



KOOLAU SHOTOKAN KARATE

	JAPANESE VOCABUALRY	ENGLISH
	Onegaishimasu	“Please” as in please teach me
	Hai	Yes, acknowledge that you heard and understand
	Yoi	Ready, stand ready, mind alert
	Dachi	Stance, different foot and leg positions foundational to Karate
	Shizentai Dachi / Hachiji Dachi	Hands down, feet shoulder width apart, knees slightly bent, eyes straight ahead
	Hajime	Start, begin
	Yame	Stop
	Sho mei ni	Face front
	Ota gai ni	Face each other
	Sensei ni	Face the teacher
	Re	Bow and loud onegai shimasu or arrigato gozaimasu
	Kara zuki	Body punch
	Age uke	Upward Block
	Ude uke	Outside Block
	Uchi uke	Inside Block
	Gedan barai	Downward Block
	Shuto uke	Knife Hand Block
	Kime	Focus
	Kiai	Yell