

## Common Japanese Terms

### GREETINGS AND FORMALITIES

"SHUGO" ("line up!")  
 "SEIZA" ("sit down")  
 "KONICHIWA" ("good afternoon")  
 "SHOMEN NI REI" (bow to the front")  
 "SENSEI NI REI" ("bow to sensei!")  
 "KON-NICHIWA SENSEI" ("good afternoon!")  
 "OHAYO GOZAIMASU" ("good morning!")  
 "KONBANWA" ("good evening!")  
 "REI" ("bow!")  
 "YOI" ("ready!")  
 "HAJIME" ("begin!")  
 "MATE" ("stop!")  
 "DOMO ARIGATO SENSEI" ("thank you teacher!")  
 "DOMO ARIGATO GOZAIMASU" ("thank you very much!")  
 "SAYONARA" ("good-bye!")  
 "DOZO" ("please?")  
 "HAI" ("yes!")  
 "IE" ("no!")  
 "O-GENKI DESU KA" ("How are you?")  
 "GENKI DESU" ("Fine!")

### NUMBERS IN JAPANESE

1. ICHI (one)
2. NI (two)
3. SAN (three)
4. SHI (YON) (four)
5. GO (five)
6. ROKU (six)
7. SHICHI (NANA) (seven)
8. HACHI (eight)
9. KYU (nine)
10. JU (ten)
11. JU-ICHI (eleven)
12. JU-NI (twelve)
20. NI-JU (twenty)
21. NI-JU-ICHI (twenty-one)
30. SAN-JU (thirty)
100. HYAKU (one hundred)

### OTHER TERMS

SAHO (formalities / etiquette)  
 SONKEI SURU (respect)  
 SANCHIN (three movements)  
 SENSEI (teacher)  
 DOJO (training hall / gym)  
 KEMPO (Chinese martial arts)  
 KARA (TE) (empty hand)  
 KUMI (TE) (wrapping hands)  
 JU KUMI (TE) (sparring)  
 DOGI (uniform)  
 OBI (belt)  
 MAWATE (turn)  
 HIDARI (left)  
 MIGI (right)  
 DAN (black-belts)  
 KYU (white-belts)  
 "KIAI" (a spirited shout)  
 DO (way or path)  
 BUDO (martial arts)  
 KI (CHI) (spirit)  
 SEMPAI (senior student)  
 KEIKO (practice)

### STANCES IN JAPANESE

DACHI (stance)  
 MUSUBI-DACHI (v-stance)  
 HACHI-JI-DACHI (h-stance)  
 NEKO-ASHI-DACHI (cat stance)  
 TSURU-ASHI-DACHI (crane stance)  
 KIBA-DACHI (horse stance)  
 HEISOKU-DACHI (toes and heels together)  
 SANCHIN-DACHI (hourglass stance)  
 ZENKUTSU-DACHI (leaning stance)  
 HAN-DACHI (half stance)  
 IAIGOSHI-DACHI (spider stance)

### **BLOCKS IN JAPANESE**

MAWASHI-UKE (circle block)  
JODAN-UKE (high block)  
CHUDAN-UKE (middle block)  
GEDAN-UKE (low block)  
SHOTEI-UKE (push block)  
KOKEN-UKE (wrist block)  
KOTE-UKE (forearm block)  
BARAI (parry block)

### **KICKS IN JAPANESE**

GERI (kick)  
SHOMEN-GERI (front kick)  
SOKUTO-GERI (side kick)  
MAWASHI-GERI (roundhouse kick)  
HIZA-GERI (knee strike)  
ASHI (leg)  
KAKATO (heel)  
HEISOKU (instep)  
CHUSOKU (ball of foot)

### **HAND STRIKES**

TSUKI (thrust)  
SEIKEN (reverse punch)  
RIKEN (back fist)  
SHOKEN (one knuckle punch)  
HIJI (elbow strike)  
SHUTO (chop)  
HIRAKEN (half fist)  
TETTSUI (hammer fist)  
SHOTEI (palm strike)  
NUKITE (spear hand)  
HAITO (ridge hand)  
KOKEN (wrist strike)  
KEIKO (crane beak)  
TOHO (thumb strike)  
ATAMA (head strike)