



Vocabulary - Terminology

Punches

- **Seiken Ni-Hon Bon Tsuki:** 2 punch combination
- **Seiken Son Bon Tsuki:** 3 punch combination
- **Morote Tsuki:** Double Punch (Two-Handed Punch)
- **Seiken Jōdan, Gedan, Chūdan Son Bon Tsuki:** Upper, Lower, Middle, 3 punch combination
- **Seiken Chūdan Gyaku Tsuki, Furi Uchi, Shita Tsuki:** Reverse Punch, Hook Punch, Upper-Cut Punch
- **Seiken Chūdan Gyaku Tsuki, Furi Uchi:** Reverse Punch and Hook Punch
- **Seiken Chūdan Oi Tsuki, Gyaku Tsuki, Furi Uchi:** Straight (lead) Punch, Reverse Punch and Hook Punch
- **Seiken Jōdan Oi Tsuki, Jōdan Mawashi Uchi, Jōdan Gyaku Tsuki:** Upper Straight (lead) Punch, Upper Roundhouse Punch (leading hand), Upper Reverse Punch
- **Uraken Jōdan Gammen Uchi, Chūdan Gyaku Tsuki:** Upper Back-Fist to face, Reverse Punch
- **Uraken Jōdan Gammen Uchi, Chūdan Gyaku Tsuki, Chūdan Furi Uchi:** Upper Back-Fist to face, Reverse Punch, Middle Hook Punch

Commands

- **Kosa:** Switch Feet
- **Seiretsu:** Line Up by Rank in an Orderly Fashion
- **Hiza Shita** - Knees Down
- **No Garde Emote:** Breathing Technique - with usage of hands; inhalation via the nose with hands in front and parallel to one's body, then pull hands in next (side) of chest, then slowly exhale pushing hands downwards: hands control exhalation
- **Ibuki (息吹):** Breathing Technique - Inhaling deeply via the nose, and holding breath in tan den, then slowly exhale from the tan den, tightening and concentrating the lower abdominal muscles to push or force the exhalation out, thus, strengthening one's core
- **Yamei:** Stop
- **Naore:** Go back to Original Position
- **Kamaete:** Start
- **Hajime:** Begin
- **Yoi:** Ready
- **Kiai Irete:** Get Ready to Yell

Stances

- **Yoi Dachi** (ready stance)
- **Kiba dachi** (horseback stance)
- **Han Kiba Dachi:** (half horseback stance)
- **Kake ashi dachi** (hooked stance)
- **Kokutsu dachi** (backward leaning stance)
- **Moro ashi dachi** (two foot stance)
- **Musubi dachi** (open feet stance)
- **Haisoku Dachi** (feet-together stance)
- **Sanchin dachi** (hourglass stance/three wars stance)
- **Zenkutsu Dachi** (forward leaning stance)
- **Han Zenkutsu Dachi** (half forward leaning stance)

Strikes

- **Hiji Age Ate:** Upwards Elbow Strike
- **Hiji Oroshi Ate:** Downward Elbow Strike
- **Hiji Ate:** Elbow Strike
- **Kaiten Hiji Ate:** Rotating Elbow Strike
- **Tettsui Ate:** Hammer-fist Strike
- **Yoko Tettsui Ate:** Side Hammer-fist Strike
- **Ago Tettsui Ate:** Chin Hammer-fist Strike
- **Shomen Tettsui Ate:** Front Hammer-fist Strike
- **Tettsui Gammen Uchi Ate:** Hammer-fist to Temple Strike
- **Tettsui Uchi-Uchi Ate:** Inside Hammer-fist to Temple Strike
- **Tettsui Hizo Uchi Ate:** Hammer-fist to Spleen
- **Kaiten Tettsui Ate:** Rotating Hammer-fist Strike
- **Uraken Gammen Uchi Ate** Back-Fist to Face Strike
- **Uraken Sayu Uchi Ate:** Back-Fist to Side Strike
- **Shutō Gammen Uchi Ate:** Knife-hand to Temple Strike
- **Shutō Sakotsu Uchi Ate:** Knife-hand to Clavicle/ Collarbone Strike
- **Shutō Sakotsu Uchikomi Ate:** Forward Knife-hand to Sternum Strike
- **Shutō Hizo Uchi Ate:** Knife-hand to Spleen Strike
- **Shutō Uchi Uchi Ate:** Inside Knife-hand to Temple Strike
- **Mawaru:** Spin
- **Gurabu:** Grab

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Definitions:

- **Kansetsu:** Joint
- **Sakotsu:** Collarbone
- **Yubi:** Finger
- **Hara:** Abdomen or Central Point of body
- **Suigetsu:** Solar-plexus
- **Tanden:** Strength Center of Body
- **Jinzo:** Kidney
- **Kanzo:** Liver
- **Koshi:** Hips
- **Haisoku:** Instep of Foot
- **Kakato:** Heel of Foot
- **Chōsuko:** Ball of Foot
- **Honbu Dojo:** Main dojo
- **Zanshin:** Awareness in Defense or Attack
- **Kime:** Focus
- **Me Sen:** Eyes Focused Directly In Front of You
- **Ryu:** School or Tradition
- **Dōjō:** School
- **Samurai(侍):** Warrior Class of Feudal Era
- **Rōnin (浪人):** A Samurai with no lord or master during the feudal period (1185-1868) of Japan. A Samurai became masterless from the death or fall of his master, or after the loss of his master's favor or privilege.
- **Ashi Barai:** Foot sweep
- **Awase Waza:** Countering (Counter Technique)
- **Jun Tsuki:** Horizontal Fist Punch
- **Tataken:** Vertical Fist Punch
- **Heiko:** Balance
- **Bushidō:** The Way of the Warrior

WEAPONS

Bo: 6 foot wooden staff

Jo / Han Bo: Short wooden staff / Half Wooden Staff

Kama Sickles used as a pair

Nunchaku: Wooden sticks joined by a cord or chain

Sai: Fork-like metal weapon, used as a pair

Tonfa: Wooden short stick with extra handle, used as a pair

Shinai: Bamboo Sword

Bokken: Wooden Sword

Kicks

- **Jōdan Mae Geri:** Upper Front Kick
- **Ushiro Mawashi Geri:** Spinning Roundhouse House (Straight Leg)
- **Kake Geri:** Hook Kick
- **Kakato Geri:** Heel Kick
- **Kakato Kake Geri:** Heel Hook Kick
- **Chōsuko Kake Geri:** Ball of Foot Hook Kick
- **Ushiro Kake Geri:** Spinning Hook Kick
- **Tobi Ushiro Kake Geri:** Jumping Hook Kick
- **Tobi Kake Geri:** Jumping Hook Kick
- **Kansetsu Geri:** Joint Kick (gedan/lower)
- **Kin Geri:** Groin Kick

Blocks

- **Chūdan Uchi Uke Gedan Barai:** Middle Inside to Outside Block and Lower Block
- **Koken Uke:** Wrist Block
- **Mae Sune Uke:** Front Shin Block
- **Uchi Sune Uke:** Inside Shin Block
- **Soto Sune Uke:** Outside Shin Block
- **Hiza Uke:** Knee Block
- **Mae Hiza Uke:** Front Knee Block
- **Soto Hiza Uke:** Outside Knee Block
- **Uchi Hiza Uke:** Inside Knee Block

Ni Hon Go Ga - Japanese

- **Hai:** Yes
- **Ie:** No
- **Ohayo Gozaimasu:** Good morning
- **Wakarimus:** I Understand
- **Wakarimusen:** I don't Understand
- **Wakarimusa:** Do You Understand?
- **Konnichiwa:** Hello and/or Good Afternoon
- **Arigato Gozaimasu:** Thank you Very Much
- **Arigato:** Thank you
- **Do Itashimashite:** You're welcome
- **Moshi Moshi:** Hello when answering phone
- **Sumimasen:** I am Sorry or Excuse Me
- **Itadakimasu:** Let's eat
- **Jaa Ne:** See you
- **O-Genki Desu Ka:** How are you?
- **Genki Desu:** I'm fine
- **Ashita:** Tomorrow
- **Kinō:** Yesterday
- **Kyō:** Today
- **Itadakisamu:** Let's Eat
- **Kumpai:** Cheers