

Terminology

Counting:

One - ichi

Two – ni

Three – san

Four – shi

Five - go

Six - roku

Seven - shichi

Eight – hachi

Nine – kyu

Ten - ju

Striking levels:

Low - gedan

Middle - chudan

High – jodan

Stances:

Front stance – zenkutsu dachi

Back stance - kokutsu dachi

Horse stance - kiba dachi

Natural stance - shizen-tai

Cat stance – neko ashi dachi

Half moon stance - hangetsu dachi

Cross stance - kosa dachi

Informal stance – keisoku dachi

Informal attention stance - musubi dachi

L-stance - renoji dachi

Rooted stance - fudo dachi

or sochin dachi

Hourglass stance – sanchin dachi

Horse stance toes out – shiko dachi

One-leg stance – sagi ashi dachi

Kicks:

Kick - geri

Front kick - mae geri

Side kick – yoko geri

Roundhouse kick - mawashi geri

Back kick - ushiro geri

Knee - hiza

Snap - keage

Thrust - kekomi

Blocks:

Block - uke:

Low block – gedan barai

Inside middle block - uchi uke

Outside middle block – soto uke

Upper rising block - jodan age uke

Strikes:

Punch - zuki

Lunge punch - oi zuki

Reverse punch - gyaku zuki

Jab – kizami zuki

Techniques:

Elbow – empi

Spear hand – nukite

Ridge hand – haito

Two arms or hands - morote

knife hand - shuto

Palm heel - teisho

Hammer fist - tetsui

Back fist - uranken

Backhand - haisho

Training:

Degree (black belt rank) – dan

Student rank - kyu

Training hall - dojo

Begin - hajime

Stop – yamae

Prearranged techniques - kata

Basics – kihon

Sparring - kumite

Techniques - waza

Get ready - yoi

Set stance - kamae

Pattern – embusen

Titles:

Senpai – senior student

Sensei – teacher

Shihan - master

Kyoshi – master

Kancho – director

Soke – founder, head of family