

TERMINOLOGY

BLOCKS:

- | | |
|-----------------------|--------------------------------------|
| 1. HARAI UKE | DOWNWARD BLOCK |
| 2. YOKO UKE | INSIDE MIDDLE BLOCK |
| 3. YOKO UCHI | OUTSIDE MIDDLE BLOCK |
| 4. JODAN UKE | UPPER BLOCK |
| 5. SUKUI UKE | SCOOPING BLOCK |
| 6. SHUTO UKE | KNIFE HAND BLOCK |
| 7. JUJI UKE | "X" BLOCK |
| 8. MOROTE YOKO UKE | AUGMENTED INSIDE MIDDLE BLOCK |
| 9. KAKIWAKE UKE | REVERSE WEDGE BLOCK |
| 10. TEISHO UKE | PALM HEAL BLOCK |
| 11. HAISHU UKE | BACK HAND BLOCK |
| 12. TSU-RU UKE | CRANE BLOCK WITH TOP OF WRIST |
| 13. ASHI UKE | SHIN BLOCK |
| 14. ASHI-NO-HIRA UKE | BOTTOM OF FOOT BLOCK |
| 15. HIZA UKE | KNEE BLOCK |
| 16. U DE UKE | FOREARM BLOCK |
| 17. MIKAZUKE GERI UKE | CRESCENT KICK BLOCK |
| 18. KURO TORA | BLACK TIGER (HARAI UKE & YOKO UKE) |

HAND THRUSTING TECHNIQUES:

- | | |
|------------------|----------------------------|
| 1. SEIKEN TSUKI | BASIC PRACTICE PUNCH |
| 2. GYAKU TSUKI | REVERSE PUNCH |
| 3. OI TSUKI | STEPPING PUNCH |
| 4. TATE TSUKI | UPRIGHT FIST PUNCH |
| 5. MAWASHI TSUKI | ROUNDHOUSE PUNCH |
| 6. YAMA TSUKI | "U" PUNCH |
| 7. MOROTE TSUKI | DOUBLE PUNCH |
| 8. NUKITE | FINGER THRUST (SPEAR HAND) |

HAND STRIKING TECHNIQUES:

- | | |
|----------------|--------------------|
| 1. SHUTO | KNIFE HAND |
| 2. URAKEN | BACK FIST STRIKE |
| 3. TETSUI | HAMMER FIST STRIKE |
| 4. EMPI UCHI | ELBOW STRIKE |
| 5. HAISHU UCHI | BACK HAND STRIKE |
| 6. HAITO UCHI | RIDGE HAND STRIKE |
| 7. TEISHO UCHI | PALM HAND STRIKE |

TERMINOLOGY (cont'd)

KICKING:

- | | |
|------------------------|--------------------|
| 1. MAE GERI KEAGE | FRONT SNAP KICK |
| 2. MAE GERI KekomI | FRONT THRUST KICK |
| 3. YOKO GERI KEAGE | SIDE SNAP KICK |
| 4. YOKO GERI KekomI | SIDE THRUST KICK |
| 5. MAWASHI GERI | ROUNDHOUSE KICK |
| 6. USHIRO GERI KEAGE | BACK SNAP KICK |
| 7. USHIRO GERI KekomI | BACK THRUST KICK |
| 8. USHIRO MAWASHI GERI | SPINNING BACK KICK |
| 9. HITSUJI GERI | KNEE KICK |
| 10. MAE TOBI GERI | FLYING FRONT KICK |
| 11. YOKO TOBI GERI | FLYING SIDE KICK |
| 12. MIKAZUKE GERI | CRESCENT KICK |

STANCES:

- | | |
|---------------------|-------------------------|
| 1. KIOTSUKE | ATTENTION |
| 2. SHIZENTAI | NATURAL STANCE |
| 3. SHIKO DACHI | SUMO STANCE |
| 4. KIBA DACHI | STRADDLE "HORSE" STANCE |
| 5. ZENKUTSU DACHI | FORWARD STANCE |
| 6. KOKUTSU DACHI | BACK FACING STANCE |
| 7. NEKO ASHI DACHI | CAT STANCE |
| 8. TSURU ASHI DACHI | CRANE STANCE |
| 9. SANCHIN DACHI | INWARD TENSION STANCE |

COUNTING IN JAPANESE:

	PHONETIC	SPELLING	
ONE	ee-CHEE	ICHI	
TWO	nee	NI	
THREE	sahn	SAN	
FOUR	shi	SHI	
FIVE	goh	GO	
SIX	roh-KOO	ROKU	
SEVEN	shee-CHEE	SHICHI	
EIGHT	hah-CHEE	HACHI	
NINE	koo	KU	
TEN	joo	JU	
ELEVEN	JU ICHI	TWELVE	JU NI
THIRTEEN	JU SAN	FOURTEEN	JU SHI
FIFTEEN	JU GO	SIXTEEN	JU ROKU
SEVENTEEN	JU SHICHI	EIGHTEEN	JU HACHI
NINETEEN	JU KU	TWENTY	NI JU
THIRTY	SAN JU	FOURTY	YON JU
FIFTY	GO JU		

Terminology (cont'd)

BASIC TERMINOLOGY:

ARIGATOU	THANK YOU
ARIGATOUGOZAIMASU	THANK YOU VERY MUCH
BUDO	MARTIAL ARTS
BUSHIDO	CODE OF THE SAMURI
CHUDAN	MIDDLE
DAN	BLACK BELT DEGREE
DESHI	STUDENT
GEDAN	LOW
GI	KARATE TRAINING SUIT
HAI	YES
HAJIME	BEGIN, START
HIDARI	LEFT HAND SIDE
HIKITE	PULLING HAND
JIYU KUMITE	FREE SPARRING
JODAN	HIGH
KARATE-DO	THE WAY OF KARATE
KATA	PATTERN OF DEFENSE & ATTACK TECHNIQUES
KIHON	BASIC
KIHON IPPON KUMITE	BASIC ONE-STEP SPARRING PRACTICE
KIRITSU	LINE UP
KOHAI	SOMEONE JUNIOR TO YOU
KYU	GRADES UNDER BLACK BELT
MIGI	RIGHT HAND SIDE
MOKUSO	MEDITATION
OBI	BELT
ONEGAISHEMASU	PLEASE, AN AFFIRMATION, A WILLINGNESS TO WORK TOGETHER
OMOTE	SURFACE TRAINING / GROSS PHYSICAL MOVEMENTS
OSU / OSSU (SLANG)	GREETING (YES, NO, HELLO, GOODBYE, ETC.)
OTAGAI	EACH OTHER
OTSUKARESAMA	THANK YOU, MANY THANKS
OTSUKARESAMA DESHITA	THANK YOU VERY MUCH FOR TRAINING WITH ME
REI	BOW
RITSU REI	STANDING BOW
SANBON KUMITE	THREE POINT PREARRANGED SPARRING PRACTICE
SEIZA	KNEEL, LEFT LEG FIRST WHEN KNEELING, RIGHT LEG FIRST WHEN STANDING
SENSEI	INSTRUCTOR
SEMPAI	SENIOR
SHOMEN	FRONT
URA	INNER WAY / SUBTLE DETAILS
WAZA	TECHNIQUE
YAME	STOP
YOI	READY
ZAREI	KNEELING BOW, LEFT HAND FIRST GOING DOWN, RIGHT HAND FIRST COMING UP