



General Terms

House of the true way - *seidokan*
Empty hand - *karate*
“Old war ways” (weapons) - *kobudo*
Instructor - *sensei*
Head teacher (licensed) - *shihan*
School - *dojo*
Front of dojo – *shomen*
Spiritual house - *shinza*
Dojo ethics – *dojo kun*
Kneeling – *seiza*
Cross-legged - *anza*
Gateway - *torii*
Style - *ryu*
Training uniform - *gi*
Belt - *obi*
Black belt rank - *dan*
Under black belt rank - *kyu*
Stretching – *junbi undo*
Conditioning – *hojo undo*
Sparring - *kumite*
Shout - *kiai*
Focus - *kime*
Basic practice - *kihon*
Formal exercise/forms - *kata*
Interpretation of kata - *bunkai*
Defender – *tori*
Attacker - *uke*
1 attack and counter - *ippon kumite*
Throwing technique – *nage waza*
Grappling/joint locking - *toide*
Choking technique – *shime waza*
Breakfalls – *ukemi waza*
Grab/grip - *torite*

Directions

Right - *migi*
Left - *hidari*
Forward - *mai ni*
Back - *ushiro ni*
Straight - *massugo ni*
Distance - *mae*
Non-linear stepping – *tai sabaki*

Counting

One - *ichi*
Two - *ni*
Three - *san*
Four - *shi*
Five - *go*
Six - *roku*
Seven - *shichi*
Eight - *hachi*
Nine - *ku*
Ten - *ju*

Body

Head – *atama*
Neck – *kubi*
Shoulders – *kata*
Arms – *ude*
Elbows - *empi*
Wrists – *kote*
Hands - *te*
Fingers – *yubi*
Center – *hara*
Hips – *koshi*
Knees – *hiza*
Ankles – *ashi kubi*
Feet - *ashi*
Toes – *ashi yubi*

正道館

“Seidokan”

Commands

Bow - *rei*

Ready - *yoi*

Begin - *hajime*

Stop - *yame*

At Ease - *yasume*

Meditate – *mokuso*

Assume stance - *kamaete*

Change direction - *kaete*

Blocks

Block – *uke waza*

Upper block - *jodan uke*

Middle block - *chudan uke*

Down block - *gedan uke*

Inside block - *uchi uke*

Outside block – *soto uke*

Knife hand block - *shuto uke*

Ridge hand block – *haito uke*

Augmented block – *morote uke*

Cross block – *kosa uke*

Split block - *wari uke*

Stances

Stance – *tachi waza*

Attention stance - *heisoku dachi*

Ready stance - *fudo dachi*

Squat stance - *shiko dachi*

Forward stance - *zenkutsu dachi*

Horse stance - *kiba dachi*

Side fighting stance - *kumite dachi*

Back stance - *kokutsu dachi*

Cat stance - *neko ashi dachi*

Hook stance - *kosa dachi*

Kneeling stance – *iai goshi dachi*

Striking techniques

Front side technique – *atemi*

Back side technique - *todome*

Strike – *uchi waza*

Punch - *tsuki*

Reverse punch - *gyaku zuki*

Thrust punch - *oi zuki*

Double punch – *tomoe zuki*

Double inclined punch – *heiko zuki*

Double side punch – *sayu zuki*

Roundhouse punch - *yokomen uchi*

Back fist - *uraken*

Hammer fist - *kentsu*

Palm heel - *shotei*

Knife hand - *shuto*

Ridge hand - *haito*

Spear hand - *nukite*

Back hand - *haishu*

Elbow - *empi*

Knee - *hiza*

Kicks

Kicking – *keri waza*

Thrust Kick – *kekomi geri*

Snap kick – *keage geri*

Front kick – *mai geri*

Side kick – *yoko geri*

Rear kick – *ushiro geri*

Roundhouse kick – *mawashi geri*

Crescent kick – *mikatsuki geri*

Lift kick – *kin geri*

Jump kick – *tobi geri*

Instep kick – *sokko geri*

Toe kick – *tsumasaki geri*

Ball foot kick – *josukutei geri*

Stomp kick – *fumikomi geri*

Foot Sweep – *ashi barai*