

Terminology:

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| Gi | uniform |
| Dojo | place of study |
| Sensei | teacher |
| Uke | attacker |
| Tori | defender |
| Kiai | spirit shout |
| Domo Arigato | thank you |
| Karate | empty hands |
| Karate Do | the way of karate |
| Kenpo | law of the fist |
| Bunkai | imaginary uke |
| Kata | form |
| Shihan | master instructor |
| Renshi | senior instructor |
| Obi | belt |
| Rei | bow/respect |
| Mokuso | meditate |
| Kumite | sparing |
| Osu | I understand and will try my best |
| Hai | yes |
| Hajime | begin |
| Matte | stop |
| Dachi | stance |
| Geri | kick |
| Uchi | strike |
| Tsuki | punch |
| Shodan | 1 st Degree Black Belt |
| Nidan | 2 nd Degree Black Belt |
| Sandan | 3 rd Degree Black Belt |