

## Useful Terms

Some words used in Japan do not have a corresponding English translation because they reflect concepts that are unique to the Japanese culture. The terms listed here will be easy to learn with just a little effort. You will hear them used in class frequently.

### Counting

1	ichi	11	Ju- ichi
2	ni	12	Ju- ni
3	san	13	Ju- san
4	shi	14	Ju- shi
5	go	15	Ju- go
6	roku	16	Ju- roku
7	shichi	17	Ju- shichi
8	hachi	18	Ju- hachi
9	ku	19	Ju- ku
10	Ju	20	Ni- ju

### Words or phrases used as commands

Shugo	line up
Kioske	attention
Rei	bow (show courtesy)
Seiza	kneeling posture for contemplation (formal)
Mokuso	meditate
Mokuso Yame	stop meditating
Tatsu	stand
Hajime	begin
Sensei ni rei	show respect to the teacher
Otagai ni rei	show respect to each other
Shinzen ni rei	show respect to the shinza
Mawate	turn
Mo ichi do	one more time
Jimen kamae	ground ready position
Onaigaishimasu	please help me (spoken when bowing at the beginning of class)
Arigato gosaimashta	Thank you (spoken when bowing at the end of class)

### Foot/leg terms

Bo geri	front kick (stick kick)
Yoko geri	side kick
Mawashi geri	Roundhouse kick

### Hand/arm terms

Nuchi- di	spearhand
Sho- di	heel palm
Tsuki	punch

### Misc. terms

Hai	yes
Sensei	teacher
Dojo	place of the Way
Shinza	place to memorialize the spirits
Shomen	front of dojo
Domo arigato	thank you
Do itashi mastei	your welcome

Zazen	kneeling (seated) meditation
Shikentaza	"just" sitting (without thinking)
Sempai	senior, a mentor (generally should not be used at our dojo)
Kohai	junior ("
Yudansha	black belt ranked person
Mudansha	students without black belt rank
Dan	black belt ranks
Kyu	beginner ranks
Tori	giver (attacker during practice)
Uke	receiver (of counter attack during practice)
Ukemi	the art of receiving an attack, usually refers to falling skills, rolling
Jodan	upper
Chudan	middle
Gedan	lower
Bunkai	analysis (of kata)
Keiko	practice, literally means "contemplating the ancient" ways