

## **JAPANESE TERMINOLOGY AND VOCABULARY**

<b>Counting</b>			
Ichi	One	Ni	Two
San	Three	Shi	Four
Go	Five	Roku	Six
Sichi	Seven	Hachi	Eight
Ku	Nine	Ju	Ten

### **OFFICIAL OKDR INSTRUCTOR TERMINOLOGY**

<b>Term</b>	<b>Meaning</b>
HANSHI	Master of the Arts. Usually 55 years old and older with 35+ years of experience. 8 <sup>th</sup> Degree Black and above.
KYOSHI	Also considered a Master. Given to 6 <sup>th</sup> or 7 <sup>th</sup> Degree Black belt with 25+ years of experience. Usually 40 years old and above.
RENSHI	A well-acclaimed Martial Artist with 15+ years in the arts. Usually 30 and over, but may be as young as 25 in some cases. Can be a Chief Instructor with his/her own school.
SENSEI	Literally means "One who has been before". Not necessarily chronological age, but in experience. A teacher – a title given to Chief Instructor of a dojo. A Black belt is not a Sensei unless he/she is running a dojo or has devoted themselves to assisting a Chief Instructor. A Black belt must have at least a minimum of 6 years of martial arts training to be considered a Sensei and usually a Sandan rank.
SEMPAI	Senior student. Black belt assistant. Sometimes given to a Brown belt who assists in running a dojo.
KOHAI	Junior student. One who has less time or rank than yourself

### Hand Techniques

Nakadaka ken	Middle finger knuckle first
Ko uchi	Bent wrist strike
Kuma-de	Bear hand
Empi	Elbow strike
-Tsuki (zuki)	Punch or thrust
-Uchi	Strike
Choki zuki	Straight punch
Ura-ken uchi	Back fist strike
Shuto uchi	Knife hand strike
Nukite zuki	Finger thrust
Shotei uchi	Palm heel strike
Shotei zuki	Palm heel thrust
Mawashi zuki	Round hook punch
Tate zuki	Vertical punch
Kizami zuki	Leading punch
Oi zuki	Lunge punch
Gyaki zuki	Reverse punch
Nihon zuki	Double punch
Sanbon zuki	Triple punch
Ura Zuki	Inverted fist
Sieken zuki	Forefist strike
Awase zuki	U - Punch
Hieko zuki	Parallel punch

### Foot Techniques

Keri (geri)	Kick
Mae geri (keage)	Front snap kick
Mae geri (kekomi)	Front thrust kick
Mawashi geri	Round house kick
Ushiro geri	Back thrust kick
Yoko geri (keage)	Side snap kick
Yoko geri (kekomi)	Side thrust kick
Nidan geri	Double front snap kick (back leg first)
Ren geri	Double front snap kick (front leg first)
Ashi barai	Foot sweep

### General Vocabulary

Migi	Right
Hidari	Left
Jodan	Upper area
Chudan	Middle area
Gedan	Lower area
Kamae	Combative posture
Hajime	Begin
Yame	Stop
Rei	Bow
Yoi	Ready
Kime	Focus
Mokuso	Meditate / Seiza position

### Blocking Techniques

Uke	Block
Uke (jodan)	Rising Block
Chudan	Chest Area
Gedan barai	Downward block
Shuto uki	Knife hand block
Ko uki	Wrist block
Gedan uchi barai	Outside downward block (open hand)
Chudan uchi-uke	Inside-out chest block
Soto uke	Sweeping block

### Stances

-Dachi (tachi)	Stance
Heisoku dachi	Close foot stance (feet together)
Musubi dachi	Formal attention stance (heels together, feet at an angle)
Heiko dachi	Parallel stance (feet should width apart)
Hachi dachi	Natural stance (feet should width apart, toes slightly pointed out)
Seiko dachi	Straddle leg stance
Kiba dachi	Horse riding stance
Sanchin dachi	Hourglass stance
Zenkutsu dachi	Front stance
Fudo dachi	Free stance
Kokutsu dachi	Back stance
Neko ashi dachi	Cat stance
Seisan dachi	Side facing straddle stance