

Japanese Terminology

KARA-TE-DO (Empty - Hand - Way)

PHONETICS	COUNT	COMMANDS
A - "AH" (Car)	1-Ichi	Kiyotsuke = Line Up
I - "EE" (Knee)	2-Ni	Hajime = Start/Begin
U - "OO" (Zoo)	3-San	Yame = Stop
E - "EH" (Fed)	4-Shi	Naore = Relax
O - "OH" (Go)	5-Go	Rei = Bow
EI - "AY" (Play)	6-Roku	Shomen ni = To the front
AI - "I" (Eye)	7-Shichi	Otagai ni = To each other
	8-Hachi	Mawate = Turn around
	9-Ku	Yoi = Ready
	10-Ju	Onegai shimasu = Please help me learn
		Arigato gozai mashita = Thank you very much

GENERAL TERMS

Heiwa-do	Our official style of karate ("the way of peace and harmony")
JIKC/JIKF	Japan International Karate, our school founded by Hirano Kiyohisa Soke in 1962
Osu	Greeting reflecting positive attitude and strong spirit
Dojo	Place of training for martial arts
Seiza	Formal sitting position in dojo
Senpai	Senior student (assistant instructor)
Sensei	Instructor/Teacher
Dojocho	Chief Instructor, head of dojo (also "Cho Sensei")
Shihan	Instructor of Instructors
Soke	Founder
Gi	Karate uniform
Obi	Belt
Kata	Series of techniques fighting an imaginary opponent
Kihon	Basics
Kumite	Sparring
Zanshin	Awareness
Kime	Focus

WAZA (Techniques)

<u>DACHI</u>	(Stances)
Jyun Tsuki	Same-side Punch Stance (front stance, "Zenkustsu Dachi")
Yoi	Ready ("Heiko Dachi")
Naihanchi	Horseback
Neko Ashi Dachi Dai	Long Cat Foot
Neko Ashi Dachi Sho	Short Cat Foot
Musubi Dachi	Attention
Heisoku Dachi	Feet Together

<u>UKE</u>	(Blocks)
Jodan Uke	High Block
Chudan Soto Uke	Outward Middle Block
Chudan Uchi Uke	Inward Middle Block
Gedan Barai	Low Block
Shuto Uke	Open Hand Block
Morote Uke	Double Hand Block
Mawashi Uke	Round Block
Hiji Uke	Elbow Block

<u>GERI</u>	(Kicks)
Mae Geri	Front Kick
Mawashi Geri	Round Kick
Yoko Geri	Side Kick
Ushiro Geri	Back Kick
Kekomi	Thrust Kick
Keagi	Snap Kick

<u>TSUKI/UCHI</u>	(Punches/Strikes)
Jyun Tsuki	Same-side Punch
Gyaku Tsuki	Opposite-side Punch
Kage Tsuki	Hook Punch
Nukite	Open Hand Poke
Uraken	Backfist
Tettsui	Hammerfist
Shuto Uchi	Open Hand Strike
Empi Uchi	Elbow Strike