

S.

SOKUTO--EDGE OF FOOT
SEIZA--KNEELING POSITION
SURIKOMI--HALF STEP
SUSUMO--MOVE IN

T.

TAMESHIWARI--BREAKING
TOBI--JUMPING
TE--HAND
TEKUBI--WRIST
TSUKAMI--GRASPING

U.

UCHI--STRIKE
UDE--FOREARM
URA--INVERTED
URAKEN--BACKFIST
USHIRO--BACK
UKE--BLOCK

W.

WAZA--TECHNIQUE
WAN--ARM

Y.

YAME--STOP
YOI--READY
YOKO--SIDE

Z.

ZENSHINSHI--MOVING FORWARD
ZENKUTSU--FORWARD LEANING 75% WEIGHT FRONT
25% WEIGHT BACK

1--ICHI

2--NI

3--SAN

4--SHI

5--GO

6--ROKU

7--SHICHI

8--HACHI

9--KU

10--JYU

11--JYU ICHI

20--NIJYU

30--SANJYU.

40--YONJYU

50--GOJYU

60--ROKUJYU

70--SHICHIJYU

80--HACHIJYU

90--KYUJYU

100--HYAKU

1000--SEN