**Terminology**

**Numbers**

When counting for class, just pronounce the first syllable of bisyllabic numbers (i.e., ich, rok, shich, hach), for shorter, sharper counting.

1. ichi
2. ni
3. san
4. shi
5. go
6. roku
7. shichi
8. hachi
9. ku (kyuu)
10. juu

**Stances**

* hachinoji-dachi – ready stance
* zenkutsu-dachi – front stance
* kou-kutsu-dachi – back stance
* kiba-dachi – horse stance / saddle stance
* neko-dachi – cat stance
* sochin-dachi / fudou-dachi – sochin stance / “immovable” stance
* sanchin-dachi – “hourglass” stance
* hangetsu-dachi – “half moon” stance

**Arm attacks**

* tsuki – punch
* oi-zuki – lunge punch
* gyaku-zuki – reverse punch
* kizami-zuki – jab punch
* nukite – spear-hand (thrust)
* ura-ken – back hand (strike)
* empi – elbow (strike)

**Leg attacks**

* keri – kick
* mae-geri – front (snap) kick
* mawashi-geri – round house kick
* (yoko-geri) kekomi – side thrust kick
* (yoko-geri) keage – side snap kick
* ushiro-geri – back (thrust) kick

**Attacking levels**

* jou-dan – “upper level” / face
* chuudan – “middle level” / stomach / solar plexus
* gedan – “lower level” / groin

**Blocks**

* age-uke – rising block
* ude-uke – “arm block”, often used to mean outside block
* soto-uke – outside block (see above)
* uchi-uke – inside block
* gedan barai – down block / “lower level sweep”
* shuto-uke – knife-hand block
* nagashi-uke – “flushing block” / deflecting block
* kakiwake-uke – two-handed “separating” block
* juuji-uke – two-handed “cross” block

**Kata**

Translations are approximate transliterations of the Chinese characters used to “spell” the kata names.

* kata – form(s)
* heian shodan – “stable and secure” / “stable peace,” “first level”
* heian nidan – ditto, “second level”
* heian sandan – ditto, “third level”
* heian yondan – you get the idea
* heian godan
* tekki shodan – “iron horseman,” “first level”
* bassai dai – “destroying a fortress,” “greater” version \*
* empi – “flight of the swallow”
* jion – “compassion and favor” (This is a Buddhist term and possibly the name of some temple.)
* kankuu dai – “observing the sky/emptiness,” “greater” version \*
* jutte / jitte – “ten hands”
* hangetsu – “half moon”
* tekki nidan
* tekki sandan
* nijuushiho – “twenty-four steps”
* gankaku – “boulder crane” (the bird on a rock)
* sochin [sou-chin] – “strength and control”
* bassai sho [shou] – “destroying a fortress,” “lesser” version \*
* kankuu sho [shou] – “observing the sky/emptiness,” “lesser” version \*
* unsu [unsuu] – “cloud hands”
* gojuushiho (dai) –  “fifty-four steps,” “greater” version \*
* gojuushiho sho [shou] – “fifty-four steps,” “lesser” version \*
* meikyo [meikyou] – “bright mirror”
* ji’in – “compassion and shadow” (Possibly another temple.)
* chinte – “rare hands”
* wankan – “king’s crown”

\* Kata with “lesser” or “greater” attached (“sho” or “dai”) don’t really mean “lesser” or “greater” in any quantitative sense. It’s just a way of distinguishing two different kata.

**Kumite**

* kumite – sparring
* (kihon) gohon kumite – (basic) five-step sparring
* (kihon) sanbon kumite – (basic) three-step sparring
* (kihon) ippon kumite – (basic) one-step sparring
* jiyuu ippon kumite – semi-free one-step sparring
* (jiyuu) kumite – free sparring

**Other words**

* kihon – basic(s)
* ki-ai – “spirit focus” / a focusing yell
* kime – “decision” / focus
* rei – bow
* youi – “get ready” / often a command to stand in hachinoji-dachi
* yame – stop
* yasume – rest, relax
* maware / mawatte – turn
* hajime – begin
* mokusou – “quiet meditation”
* dojo [dou-jou] – “way place,”  the place where you train
* dojo kun – dojo desiderata
* seiza – “proper sitting” / kneeling
* sempai – senior student
* kou-hai – junior student

**Dojo Kun**

Direct translation of the Japanese:

  hitotsu, jinkaku kansei ni tsutomurukoto.  
  one, to work toward completion/perfection of character.

  hitotsu, makoto no michi wo mamorukoto.  
  one, to protect the path of truth.

  hitotsu, doryoku no seishin wo yashinaukoto.  
  one, to nurture a spirit of hard work.

  hitotsu, reigi wo omonzurukoto.  
  one, to give weight to courtesy and respect.

  hitotsu, kekki no yuu wo imashimurukoto.  
  one, to reign in impetuousness.

The language is archaic Japanese and doesn’t do too well under direct translation, so in the United States, these are generally translated as follows:

**Seek perfection of character.**

**Be faithful.**

**Endeavor.**

**Respect others.**

**Refrain from violent behavior.**