

Japanese Terminology

<i>Karate-do</i>	empty hand way
<i>Onegaishimasu</i> (oh-nai-guy-shee-mahss)	please take care of me
<i>Domo arigatou gazaimasu</i>	thank you very much

Types of Fists (Ken)

- Sei ken* – 2 knuckle punch
- Sho ken* – 1 knuckle punch
- Ura ken* – back fist
- Bushi ken* – thumb knuckle strike
- Hira ken* – 4 knuckle punch

Types of Blocks (Uke)

- Soto uke* – outside block
- Uchi uke* – inside block
- Jyodan uke* – upward block
- Gedan uke* – downward uke
- Mawashi uke* – circular block
- Wa uke* – guiding arm block
- Shoken Sukui Age uke* – scooping block (Konchin)

Types of Strikes

- Shuto* – chop
- Haito* – ridge hand strike
- Nukite* – spear hand strike
- Tettsui* – hammer fist
- Hiza ate* – knee strike
- Sanchin chudan nuki* – sanchin strike
- Koken* – cupped hand strike / groin strike (Seichin and Seisan)
- Kakushi ken* – crane's beak strike (Sanseiryu)

Types of Kicks (Geri)

- Shomen geri* – front kick
- Sokusen geri* – big toe kick
- Sokutei geri* – ball of the foot kick
- Mae geri* – lead leg front kick
- Sokutou geri* – sidekick
- Mawashi geri* – roundhouse kick
- Mikazuki geri* – crescent kick
- Ushiro geri* – back kick
- Kaiten ushiro geri* – spinning back kick
- Tobi geri* – Jump kick

Types of Elbow Strikes (Hiji)

- Tate hiji* – upward elbow strike
- Yoko hiji* – side elbow strike
- Ato hiji* – rear elbow strike
- Furi hiji* – roundhouse elbow strike

Types of Stances (Dachi)

- Kiba dachi* – horse stance
- Zenkutsu dachi* – front stance
- Kokutsu dachi* – back stance
- Neko dachi* – cat stance
- San dachi* – sanchin stance

Hojoundo (Uechi Ryu exercises)

<i>Shomen geri</i>	Front Kicks
<i>Hiji zuki</i>	Elbow Strikes
<i>Sokuto geri</i>	Side Kicks
<i>Seiken zuki</i>	Two Knuckle Punch
<i>Mawashi zuki</i>	Roundhouse Punch
<i>Hajike uke hiraken zuki</i>	Four Knuckle, Upward Block and Punch
<i>Uke shuto ura shoken zuki</i>	Chop, Back Fist, One Knuckle Punch
<i>Koi no shippo tate uchi</i>	Four Count Wrist Blocks
<i>Koi no shippo yoko uchi</i>	Two Count Wrist Blocks
<i>Shomen Hajiki</i>	Eye Flicks / Eye Jabs
<i>Shomen Nukite</i>	Throat Jabs
<i>Tenshin zensoku geri</i>	45° Angle Turn, Front Kick
<i>Tenshin kosoku geri</i>	45° Angle Turn, Reverse Front Kick
<i>Tenshin shoken zuki</i>	45° Angle Turn, One Knuckle Punch
<i>Shin ko kyu</i>	Deep breathing exercise

Katas (forms)

Sanchin	3 conflicts or 3 steps
Kanshiwa	From Kan bun + Shushi wa
Kanshu	From Kan bun + Shushi wa
Seichin	10 positions of defense and attacks
Seisan	13 positions of defense and attacks
Seiryu	16 positions of defense and attacks
Kanchin	Perfect battle
Sanseiryu	36 positions of defense and attacks

Miscellaneous Terms

<i>Sensei</i>	Chief Instructor	<i>Mae te</i>	Ready
<i>Dojo</i>	School	<i>Hajime</i>	Begin
<i>Gi</i>	Uniform	<i>Yamae</i>	Stop
<i>Obi</i>	Belt	<i>Mawate</i>	Turn
<i>Karateka</i>	Karate student	<i>Kyu</i>	Color ranks
<i>Kata</i>	Form	<i>Dan</i>	Black belt ranks
<i>Kumite</i>	Sparring	<i>Ryote</i>	Double strikes
<i>Kiotsuke</i>	Attention	<i>Seiza</i>	Kneeling position
<i>Rei</i>	Bow	<i>Yoi</i>	Set or ready
<i>Migi ashi mai</i>	Right stance	<i>Ashi kotai</i>	Change feet
<i>Hidari ashi mai</i>	Left stance	<i>Junbiundo</i>	Warm ups

Counting

1-ichi	2-ni	3-san	4-shi(yon)	5-go	6-roku	7-shichi	8-hachi	9-ku	10-ju
	First time---	Ikkai		Second time---	Nikai		Third time---	Sankai	