

Striking Targets (on the body)

English	Japanese	Pronunciation
High	Jodan	(Jo-dan)
Middle	Chudan	(chew-dan)
Low	Gedan	(gay-dan)

Important Root Words

English	Japanese	Pronunciation
Stance	Dachi	(da-chi)
Block	Uke	(oo-kay)
Strike	Uchi	(oo-chi)
Punch	Zuki	(zoo-kie)
Kick	Geri	(geh-rhee)

Other Vocabulary

Japanese	Pronunciation	Description
Domo Arigato	(do-mo ah-ree GAH-toh)	Thank You
Hai	(hi)	Yes
Os	(ous)	Yes
Mawate	(ma-wa-TE)	Turn
Uki	(ooki)	Passive partner (acted upon)
Nagi	(na-gi)	Dominant partner (acting)



Vocabulary Associated With The *Start Of Class*

Japanese	Pronunciation	Description
Seiretsu	(se-RET-su)	Line Up
Kiotsuke	(kee-oat-sue-KAY)	Attention
Seiza	(say-ZAH)	Kneel Down
Mokuso Hajime	(mock-SO hah JEE may)	Begin Meditation
Mokuso Yame	(mock-SO yah-MAY)	Stop Meditation
Sensei Ni Rei	(sen-SAY NEE REH)	Bow to Sensei
Otagi Ni Rei	(oh-TAH-gee NEE REH)	Bow to other students
Shoman Ni Rei	(SHOW-man NEE REH)	Bow to school
Tatte	(tah-TEH)	Stand Up

Vocabulary Associated With The *The End Of Class*

Japanese	Pronunciation	Description
Seiretsu	(se-RET-su)	Line Up
Kiotsuke	(kee-oat-sue-KAY)	Attention
Seiza	(say-ZAH)	Kneel Down
Mokuso Hajime	(mock-SO hah JEE may)	Begin Meditation
Mokuso Yame	(mock-SO yah-MAY)	Stop Meditation
Sensei Ni Rei	(sen-SAY NEE REH)	Bow to Sensei
Wakarei	(wa ka REH)	Dismissed
Tatte	(tah-TEH)	Stand Up

Dachi (da-chee) – Stances

Japanese	Pronunciation	Description
Zen Kutsu Dachi	(zen koo-tsoo dachee)	Front stance. This stance is visually similar to a lunge, with the forward leg bent at the knee, and the rear leg straight, while the hips and shoulders remain squarely facing forward.
Fudo Dachi	(foo-do dah-chee)	Immovable stance. This stance is formed from the front stance (zenkutsu dachi) by bending the back leg slightly and twisting the hips so that the trunk is rotated away from a full front position.
Gankaku Dachi	(gahn-kah-koo dah-chee)	Crane Stance. This stance is formed by standing balanced on one foot with the other foot in front of the opposite knee
Hachiji Dachi	(ha-chee-jee dah-chee)	Ready Stance. Feet shoulder width apart and hands slightly out in front of you.
Heisoku Dachi	(hay-sow-koo dah-chee)	Feet Together Stance. Feet together and hands at your sides.
Iaigoshi Dachi	(ee-yai go-she dah-chee)	Kneeling stance. One foot on the floor and the opposite knee on the floor, both pointing in the same direction.
Ippon Ashi Dachi	(ee-pon aah-she dah-chee)	Any one-legged stance.
Kiba Dachi	(kee-ba dah-chee)	Horse Stance. Both feet will move out to the side of the body instead of front or back. Pretend that you are riding a horse. Once the legs are out to the side, bend the knees and drop the buttocks closer to the floor. Both feet should be pointing forward. Keep your back straight.
Kokutsu Dachi	(ko-koot-sue dah-chee)	Back stance. This stance is formed from the horse stance. Turn the front foot in the direction of travel. Bring the weight to the back leg.
Moro Ashi Dachi	(moor-oh aah-she dah-chee)	Fighting stance.
Musubi Dachi	(moo-sue-bee dah-chee)	A heisoku dachi with the toes pointed outward.
Niko Ashi Dachi	(nee-koh aah-she dah-chee)	This name means “cat stance”. Stand with your feet together. Point one straight and turn the other foot to an angle (45° angle). Take the foot that is straight and move it out one step, letting only the ball of the foot touch the floor. Now bend the back leg so that at least 80% of your weight is on it. From this position, you should be able to lift your front leg and balance on your back leg.

Geri (geh-rhee) – Kicks

Japanese	Pronunciation	Description
Geri	(geh-rhee)	kick
Fumakomi	(foo-mah-ko-mee)	stomp kick
Kansetsu Geri	(can-set-sue geh-rhee)	kicks aimed at joints
Keage	(key-ah-gay)	snap kick
Kekomi	(key-ko-mee)	thrust kick
Mae Geri	(mah-eh geh-rhee)	front kick
Mae Geri Kakato	(mah-eh geh-rhee kah-kah-toe)	front kick with the heel
Mae Geri Koshi	(mah-eh geh-rhee ko-she)	front kick with the ball of the foot
Mawashi Geri Koshi	(mah-wha-she geh-rhee ko-she)	round kick with the top of the foot
Mikazuki Geri	(mik-ah zoo-key geh-rhee)	crescent kick
Ushiro Geri	(oo-she-row geh-rhee)	back kick
Yoko Geri	(yoh-koh geh-rhee)	side kick with the blade or edge of the foot
King Geri	(kin geh-rhee)	rising kick or groin kick
Hittsui Geri	(hit-su geh-rhee)	knee kick or knee strike
Ura Ushiro Mawashi Geri	(oora oo-she-row mah-wha-she geh-rhee)	hook kick

Uke (oo-kay) – Blocks

Japanese	Pronunciation	Description
Age Uke	(ah-ge oo-kay)	Face Block
Uchi Ude Uke	(oo-chi oo-day oo-kay)	Inside Chest Block
Morote Uke	(mor-oh-tay oo-kay)	Double Arm Block
Soto Ude Uke	(sow-tow oo-day oo-kay)	Outside Chest Block
Teisho Uke	(tay-ee-show oo-kay)	Palm Heel Block
Nagashi Uke	(na-gah-shee oo-kay)	Sweeping Block
Haishu Uke	(hi-ee-shoo oo-kay)	Back Hand Block
Osae Uke	(oh-sah-ee oo-kay)	Pressing Block
Kakiwake Uke	(kah-kee-wah-kay oo-kay)	Wedge Block
Sukui Uke	(soo-koo-ee oo-kay)	Scooping Block
Juji Uke	(joo-jee oo-kay)	X-Block
Mikazuki Geri Uke	(mee-kay-zoo-kee geh-ree oo-kay)	Crescent Kick Block
Nami Gaeshi	(nah-mee gay-esh-ee)	Returning Wave Kick/Inside Snapping Block
Bassai Uke	(bah-sah-ee oo-kay)	Bassai Block
Keito Uke	(kay-two oo-kay)	Chicken Head Wrist Block
Kakuto Uke	(kah-koo-tow oo-kay)	Bent Wrist Block
Sokumen Awase Uke	(sow-koo-men ah-wah-say oo-kay)	Two Handed Side Block
Naiwan Nagashi Uke	(nah-ee-wan nah-gah-shee oo-kay)	Sweeping Inside Forearm Block
Seiryuto Uke	(say-ee-ree-yoo-tow oo-kay)	Ox Jaw Block
Maeude Deai Osae Uke	(mmah-eh-oo-day dee-ay-eye oh-sah-ay oo-kay)	Pressing Forearm Block
Oi Otoshi Ude Uke	(oh-ee oh-tow-shee oo-day oo-kay)	Downward Snapping Forearm Block
Tekubi Kake Uke	(tay-koo-bee kah-kay oo-kay)	Hooking Wrist Block

Zuki (zoo-kee) - Punches

Japanese	Pronunciation	Description
Oi Zuki	(oh-ee zoo-kee)	Front Punch
Gyaku Zuki	(gee-ah-ku zoo-kee)	Reverse Punch
Age Zuki	(aah-gay zoo-kee)	Rising Punch
Kisami Zuki	(kih-sah-mee zoo-kee)	Jabbing Punch
Tate Zuki	(tah-tay zoo-kee)	Vertical Fist Punch
Mawashi Zuki	(mah-wah-shee zoo-kee)	Roundhouse Punch
Yama Zuki	(yah-mah zoo-kee)	Mountain Punch
Awase Zuki	(ah-wah-say zoo-kee)	U Punch
Morote Zuki (Heiko Zuki)	(mor-oh-tay zoo-kee)	Double Hand Punch
Hasame Zuki	(hah-sah-may zoo-kee)	Scissor Punch
Ura Zuki	(oo-rah zoo-kee)	Close Punch
Kaga Zuki	(kah-gah zoo-kee)	Hook Punch