

Terminology

BLOCKS:

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| 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:

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| 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:

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| 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:

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|------------------------|--------------------|
| 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. HITSUI GERI | KNEE KICK |
| 10. MAE TOBI GERI | FLYING FRONT KICK |
| 11. YOKO TOBI GERI | FLYING SIDE KICK |
| 12. MIKAZUKE GERI | CRESCENT KICK |

STANCES:

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|---------------------|-------------------------|
| 1. KIYOSTKE | 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
THIRTEEN	JU SAN	JU NI
FIFTEEN	JU GO	FOURTEEN
SEVENTEEN	JU SHICHI	JU SHI
NINETEEN	JU KU	SIXTEEN
THIRTY	SAN JU	JU ROKU
FIFTY	GO JU	EIGHTEEN
		JU HACHI
		NI JU
		YON 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
GEDAN	LOW
HAI	YES
HAJIME	BEGIN, START
HIDARI	LEFT HAND SIDE
IPPON KUMITE	ONE POINT PREARRANGED SPARRING PRACTICE
JIYU KUMITE	FREE SPARRING
JODAN	HIGH
KARATE-DO	THE WAY OF KARATE
KARATE GI	KARATE TRAINING SUIT
KATA	PATTERN OF DEFENSE & ATTACK TECHNIQUES
KIHON KUMITE	BASIC SPARRING PRACTICE
KYU	GRADES UNDER BLACK BELT
MIGI	RIGHT HAND SIDE
MOKUSO	MEDITATION
OBI	BELT
ONEGAISHEMASU	PLEASE, AN AFFIRMATION, A WILLINGNESS TO WORK TOGETHER
OSU / OSSU (SLANG)	GREETING: YES, NO, HELLO, GOODBYE, ETC.
OTSUKARESAMA	THANK YOU, MANY THANKS
OTSUKARESAMA DESHITA	THANK YOU VERY MUCH FOR TRAINING WITH ME
REI	BOW
SANBON KUMITE	THREE POINT PREARRANGED SPARRING PRACTICE
SENSEI	INSTRUCTOR
SEMPAI	SENIOR
SAMURAI	WARRIOR
SHOMEN	FRONT
WAZA	TECHNIQUE
YASUME	REST
YAME	STOP
YOI	READY