

## -A-

<b>Age tsuki</b>	- rising punch
<b>Age uke</b>	- rising block
<b>Anata wa</b>	- and you?
<b>Antei</b>	- balance
<b>Arigato gozaimasu</b>	- thank you
<b>Ashi</b>	- leg
<b>Ashi barai</b>	- leg sweep
<b>Atama</b>	- head
<b>Ato de</b>	- Later

## -B-

<b>Bo</b>	- Six foot staff (Weapon)
<b>Bojutsu</b>	- Art of the Bo
<b>Bunkai</b>	- The application of a move in kata
<b>Bushi</b>	- Warrior
<b>Bushido</b>	- Way of the warrior

## -C-

<b>Chudan</b>	- Middle area
<b>Chudan uke</b>	- Middle block

## -D-

<b>Dachi</b>	- Stance
<b>Dai (Dai Ichi)</b>	- Number
<b>Dai (Passai Dai)</b>	- Greater, major
<b>Dai sempai</b>	- Most senior student
<b>Dan</b>	- Black belt rank

**-E-**

<b>Ee-EH, wah-KAH-ree-mah-shen-No</b>	- I don't understand
<b>Ee-KEE-mah-sho</b>	- Let's go!
<b>Ekku</b>	- Oar (weapon)
<b>Empi</b>	- Elbow

**-F-**

<b>Fukyu</b>	- Fundamental, basic
<b>Fumi komi</b>	- Stomping (kick)

**-G-**

<b>Gedan</b>	- Lower area
<b>Gedan uke</b>	- Lower block
<b>Genki desu</b>	- I am fine
<b>Geri</b>	- kick
<b>Gi</b>	- Karate uniform
<b>Go</b>	- Hard or #5
<b>Gyaku tsuki</b>	- Reverse punch

**-H-**

<b>Hachiji dachi</b>	- Open stance
<b>Hai</b>	- Yes
<b>Haishu</b>	- Back of hand
<b>Haisoku</b>	- Instep of
<b>Haito</b>	- Ridge hand
<b>Hajime</b>	- Begin
<b>Hanshi</b>	- Grand Master

<b>Hara</b>	- Abdomen, center of Ki
<b>Hayaku</b>	- Quickly
<b>Heiko dachi</b>	- Parallel stance
<b>Heisoku dachi</b>	- Closed foot stance
<b>Hidari</b>	- Left
<b>Hiji</b>	- Elbow
<b>Hiji</b>	- Elbow smash
<b>Hiza</b>	- Knee

**-I-**

<b>Ikaga desu ka</b>	- How are you?
<b>Ima</b>	- Now
<b>Ippon ken</b>	- One knuckle fist
<b>Itchoku sen</b>	- Straight line

**-J-**

<b>Jiyu kumite</b>	- Free style sparring
<b>Jo</b>	- Four foot staff
<b>Jodan</b>	- Upper area
<b>Ju</b>	- Soft or the #10
<b>Judan</b>	- 10 <sup>th</sup> Degree Black Belt

**-K-**

<b>Kakato</b>	- Heel of foot
<b>Kake geri</b>	- Hook kick
<b>Kama</b>	- Sickle (weapon)
<b>Kamae</b>	- Fighting stance
<b>Kansetsu</b>	- Knuckles
<b>Kao</b>	- Face
<b>Kara</b>	- Empty
<b>Karate</b>	- Empty hand

<b>Karate do</b>	- The way of the empty hand
<b>Kata</b>	- Predetermined form
<b>Keage</b>	- Snap (kick)
<b>Keiko</b>	- Practice drill
<b>Kekomi</b>	- Thrust (kick)
<b>Ki</b>	- Spirit
<b>Kiai</b>	- Spirit shout
<b>Kiba dachi</b>	- Horse riding stance
<b>Kihon</b>	- Basic
<b>Kime</b>	- Focus
<b>Kimochi</b>	- Attitude
<b>Kin geri</b>	- Groin kick
<b>Kiotsuke</b>	- Attention
<b>Kobudo</b>	- Ancient martial ways
<b>Kobujutsu</b>	- Art of ancient weapons
<b>Kokegi</b>	- Attacker
<b>Kohai</b>	- Junior
<b>Koko</b>	- Here
<b>Kokoro</b>	- Mind, heart, spirit, feeling
<b>kokutsu dachi</b>	- Back stance
<b>Konban wa</b>	- Good evening
<b>Konnichi wa</b>	- Good afternoon, hello
<b>Koroshi waza</b>	- killing technique
<b>Kosa dachi</b>	- Cross-legged stance
<b>Koshi</b>	- Hips, ball of foot
<b>Kudasai</b>	- Please, give me the favor of
<b>Kumite</b>	- Practice fighting
<b>Kuzushi</b>	- Leverage
<b>Kyobu</b>	- Chest
<b>Kyoshi</b>	- Karate master title (7 <sup>th</sup> & 8 <sup>th</sup> Degree)
<b>Kyu</b>	- Non black belt rank
<b>Kyushu jutsu</b>	- The art of striking vital points

## -M-

<b>Ma</b>	- Distance
<b>Maai</b>	- Individual distance
<b>Mae</b>	- Front
<b>Mae geri</b>	- Front kick
<b>Makiwara</b>	- Punching board
<b>Massugu</b>	- Straight
<b>Matte</b>	- Wait
<b>Mawashi geri</b>	- Round house kick
<b>Mawate</b>	- Turn
<b>Migi</b>	- Right
<b>Migikae tsuki</b>	- Jab punch
<b>Mikazuki geri</b>	- Crescent kick
<b>Modotte</b>	- Return to ready position
<b>MEH ee-chee-doh</b>	
<b>Oh-NEH-gah-ee</b>	
<b>Shee-mahs?</b>	- Could you repeat it please?
<b>Mokuso</b>	- Quiet please
<b>Mokuso owari</b>	- Meditation over
<b>Morote uke</b>	- Augmented block
<b>Mudansha</b>	- Kyu rank holder
<b>Mushubi Dachi</b>	- Open foot, attention stance
<b>Mutskasae</b>	- Difficult

## -N-

<b>Nage waza</b>	- Throwing technique
<b>Nagore</b>	- Deep breathing
<b>Naihanchi dachi</b>	- Iron horse stance
<b>Naisan</b>	- Man, Women, boy or girl
<b>Nan-jee-dehs-ka?</b>	- What time is it?
<b>Narra be nassai</b>	- Line up
<b>Neko ashi dachi</b>	- Cat leg stance

<b>Nidan geri</b>	- Double kick
<b>Nihongo</b>	- Japanese language
<b>Nuhute</b>	- Spear hand
<b>Nunchaku</b>	- Flail (weapon)

**-O-**

<b>O-hayo gozaimas</b>	- Good morning
<b>O-negai shimasu</b>	- Teach me, please
<b>O-yasami nasai</b>	- Good night
<b>Obi</b>	- Belt
<b>Ot tsuki</b>	- Lunge punch
<b>Owari mastah</b>	- Over, finish

**-R-**

<b>Rei</b>	- Bow, courtesy
<b>Renshi</b>	- Highest teacher
<b>Ranshu</b>	- To study
<b>Ryu</b>	- School or system, way
<b>Ryukyu</b>	- The archipelago, known as Okinawa

**-S-**

<b>Sai</b>	- Truncheon (weapon)
<b>Sanchin dachi</b>	- Hour glass stance
<b>Sashi buri desu ne</b>	- Long time no see
<b>Sayornara</b>	- Good bye
<b>Seiken</b>	- Forefist
<b>Seiza</b>	- Formal sitting posture
<b>Sempai</b>	- Senior student
<b>Senaka</b>	- Back of body
<b>Sensei</b>	- Teacher, instructor
<b>Shiai</b>	- Match, contest

<b>Shihan</b>	- Master instructor
<b>Shiko dachi</b>	- Split or square stance
<b>Shin ken</b>	- Serious
<b>Sho</b>	- Small, minor
<b>Shomei</b>	- Front central area of dojo
<b>Shomen</b>	- Front
<b>Shomen ni rei</b>	- Bow to the front
<b>Shuto</b>	- Knife hand
<b>Soto uke</b>	- Outside middle block
<b>Shurey no kuni</b>	- The country that keeps respect

**-I-**

<b>Tabemono</b>	- Food
<b>Tai</b>	- Body
<b>Tai sabaki</b>	- Body Shifting
<b>Takai</b>	- Expensive
<b>Talso</b>	- Exercise
<b>Tamechi wara</b>	- Breaking
<b>Tatami</b>	- Straw floor mat
<b>Tate</b>	- Standing, vertical
<b>Tate tsuki</b>	- Vertical fist punch
<b>Te</b>	- Hand
<b>Teisho</b>	- Palm Heel
<b>Tettsui</b>	- Hammer fist
<b>Tobi geri</b>	- Jump kick
<b>Tonfa</b>	- Handle (weapon)
<b>Tsuki</b>	- Punch
<b>Tsuyoki</b>	- Strong spirit
<b>Tuite waza</b>	- Grappling hand technique

## -U-

<b>Uchi</b>	- Strike
<b>Uchi uke</b>	- Inside middle block
<b>Ude</b>	- Arm
<b>Uke</b>	- Defender, block
<b>Ura tsuki</b>	- Inverted punch
<b>Uraken</b>	- Back fist
<b>Ushiro geri</b>	- Back kick

## -W-

<b>Wah-KAH-ree</b>	
<b>Mahs KAHU</b>	- Do you understand
<b>Waza</b>	- Technique

## -Y-

<b>Yakusoku kumiti</b>	- Predetermined sparring
<b>Yame</b>	- Stop
<b>Yasashee</b>	- Easy
<b>Yasui</b>	- Cheap
<b>Yasunde</b>	- Relax
<b>Yoi</b>	- Ready
<b>Yoko</b>	- Side
<b>Yoko geri</b>	- Side kick