


# General

<i>Age Zuki</i>	Rising punch 上突
<i>Appaku</i>	Applied pressure 压迫
<i>Arigato</i>	Thank you 有難
<i>Arigato Gozaimashita</i>	Thank you very much
<i>Ashi</i>	Foot 足 or leg 脚
<i>Ashi Barai</i>	Foot sweep
<i>Ashi Sabaki</i>	Foot work 足捌
<i>Atemi Waza</i>	Striking technique, or attacking vital areas
<i>Ba Gua Chang</i>	(Lit. Eight Trigram Palm) An internal Chinese art focusing on circular movements and internal palm strikes
<i>Bo</i>	Wooden staff approximately 6' long 棒
<i>Bojitsu</i>	Bo or staff skills 棒術
<i>Bugei</i>	Martial arts 武芸
<i>Buji</i>	Sensitivity
<i>Bunkai</i>	Application of form, study of martial arts techniques 分解
<i>Bushi</i>	Samurai or warrior 武士
<i>Bushido</i>	Way of the warrior or warrior way
<i>Chikara</i>	Strength or power 力
<i>Chudan Uke</i>	Middle block 中段受
<i>Chudan Soto Uke</i>	Outside middle block
<i>Chudan Zuki</i>	 Middle punch
<i>Chudan Uchi Uke</i>	Inside middle block
<i>Cun</i>	A form of measurement used in traditional Chinese medicine which is the distance between the first and second joint on the middle finger.
<i>Dan</i>	Black belt grade 段
<i>Deshi</i>	Student or pupil 弟子
<i>Dou</i>	(or <i>Do</i> ) Way or path ( <i>Dao</i> or <i>Tao</i> in Chinese). Used to describe one's chosen

path through life, such as *Bushido*, 'way of the warrior,' or *Karate-do* 'way of the empty hand.' 道

***Do Itashimashite***

You are very welcome 如何致しまして

***Dojo***

'Way place,' school, or place of enlightenment 道場

***Dozo***

Please

***Eiku or Kai***

A boat oar used in *Kobudo* 櫂

***Embussen***

The floor pattern of a *Kata*

***Empi***

Elbow 猿臂

***Empi Uchi***

Elbow Strike 猿臂打

***Fudo Dachi***

Immoveable stance, not moving stance, heels together feet at 45 degree angles 不動立

***Fumikomi Geri***

Stomping kick

***Gasho***

Praying position 合掌

***Gedan Zuki***

Low punch

***Gedan Uke***

Low block 下段受

***Gi***

Traditional Karate uniform first used in Judo 着

***Godan***

A fifth degree black belt 五段

***Goshindo***

The way of self-defense

***Gyaku Te***

Reverse hand

***Gyaku Zuki***

Reverse punch

***Hachiji Dachi***

Spread out stance, feet shoulder width. (literally the number 8 stance because the stance looks like the character for the number 8) 八字立

***Hadaka Jime***

Naked choke

***Hai***

Yes

***Hai Shu***

Back of hand block

***Haito***

Ridge hand. A open hand strike using the index finger side of the hand. Opposite striking surface to a *Shuto*. 背刀

***Hajime***

Command meaning to begin. 始め

***Haku Tsuru Dachi***

Hooked crane or white crane stance 白鶴立


***Hanmae Kiba Dachi***

Half front horse or straddle stance

***Hanshi***

Eighth dan or above, master of style

<b>Hara</b>	Stomach or belly
<b>Harai (-Barai)</b>	Parry or block ( <i>Barai</i> when used with a prefix)
<b>Hebi</b>	Snake
<b>Heisoku Dachi</b>	Attention stance, feet together stance
<b>Heno</b>	To react without thinking
<b>Hi Neri</b>	Twist
<b>Hidari</b>	Left 左
<b>Hiji</b>	Elbow 肘
<b>Hineri</b>	Twisting 捻
<b>Hiraken</b>	Leopard fist
<b>Hitosus</b>	I will
<b>Hiza</b>	Knee
<b>Hyo</b>	Leopard 豹
<b>Ibuki</b>	A form of breathing, hard breathing, synchronization of the breath and body action 息吹
<b>Iie</b>	No
<b>Ippon</b>	One point 一本
<b>Ippon Kumite Kata</b>	One point fighting form
<b>Irimi</b>	Entering technique
<b>Jo</b>	Short wooden staff of about 48" used in <i>kobudo</i>
<b>Jodan Uke</b>	 High block 上段受
<b>Joseki</b>	Upper side of dojo on the left side the <i>kamiza</i> (right when facing the <i>kamiza</i> , opposite of <i>Shimoseki</i> ) 上席
<b>Ju</b>	Ten
<b>Juji Uke</b>	X block
<b>Jyu Jyutsu</b>	Science of softness. Empty hand techniques developed by the Samurai. (Sometimes spelled as Ju Jutsu, Jiu-Jitsu and Ju Jitsu) 柔術
<b>Jyutsu</b>	Art or skill (Sometimes spelled as <i>Jutsu</i> ).
<b>Kaeshu</b>	Reversals or counters
<b>Kagato</b>	Heel of foot
<b>Kagato Geri</b>	Axe or heel kick

<b><i>Kai or Eiku</i></b>	A boat oar used in <i>Kobudo</i>
<b><i>Kaiten-Nage</i></b>	Rotary throw
<b><i>Kake</i></b>	Hook. Also the final movement or executions of a throw.
<b><i>Kake Dachi</i></b>	Hooked leg stance
<b><i>Kake Geri</i></b>	Hook kick 掛蹴
<b><i>Kake Uke</i></b>	Hooking block
<b><i>Kakiwake Uke</i></b>	Wedge block 掻分受
<b><i>Kakuto Uke</i></b>	Bent wrist block, crane hand block
<b><i>Kama</i></b>	A sickle, used in <i>kobudo</i> 鎌
<b><i>Kamae</i></b>	Posture or ready position 構え
<b><i>Kamiza</i></b>	"Seat of the deity," the spiritual center of the <i>dojo</i> . 上座
<b><i>Kansetsu</i></b>	Joint, as in knee joint or elbow joint.
<b><i>Karate</i></b>	Empty hand 空手
<b><i>Karate-do</i></b>	Empty hand way
<b><i>Karate-ka</i></b>	A practitioner of <i>Karate</i> 空手家
<b><i>Kata</i></b>	Prearranged self-defense movements in a set pattern, a form 型
<b><i>Katana</i></b>	Sword, either single or double edged 刀
<b><i>Keage</i></b>	Snap kick
<b><i>Keiko Ken Zuki</i></b>	Forefinger knuckle punch
<b><i>Keito Uke</i></b>	Inside wrist block
<b><i>Keri (-Geri)</i></b>	Kick (Geri when used with a prefix) 蹴り
<b><i>Keri Waza</i></b>	Kicking technique 蹴技
<b><i>Kesa-Gatame</i></b>	 Position from Judo. Means "scarf hold." You are sitting in side position putting pressure on opponent's chest while one arm secures his head, and your other secures his near arm.
<b><i>Ki</i></b>	Japanese word for energy ( <i>Qi</i> or <i>Chi</i> in Chinese). Often used to describe the intrinsic life-force energy that many believe animates the body and can be directed and extended through mental focus.
<b><i>Kiai</i></b>	Shout to focus energy, develop spirit and disorient opponent 気合
<b><i>Kiba Dachi</i></b>	Straddle stance or horse stance
<b><i>Kihon</i></b>	Basic 基本

<b><i>Kime</i></b>	Focus
<b><i>Ko Neko Dachi</i></b>	Long cat stance
<b><i>Kobudo</i></b>	Ancient warrior way (commonly refers to weapons arts) 古武道
<b><i>Kobushi Ate</i></b>	Striking vulnerable & paralyzing areas, also known as <i>Utsu</i>
<b><i>Kohai</i></b>	A student of <i>Budo</i> who trains under the direction of a <i>sempai</i> . 後輩
<b><i>Kokutsu Dachi</i></b>	Back stance
<b><i>Kon Ban Wa</i></b>	Good evening 今晩は
<b><i>Kosa Dachi</i></b>	Crossed leg stance
<b><i>Kote Aite</i></b>	Body conditioning, arm pounding drills
<b><i>Kotegaeshi</i></b>	Bending the forearm away from the body through control of the wrist 小手返し
<b><i>Kubi Nage</i></b>	Neck throw
<b><i>Kumite</i></b>	Sparring or fighting 組手
<b><i>Kun</i></b>	Creed
<b><i>Kuro Obi</i></b>	Black belt 黒帯
<b><i>Kuzushi</i></b>	Balance
<b><i>Kyoku</i></b>	Strength of the technique alone
<b><i>Kyoshi</i></b>	A martial art's title referring to an expert teacher of 6th <i>Dan</i> or above who has attained a degree of inner perfection. 教師
<b><i>Kyoshu Jitsu</i></b>	Striking vital points or pressure point techniques
<b><i>Maai</i></b>	Distance between you and your opponent 間合い
<b><i>Mae Geri</i></b>	Front kick
<b><i>Mae Kekomi Geri</i></b>	Front thrust kick
<b><i>Mae Tobi Geri</i></b>	Jump front kick
<b><i>Makiwara</i></b>	Striking post
<b><i>Matte</i></b>	Wait, stop
<b><i>Mawashi Geri</i></b>	Round house kick
<b><i>Mawashi Tobi Geri</i></b>	Jump round house kick
<b><i>Migi</i></b>	Right (as in side) 右
<b><i>Mikazuki Geri</i></b>	Crescent kick
<b><i>Mitsurin Dachi</i></b>	Leopard or jungle stance
<b><i>Morote Jime</i></b>	Two handed choke
<b><i>Morote Uke</i></b>	Augmented forearm block or double block

<b><i>Musubi Dachi</i></b>	Preparation stance, heels together & toes out
<b><i>Nage Waze</i></b>	Throwing techniques
<b><i>Naotte</i></b>	As you were, return to the previous position
<b><i>Neko Ashi Dachi</i></b>	Cat leg stance
<b><i>Nihon Nukite</i></b>	Two finger strike
<b><i>Nunchaku</i></b>	Flail-like weapon of two wooden rods connected by rope or chain, used in <u><i>kobudo</i></u>
<b><i>Nukite</i></b>	Four finger strike or spear hand
<b><i>Obi</i></b>	Belt 帯
<b><i>O-Goshi</i></b>	Major hip throw
<b><i>Onegai Shimasu</i></b>	Please teach me
<b><i>Osae Uke</i></b>	Pressing block
<b><i>O-Soto-Gari</i></b>	Major outer reap
<b><i>Oi Zuki</i></b>	Chase punch or lunge punch
<b><i>Osaekomi</i></b>	Hold down
<b><i>Otagai Ni Rei</i></b>	Bow to each other
<b><i>Otoshi</i></b>	Drop or throw down 落
<b><i>Qi or Chi</i></b>	Chinese word for energy ( <u><i>ki</i></u> in Japanese). Often used to describe the intrinsic life-force energy that many believe animates the body and can be directed and extended through mental focus.
<b><i>Rei</i></b>	Bow 礼
<b><i>Ryochi</i></b>	Intuitive wisdom
<b><i>Ryu</i></b>	Style, as in a particular style of an art 流
<b><i>Sai</i></b>	Three-pronged metal truncheon used in <u><i>kobudo</i></u> 釵
<b><i>Sanchin Dachi</i></b>	Hourglass stance with toes pointed inward
<b><i>Satori</i></b>	Enlightenment; understanding 覚り
<b><i>Sayonara</i></b>	Goodbye サヨナラ
<b><i>Seiken</i></b>	Forefist
<b><i>Seiza</i></b>	Formal sitting position with lower legs folded under you 正座
<b><i>Sempai</i></b>	Senior Student 先輩
<b><i>Sen</i></b>	Before, initiative
<b><i>Sen No Sen</i></b>	Attacking at the moment of opponent's attack

<b><i>Sensei</i></b>	(Lit. One who has gone before) Teacher 先生
<b><i>Seoi-Nage</i></b>	Shoulder throw
<b><i>Shi</i></b>	Four - also pronounced Yon (Shi also means death so Japanese tend to switch - After 4 the number is usually referred to as Yon - Ju Yon (Fourteen) Yon Ju (Forty) Yon Ju Yon (Forty Four), etc.) 四
<b><i>Shiko Dachi</i></b>	Horse stance with feet turned out at a 45° angle
<b><i>Shihan</i></b>	One who points the way, Master level instructor, Instructor of instructors
<b><i>Shime (-Jime)</i></b>	Choking ( <i>Jime</i> when used with a prefix)
<b><i>Shimoseki</i></b>	Lower side of dojo on the right side the <i>kamiza</i> (left when facing the <i>kamiza</i> , opposite of <i>Joseki</i> ) 下席
<b><i>Shizen Tai Dachi</i></b>	Natural Stance - Also referred to as <i>Hachiji Dachi</i> or <i>Hachinoji Dachi</i> (literally the number 8 stance because the stance looks like the character for the number 8) 自然体立ち
<b><i>Shomen</i></b>	To the front 正面
<b><i>Shotei Uchi</i></b>	Palm heel strike
<b><i>Shugo</i></b>	Line up
<b><i>Shuto</i></b>	Edge of hand
<b><i>Sokuto</i></b>	Edge of foot
<b><i>Sukui Uke</i></b>	Scooping block
<b><i>Sumimasen</i></b>	Excuse me
<b><i>Tachi (-Dachi)</i></b>	Stance ( <i>Dachi</i> when used with a prefix such as <i>Kiba Dachi</i> ) 立ち
<b><i>Taezu Naru Waza</i></b>	Continuous motion technique
<b><i>Tai-Otoshi</i></b>	Body drop throw. <i>Tori</i> drops in order to throw <i>Uke</i> .
<b><i>Taisabaki</i></b>	Body movement or shifting, stepping and dodging
<b><i>Tako</i></b>	Calluses
<b><i>Tani-Otoshi</i></b>	"Valley drop" throw
<b><i>Tanto</i></b>	Short sword or long knife
<b><i>Tate Zuki</i></b>	Vertical punch
<b><i>Tatsu</i></b>	Dragon hand
<b><i>Te</i></b>	Hand, also used to describe martial arts indigenous to Okinawa
<b><i>Te Uke</i></b>	Chambered fist covered by other fist
<b><i>Tekatana Uke</i></b>	Chambered fist covered by an open hand
<b><i>Tenkan</i></b>	Body pivoting or turning
<b><i>Tettui Uke</i></b>	Hammer fist block
<b><i>Tettui Zuki</i></b>	Hammer fist strike

<b><i>Tobi Geri</i></b>	Jump kick 飛び蹴り
<b><i>Tode</i></b>	Chinese hand. An early name for Okinawan Karate.
<b><i>Tomoe-Nage</i></b>	Circle Throw
<b><i>Tonfa</i></b>	Wooden weapon with a handle similar to a police baton
<b><i>Tora</i></b>	Tiger 虎
<b><i>Tori</i></b>	Attacker
<b><i>Tsugime</i></b>	Joint bending
<b><i>Tsukami Uke</i></b>	Grasping block
<b><i>Tsukuri</i></b>	A preparatory move or entry prior to making a throw
<b><i>Tsuru</i></b>	Crane 鶴
<b><i>Tsuru Dachi</i></b>	Crane stance
<b><i>Tuite</i></b>	Grappling skills
<b><i>Ude Osae</i></b>	Arm pinning through control of opponent's elbow 腕印
<b><i>Uke</i></b>	Defender or blocking
<b><i>Ukemi</i></b>	Falling technique
<b><i>Ura Zuki</i></b>	Upper cut or no turn punch
<b><i>Uraken</i></b>	Back fist
<b><i>Ushiro Geri</i></b>	Back kick
<b><i>Ushiro Kekomi Geri</i></b>	Back thrust kick
<b><i>Ushiro Tobi Geri</i></b>	Jump spinning back kick
<b><i>Utsu</i></b>	Striking vulnerable & paralyzing areas, also known as <i>Kobushi Ate</i>
<b><i>Waza</i></b>	Technique 技
<b><i>Yame</i></b>	Stop immediately
<b><i>Yasume</i></b>	Relax
<b><i>Yoi</i></b>	"Stand by," or "get ready" 用意
<b><i>Yoko</i></b>	Side
<b><i>Yoko Geri</i></b>	Side kick
<b><i>Yoko Kekomi Geri</i></b>	Side thrust kick
<b><i>Yoko Tobi Geri</i></b>	Jump side kick
<b><i>Yoshi</i></b>	Begin
<b><i>Yudansha</i></b>	Black belt holder, of <i>dan</i> rank 有段者
<b><i>Zanshin</i></b>	Continued alertness, remaining mind, extending <i>ki</i> 残心
<b><i>Zazen</i></b>	Seated meditation

*Zenkutsu Dachi*

Lunge or forward stance

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