

DOJO VOCABULARY

Etiquette	SEIZA	Kneeling
	SENSEI NI REI	Bow to Instructor
	OTAGAI NI REI	Bow to Dojo and all assembled
	KIRITSU	Stand to Attention
	KIOTSUKE	Attention
	TACHI REI	Standing Bow
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Commands	YOI	Assume Ready Stance
	HIDARI (OR MIGI) GAMAI	Left (or Right) Posture
	HIDARI (OR MIGI) HANMI GAMAI	Left (or Right) Half-Facing Stance
	MAWATTE	Turn Around
	HIDARI (OR MIGI) SHIZENTAI	Left (or Right) Natural Stance
	KIAI	Shout
	SUREITSU	Line Up
	YAME	Stop!
	NAORE	Adopt Attention Stance
	HADJIME	Start
	MATE	Wait
	KYUKEI	Rest After Bow
	SONOBA IPPON TORU	In Place, One Punch
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Useful Words	MIGI	Right
	HIDARI	Left
	JODAN	High
	CHUDAN	Middle
	GEDAN	Low
	TE	Hand
	SEIKEN	Forefist
	URAKEN	Backfist
	TETTSUI	Hammer Fist
	IPPON KEN	One-Knuckle Fist
	NAKADAKA IPPON KEN	Middle Finger One-Knuckle Fist
	HAITO	Ridge Hand
	SHUTO	Knife Hand
	IPPON NUKITE	One-Finger Spear Hand
	YONHON NUKITE	Four-Finger Spear Hand
	TEISHO	Palm Heel
	KOKO	Tiger Mouth Hand
	UDE	Forearm
EMPI	Elbow	

	TATE	Vertical Fist
	HIRAKEN	Flat Fist
	HAISHU	Backhand
	SOKU	Foot
	ASHI	Leg
	HIZA	Knee
	SOKUTO	Foot Edge
	KAKATO	Heel OR BENT WRIST
	JOHSOKUTEI	Ball of Foot
	SHO SOKU	Front Foot
	KO SOKU	BACK FOOT
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DACHI (STANCES)	HEISOKU DACHI	Closed Foot Stance
	HEIKO DACHI	Ready Stance
	SHIKO DACHI	Side Stance
	KIBA DACHI	Horse Riding Stance
	TACHI KATA	Standing Forms
	ZENKUTSU DACHI	Junzuki Stance
	KOKUTSU DACHI	Back Stance
	MUSUBI DACHI	Attention Stance
	NEKO ASHI DACHI	Cat Foot Stance
	MAHAMNI	Side
HAMNI	Half-Facing	
MA SHO MEN	Front	
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Uke (Blocks)	JODAN UKE	High Block
	SHUTO UKE	Knife Hand Block
	GEDAN UKE	Downward Block
	MOROTE UKE	Two Arm Block
	SOTO UKE	Outer Block
	UCHI UKE	Inside Block
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Tsuki-Waza (Punching)	JUN ZUKI	Front Punch
	GYAKU ZUKI	Reverse Punch
	JUN ZUKI NO TSUKOMI	Forward Leaning Lunge Punch
	GYAKU ZUKI NO TSUKOMI	Forward Leaning Reverse Punch
	FURI ZUKI	Swing Punch
	YAMAZUKI	Double Punch (Upper & Lower)
Uchi-Waza (Striking)	URAZUKI	Inverted Punch
	URAKEN UCHI	Back Fist Strike
	TETTSUI UCHI	Bottom Fist Strike
	SHUTO UCHI	Knife Hand Strike
	HAITO UCHI	Ridge Hand Strike
	TEISHO UCHI	Palm Heel Strike
	EMPI UCHI	Elbow Strike
HAISHU UCHI	Open Hand Strike	

Keri-Waza
(Kicking
Techniques)

MIKASUKI GERI	Crescent Kick
MAE-GERI	Front Kick
MAE-GERI-KEAGE	Front Snap Kick
MAWASHI-GERI	Roundhouse Kick
NIDAN-GERI	Double Jump Kick
HIZA-GERI	Knee Kick
YOKO-GERI	Side Kick
SOKUTO	Foot Edge Kick
FUMIKOMI	Stamping Kick
SOKUTO FUMIKOMI	Foot Edge Stamping Kick
USHIRO GERI	Back Kick
SURIKOMI	Cross-Stepping Followed by Kick or Punch

KARATE-JUTSU	The Techniques of KARATE
KARATE-DO	KARATE as a Belief System, i.e., as Philosophy or Art

First Ten Numbers:

1	Ichi	6	Roku (row-ku)
2	Ni	7	Shichi (See-chi)
3	San	8	Hachi (Ha-chi)
4	Shi	9	Ku
5	Go	10	Jyu