

# TERMINOLOGY

## NUMBERS

One	ichi	(ee-chee)
Two	ni	(nee)
Three	san	(sahn)
Four	shi	(shee)
Five	go	(goh)
Six	roku	(roh-koo)
Seven	shichi	(shee-chee)
Eight	hachi	(hah-chee)
Nine	ku/kyū	(koo)/(kyoo)
Ten	jū	(joo)

## GENERAL

Instructor/Teacher	sensei	(sehn-seh-ee)
Training hall/area	dōjō	(doh-joh)
Training uniform	gi	(gee)
Left	hidari	(he-dah-ree)
Right	migi	(mee-gee)
Meditation	mokusō	(moh-koo-soh)
Get ready	yōi	(yoh-ee)
Begin	hajime	(hah-jee-meh)
Stop	yame	(yah-meh)
Basic training(blocks, punches, kicks)	kihon	(kee-hohn)
Formal exercise/forms	kata	(kah-tah)
Sparring	kumite	(koo-mee-teh)
Maximum effectiveness	kime	(kee-meh)
Pulling hand	hikite	(hee-kee-teh)
Thank You Very Much	Domo Arigato	
Head level	jōdan	(joh-dahn)
Middle body	chūdan	(choo-dahn)
Lower body	gedan	(geh-dahn)

## STANCES

Front stance	zenkutsu-dachi	(zahn-koo-tsoo-dah-chee)
Back stance	kōkutsu-dachi	(koh-koo-tsoo-dah-chee)
Horse riding stance	kiba-dachi	(kee-bah-dah-chee)
Open-leg stance	hachiji-dachi	(hah-chee-jee-dah-chee)
Fighting position	Kamae	(kah-maye)

## BLOCKS

Downward block	gedan-barai	(geh-dahn-bah-rah-ee)
Rising block	age-uke	(ah-geh-oo-keh)
Outside-in block	sote-uke	(so-toe-oo-keh)
Inside-out Block	uchi-uke	(oo-chee-oo-keh)
Knife-hand block	shutō-uke	(shoo-toh-oo-keh)

## HAND TECHNIQUES

Lunge punch	oi-zuki	(oh-ee-zoo-kee)
Reverse punch	gyaku-zuki	(gyah-koo-zoo-kee)
Back-fist strike	uraken-uchi	(oo-rah-kehn-oo-chee)
Fore-fist (knuckles)	seiken	(seh-ee-kehn)

## KICKS

Front kick	mae-geri	(mah-eh-geh-ree)
Round kick	mawashi-geri	(mah-wah-shee-geh-ree)
Side kick	yokogeri	(yoh-koh-geh-ree)
Rear kick	ushiro-geri	(oo-shee-roh-geh-ree)
Keage	snap	(kay-ah-gee)
Kekomi	thrust	(kay-hoh-mee)

