaiyesHajimebeginMattestopDachistanceGerikickUchistrikeTsukipunchShodan1st Degree Black BeltNidan2nd Degree Black Belt | Obi | belt |
| KumitesparingOsuI understand and will try my bestHaiyesHajimebeginMattestopDachistanceGerikickUchistrikeTsukipunchShodan1st Degree Black BeltNidan2 nd Degree Black Belt | Rei | bow/respect |
| OsuI understand and will try my bestHaiyesHajimebeginMattestopDachistanceGerikickUchistrikeTsukipunchShodan1st Degree Black BeltNidan2 nd Degree Black Belt | Mokuso | meditate |
| HaiyesHajimebeginMattestopDachistanceGerikickUchistrikeTsukipunchShodan1st Degree Black BeltNidan2nd Degree Black Belt | Kumite | sparing |
| HajimebeginMattestopDachistanceGerikickUchistrikeTsukipunchShodan1st Degree Black BeltNidan2nd Degree Black Belt | Osu | I understand and will try my best |
| MattestopDachistanceGerikickUchistrikeTsukipunchShodan1st Degree Black BeltNidan2nd Degree Black Belt | Hai | yes |
| DachistanceGerikickUchistrikeTsukipunchShodan1st Degree Black BeltNidan2nd Degree Black Belt | Hajime | begin |
| GerikickUchistrikeTsukipunchShodan1st Degree Black BeltNidan2nd Degree Black Belt | Matte | stop |
| UchistrikeTsukipunchShodan1st Degree Black BeltNidan2nd Degree Black Belt | Dachi | stance |
| TsukipunchShodan1st Degree Black BeltNidan2nd Degree Black Belt | Geri | kick |
| Shodan1st Degree Black BeltNidan2nd Degree Black Belt | Uchi | strike |
| Nidan 2 nd Degree Black Belt | Tsuki | punch |
| | Shodan | 1 st Degree Black Belt |
| Sandan 3 rd Degree Black Belt | Nidan | |
| | Sandan | 3 rd Degree Black Belt |