



Tooting Dojo Japanese Terminology

General Knowledge

- **Onegai Shimasu** (please teach/help me)
- **Arigato gozaimashita** (thank you for teaching/helping me)
- **Sayonara** (goodbye)
- **Sensei (teacher/instructor)**
- **Senpai** (senior students)
- **Kohai** (junior student)
- **Hai Sensei** (yes sensei)
- **Karate** (literally means empty hand)
- **Dojo** (martial arts school)
- **Gi/dogi** (training uniform)
- **Obi** (belt)
- **Jodan, chudan, gedan** (upper level, middle level, lower level)
- **Shugo** (line up)
- **Hajime** (begin)
- **Yame** (stop)
- **Yoi** (ready)
- **Kamae** (fighting pose)
- **Semete** (attacker)
- **Ukete** (defender)
- **Kenkon** (badge symbol, taken from Miyagi Chojun's family crest)
- **Ichi, ni, san, chi, go, roku, shichi, hachi, ku, ju** Count to 10 in Japanese
- **Karate-ka** (karate student)
- **Kata** (set moves passed down through history)
- **Uki** (punch)
- **Uke** (block)
- **Uchi** (strike)
- **Geri** (kick)
- **Empi uchi** (elbow strike)
- **Kiai** (shout of spirit)
- **Seiza** (kneel down)
- **Mokuso** (eyes closed)
- **Dojo kun** (see website for the rules of the dojo)
- **Shomen** (front of dojo)
- **Me undo** (eye training)
- **Kumite** (sparring)
- **Sandan gi** (three level moving)
- **Hidari (left)**
- **Migi** (right)
- **Mai** (front)
- **Yoko** (side)
- **Dachi** (stance)
- **Ashi barai** (foot sweep)
- **Ko uke** (wrist block)
- **Suri ashi** (sliding step)
- **Joso kutei** (ball of the foot)
- **Sokuto** (foot edge)
- **Kakato** (heel)
- **Haisoku** (instep)

Basic techniques and stances

- **Jodan uke** (upper rising block)
- **Chudan uke** (middle outside block)
- **Gedan barai** (lower sweeping block)
- **Mai geri** (front kick- ball of the foot)
- **Mawashi geri** (roundhouse kick- instep of the foot)
- **Musubi dachi** (ready stance or old name was obe dachi – like a knot)
- **Heiko dachi** (parallel stance)
- **Zenkutsu dachi** (front stance)
- **Uraken uchi** (back fist)
- **Shuto uchi** (knife hand strike)
- **Age hije ate** (rising elbow strike)
- **Name gaeshi** (foot sweep and stamp)
- **Shiko dachi** (straddle stance)
- **Hachiji dachi** (natural stance)
- **Han zenkutsu dachi** (half front stance)
- **Sanbon zuki** (triple punch)
- **Sandan zuki** (3 level strikes)
- **Hiza geri** (knee strike)
- **Tora guchi** (tiger mouth block)
- **Sanbon uke** (triple block)
- **Sandan uke** (3 level blocks)
- **Neko ashi dachi** (cat stance)
- **Kizami zuki** (snap punch)
- **Yoko geri** (side kick –heel of the foot)
- **Sanchin dachi** (hourglass stance)
- **Haito uchi** (ridge hand strike)
- **Sukui uke** (scooping block)
- **Oi zuki** (lunge punch)

Kata

- **Gekisai dai ichi** (to destroy introduction number one)
- **Gekisai dai ni** ((to destroy introduction number two)
- **Saifa** (to destroy by pulverising)
- **Seiunchin** (earth techniques)
- **Shisochin** (to destroy on four different directions)
- **Sanchin** (three minds or three conflicts, mental spiritual, physical)