|  |  |  |
| --- | --- | --- |
| **English** | **Japanese** | ***Pronunciation*** |
| **Line Up** | **Shugo** | ***Shoe-go*** |
| **Attention** | **Kyotsuke** | ***Ki-O-skay*** |
| **Ready** | **Yoi** | ***Yo-E*** |
| **Sit down** | **Saiza** | ***Say-za*** |
| **Bow** | **Rei** | ***Ray*** |
| **Please Teach Me** | **Onegai/Shimasu** | ***Own-A-gaash-A-mas*** |
| **Thank You Very Much** | **Domo Arrigato** | ***Dome-O Are-ray-gato*** |
| **Thanks** | **Arrigato** | ***Are-ray-gato*** |
| **Way of the Empty Hand** | **Karate-Do** | ***Kara-te-doe*** |
| **Teacher** | **Sensei** | ***Sen-say*** |
| **Student** | **Deshi or Montei** | ***Des-she Mon-te*** |
| **Chief Instructor** | **Osensei** | ***Oh Sen-say*** |
| **Grand Master** | **Hanshi** | ***Han-she*** |
| **Training Hall** | **Dojo** | ***Doe-joe*** |
| **Forms*(Stylized Fighting)*** | **Kata** | ***Ka-ta*** |
| **Striking Post** | **Makiwara** | ***Mac-E-waar-ah*** |
| **Turn Around** | **Mawate** | ***Ma-wa-te*** |
| **Upper** | **Jodan** | ***Joe-don*** |
| **Middle** | **Chudan** | ***Chew-don*** |
| **Lower** | **Gedan** | ***Gay-don*** |
| **Block** | **Uke** | ***Uuk-E*** |
| **Punch** | **Zuki** | ***Zoo-key*** |
| **Kick** | **Keri** | ***Care-A*** |
| **Left** | **Hidari** | ***Hi-dare-A*** |
| **Right** | **Migi** | ***Mig-E*** |
| **Begin*(start)*** | **Hajime** | ***Ha-Gee-may*** |
| **Stance** | **Dachi** | ***Da-chi*** |
| **Push-Ups** | **Udetate Fuse** | ***Un-dat-te Fu-say*** |
| **Yes** | **Hi** | ***hi*** |
| **No** | **Iyea** | ***E - A*** |
| **Excuse me** | **Sumimasen** | ***Sue-mE-ma-sen*** |
| **I'm sorry** | **Gomenasai** | ***Go-men-a-sigh*** |
| **Just a moment please** | **Chota matai kuda-sai** | ***Cho-ta mat-A kud-a-sigh*** |
| **I** | **watashi-wa** | ***wa-tash-A-wa*** |
| **You** | **Anata-wa** | ***a-nat-a-wa*** |
| **How are you?** | **O ganki des-ku** | ***O gank-E desk-a*** |
| **I'm fine, thank you** | **Ganki des, okagit samedat** | ***gank-E des, O cag-it sam-ah-debt*** |

**Matsubayashi-Ryu Karate-Do Techniques**

|  |  |
| --- | --- |
| **Kamaekata - Ready Stances** |  |
| **Soto-hachiji Shizentai-Dachi** | **Open leg natural stance** |
| **Chokuritsu-fudo-dachi** | **Formal attention stance** |
| **Heisoku-dach** | **Closed foot stance** |
| **Tachikata - Stances** |  |
| **Shizentai-dachi** | **Natural stance** |
| **Jun shizentai-dachi** | **Quasi natural stance** |
| **Nekoashi-dachi** | **Cat stance** |
| **Jigotai-dachi** | **Wide open leg stance** |
| **Naihanchi-dachi** | **Straddle leg (horse) stance** |
| **Zenkutsu-dachi** | **Front leg bent stance** |
| **Naname zenkutsu-dachi** | **Slanted front leg bent stance** |
| **Kokutsu-dachi** | **Backleg bent stance** |
| **Kosa-dachi** | **Cross leg stance** |
| **Ippon-ashi-dachi** | **One leg stance** |
| **Iaigoshi-dachi** | **Kneeling stance** |
| **Semekata - Attacking Techniques** |  |
| **Seiken Waza - Fist techniques** |  |
| **Gedan zuki** | **Low Punch** |
| **Chudan zuki** | **Middle chest punch** |
| **Jodan zuki** | **High punch** |
| **Kaku-zuki** | **Square punch** |
| **Tomoe-zuki** | **Circular block & punch** |
| **Sayu-zuki** | **Double side punch** |
| **Kakushi-zuki** | **Hidden fist punch** |
| **Oi-zuki** | **Chasing punch (side squat punch)** |
| **Wari-uke-zuki** | **Split block punch** |
| **Morote-zuki** | **Augmented side punch** |
| **Yubi-waza - Finger Techniques** |  |
| **Nukite-zuki** | **Spear hand thrust** |
| **Morote-nuki-zuki** | **Double spear hand thrust** |
| **Shi-zuki** | **Beak thrust** |
| **Uchi-waza - Striking Techniques** |  |
| **Uraken-uchi** | **Backfist strike** |
| **Kentsui-uchi** | **Hammer fist strike** |
| **Shuto-uchi** | **Knife hand strike** |
| **Kyobu shuto-uchi** | **Chest knife hand strike** |
| **Kyobu morote shuto-uchi** | **Chest double knife hand strike** |
| **Kyobu soete shuto-uchi** | **Chest augmented knife hand strike** |
| **Haito-uchi** | **Reverse knife hand strike** |
| **Ate-waza - Smashing Techniques** |  |
| **Hiji-ate** | **Elbow smash** |
| **Hiji-tate-ate** | **Upward elbow smash** |
| **Hiji-yoko-ate** | **Forward elbow smash** |
| **Hiji-ushiro-ate** | **Backward elbow smash** |
| **Hiji-sasae-ate** | **Supported elbow smash** |
| **Hiza-ate** | **Knee smash** |
| **Shotei-ate** | **Palm-heel smash** |
| **Jodan-shotei-ate** | **Upward palm-heel smash** |
| **Chudan-shotei-ate** | **Middle palm-heel smash** |
| **Gedan-shotei-ate** | **Lower palm-heel smash** |
| **Tomoe-shotei-ate** | **Circular palm-heel smash** |
| **Ukekata - Blocking Techniques** |  |
| **Seiken-ude-uke** | **Forearm block** |
| **Jodan-uke Upper block** | **Upper block** |
| **Chudan-uke** | **Middle outward block** |
| **Chudan-yoko-uke** | **Middle sideways block** |
| **Chudan-uchi-uke** | **Middle inner block** |
| **Gedan-uke** | **Lower block** |
| **Gedan-yoko-uke** | **Lower sideways block** |
| **Sasae-uke** | **Supported forearm block** |
| **Sayu-barai-uke** | **Double lower side block** |
| **Jodan-wari-uke** | **Upper split block** |
| **Chudan-wari-uke** | **Middle split block** |
| **Jodan-kosa-uke** | **Upper cross block** |
| **Gedan-kosa-uke** | **Lower cross block** |
| **Morote-soe-uke** | **Augmented forearm block** |
| **Chudan-soto-mawashi-uke** | **Middle sideward round block** |
| **Morote-barai-uke** | **Augmented lower block** |
| **Hazushi-uke** | **Removing block** |
| **Morote-barai-uke** | **Augmented lower block** |
| **Otoshi-uke** | **Dropping downward block** |
| **Shuto & Haito-uke** | **Knife hand & reverse knife hand block** |
| **Chudan soto-shuto-uke** | **Middle outward knife hand block** |
| **Jodan uchi-shuto-uke** | **Upper inward knife hand block** |
| **Chudan yoko-shuto-uke** | **Middle sideward knife hand block** |
| **Gedan shuto-uke** | **Lower knife hand block** |
| **Gedan shuto-yoko-barai-uke** | **Lower sideward knife hand slashing block** |
| **Chudan-hasami-uke** | **Middle scissors block** |
| **Makite-uke** | **Winding knife hand block** |
| **Magetori-barai-uke** | **Rising upward both hand knife hand block** |
| **Torite-uke** | **Grasping hand block** |
| **Sagurite-uke** | **Searching hand block** |
| **Gedan-haito-yoko-uke** | **Lower sideward reverse knife hand block** |
| **Shotei-uke** | **Palm heel block** |
| **Chudan-shotei-uke** | **Middle palm heel block** |
| **Gedan-shotei-uke** | **Lower palm heel block** |
| **Hiji-uke** | **Elbow block** |
| **Hangetsu-barai-uke** | **Half moon foot block** |
| **Keri Kata - Kicking Techniques** |  |
| **Mae-geri** | **Front kick** |
| **Kyobu-geri** | **Chest kick** |
| **Fukubu-geri** | **Abdomen kick** |
| **Kinteki-geri** | **Groin Kick** |
| **Sokoto-geri** | **Foot edge kick** |
| **Nidan-geri** | **Flying front kick** |
| **Mawashi-geri** | **Roundhouse kick** |
| **Intermediate Movements** |  |
| **Suirakan-no-kamee** | **Drunkard fighting posture** |
| **Ryu-no-hiji-no-kamee** | **Dragon tongue fighting posture** |
| **Sagurite-no-kamee** | **Searching hand fighting posture** |
| **Hotoke-kamee** | **Buddha-hand fighting posture** |
| **Tenshin-no-kamee** | **Body shifting fighting posture** |
| **Ura-gamae** | **Cheating fighting posture** |