



## Miscellaneous

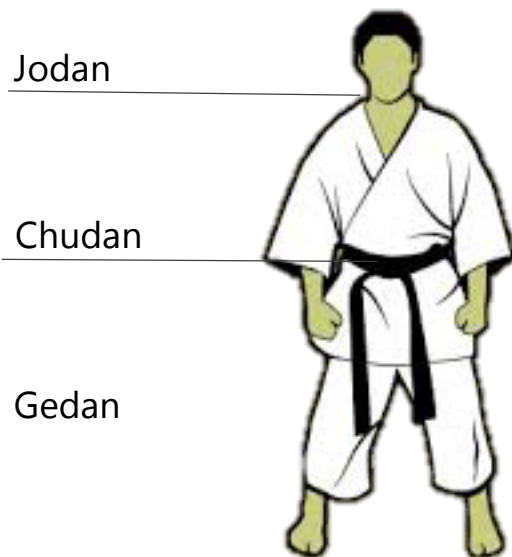
<b>Japanese</b>	<b>Translation</b>
Gi	Karate uniform worn when training
Obi	Karate belt
Dojo	Training hall
Sensei	Instructor
Rei	Bow
Waza	Techniques
Kihon	Fundamentals, basic techniques
Kata	Forms
Kumite	Sparring
Hajime	Begin
Yame	Stop
Kime	Focus of power
Zanchin	Awareness
Gonash	As a class/in unison
Hidari	Left
Migi	Right
Mawatte	Turn around
Ki-ai	Loud shout to expel air & focus impact
Seiza	Kneel
Hiza	Knee level
Keage	Snap
Kekomi	Thrust
Hi-kite	Pulling movement
Surikomi	Step (Before movement)
Oss	Respectful greeting
Kyu	Grades below 'Black Belt'
Dan	Levels after kyu grades



## Counting to Ten in Japanese

1, Ichi	2, Ni	3, San	4, Shi	5, Go
6, Roku	7, Shichi	8, Hachi	9, Kyu (or Ku)	10, Ju

## Body Target Areas



Japanese	Translation
Jodan	Upper section (Head)
Chudan	Mid-section
Gedan	Lower section



## Punches

Jun-zuki	Front lunge punch
Gyaku-zuki	Reverse punch
Uraken	Back fist
Nukite	Spear hand
Ippon ken	One knuckle fist
Nihon-zuki	Double punch
Kizami-zuki	Snap punch

## Strikes

Shuto-uchi	Knife hand strike
Empi-uchi	Elbow strike
Haito-uchi	Ridge hand strike
Teisho-uchi	Palm heel strike
Tettsui-uchi	Hammer fist strike
Uraken	Back fist strike

## Blocks

Jodan-uke	Head block
Uchi-uke	Outside block
Soto-uke	Inside block
Empi-uke	Elbow block
Morote-uke	Augmented forearm block
Shuto-uke	Knife hand block
Gedan-barrai	Low block
Storka	Knife hand in a back stance



## Stances

Yohi	Ready stance
Heiko-dachi	Natural stance
Zenkutsu-dachi	Front stance
Kokutsu-dachi	Back stance
Shiko-dachi	Horse riding stance (Feet turned out)
Kiba-dachi	Horse riding stance (Feet forward)
Neko-ashi-dachi	Cat stance
Hanmi gamae	On guard position

## Kicks

Mai-geri	Front kick
Mawashi-geri	Roundhouse kick
Yoki-geri	Side kick
Ushiro-geri	Back kick
Mae-tobi-geri	Jumping front kick
Yoko-tobi-geri	Jumping side Kick
Kin-geri	Groin kick
Ashi-barrai	Leg sweep
Hiza-geri	Knee kick
Fumikomi	Stamping kick
Mawashi-uchi	Hook kick
Sokuto	Foot edge kick



## Kihon Ippon Kumite

Ippons are a selection of defences against various types of attacks. These exercises are practiced with a partner giving the opportunity to put fundamental moves into practice. Once the basic ippons have been learned, more advanced techniques can be used such as throws, sweeps and releasing from grabs.

When performing ippons both defender and attacker must always stay alert as if in a real life situation. Both practitioners should perform the ippon with commitment and control. It is important to be at the correct distance from your partner so that the attack will be as realistic as possible and the defence can be practiced effectively without risk of injury. The key to good distancing is good footwork (Ma-ai).



## Basic Junzuki Defence

### 1. Ichi

		Japanese	Translation
Ready Position	Attacker	Hidari hanmi gamae	Left fighting stance
	Defender	Hidari hanmi gamae	Left fighting stance
Attack		Junzuki chudan	Front punch to mid-section
Defender's transition move		Step to the right	
Defender's block		Hidari gedan barai	Left low block
Defender's counter attack		Migi gyakuzuki chudan	Right reverse punch

### 2. Ni

Ready Position	Attacker	Hidari hanmi gamae	Left fighting stance
	Defender	Hidari hanmi gamae	Left fighting stance
Attack		Junzuki chudan	Front punch to mid-section
Defender's transition move		Step to the right	
Defender's block		Hidari soto uke	Left inside block
Defender's counter attack		Migi gyakuzuki chudan	Right reverse punch

### 3. San

Ready Position	Attacker	Hidari hanmi gamae	Left fighting stance
	Defender	Hidari hanmi gamae	Left fighting stance
Attack		Junzuki jodan	Front punch to head
Defender's transition move		Step to the left	
Defender's block		Hidari uchi uke	Left outside block
Defender's counter attack		Migi gyakuzuki chudan	Right reverse punch

### 4. Shi

Ready Position	Attacker	Hidari hanmi gamae	Left fighting stance
	Defender	Hidari hanmi gamae	Left fighting stance
Attack		Junzuki jodan	Front punch to head
Defender's transition move		Step forward	
Defender's block		Hidari jodan uke	Left head block
Defender's counter attack		Migi gyakuzuki chudan	Right reverse punch



## Basic Gyakuzuki Defence

### 1. Ichi

#### Japanese

#### Translation

Ready Position	Attacker	Hidari hanmi gamae	Left fighting stance
	Defender	Hidari hanmi gamae	Left fighting stance
Attack		Gyakuzuki jodan	Front punch to head
Defender's transition move		Step to the right	
Defender's block		Hidari gedan barai	Left low block
Defender's counter attack		Migi gyakuzuki chudan	Right reverse punch

### 2. Ni

Ready Position	Attacker	Hidari hanmi gamae	Left fighting stance
	Defender	Hidari hanmi gamae	Left fighting stance
Attack		Migi gyakuzuki chudan	Front punch to mid-section
Defender's transition move		Pull back into hidari niko-ashi-dachi	
Defender's block		Gedan teisho uke	Downward palm heel block
Defender's counter attack		Uraken jodan	Back fist strike to the head

### 3. San

Ready Position	Attacker	Hidari hanmi gamae	Left fighting stance
	Defender	Hidari hanmi gamae	Left fighting stance
Attack		Gyakuzuki Jodan	Front punch to the head
Defender's transition move		Step to the Left	
Defender's block		Hidari shuto uke	Left knife hand block
Defender's counter attack		Migi gyakuzuki Jodan	Right reverse punch to mid-section

### 4. Shi

Ready Position	Attacker	Hidari hanmi gamae	Left fighting stance
	Defender	Hidari hanmi gamae	Left fighting stance
Attack		Migi gyakuzuki jodan	
Defender's transition move		Step to the left	
Defender's block		Migi shuto uke	Right knife hand block, grab arm
Defender's counter attack		Migi mawashigeri chudan	Right roundhouse kick to mid-section



## Basic Meageri Defence

<b>1. Ichi</b>		<b>Japanese</b>	<b>Translation</b>
Ready Position	Attacker	Hidari hanmi gamae	Left fighting stance
	Defender	Hidari hanmi gamae	Left fighting stance
Attack		Migi mae-geri chudan	Right front kick to the solar plexus
Defender's transition move		Step to the right	
Defender's block		Hidari gedan-barai	Left low block
Defender's counter attack		Migi gyakuzuki chudan	Right reverse punch to mid-section

<b>2. Ni</b>		<b>Japanese</b>	<b>Translation</b>
Ready Position	Attacker	Hidari hanmi gamae	Left fighting stance
	Defender	Hidari hanmi gamae	Left fighting stance
Attack		Migi mae-geri chudan	Right front kick to the mid-section
Defender's transition move		Step to the left	
Defender's block		Hidari teisho-uke	Left palm heel block (parry)
Defender's counter attack		Migi gyakuzuki chudan	Right reverse punch to mid-section

## Basic Mawashigeri Defence

<b>1. Ichi</b>		<b>Japanese</b>	<b>Translation</b>
Ready Position	Attacker	Hidari hanmi gamae	Left fighting stance
	Defender	Hidari hanmi gamae	Left fighting stance
Attack		Migi mawashi-geri jodan	Right roundhouse kick to the head
Defender's transition move		Step to the right	
Defender's block		Hidari empi-uke	Left elbow block
Defender's counter attack		Migi gyakuzuki chudan	Right reverse punch to mid-section