

# NESKC DO JO TERMINOLOGY

## LIST OF JAPANESE WORDS AND EXPRESSIONS

### GENERAL TERMS

karate	"empty hand"
karate-Do	the karate "way"
dojo	training hall
sensei	teacher
sempai	senior
Shomen, the	front wall of dojo
rei	bow
reigi	feeling of respect
yame	stop
gi(keikogi)	uniform
yoi	"ready"
kime	focus; e.g. energy
dan	grade
kyu	class
makiwara	punching post
"Os"	"I understand"; also used as a greeting
"hai"	"yes"; affirmation
"dozo"	"please"
"domo"	"thanks"
"domo arigato gozaimasu"	"thank you very much"
"kamaete"	"make the position"
"onegaeshimasu"	"please help me"

### Counting

one(1)	ichi	six(6)	roku
two(2)	ni	seven(7)	shichi
three(3)	san	eight(8)	hachi
four(4)	chi	nine(9)	ku"
five(5)	go	ten(10)	ju

### Opening (closing) of class

"Narande"	"line up"
"Seiza"	"sit in seiza position"
"Mokuso"	"meditate"
"Mokuso Yame"	"stop meditating"
"Shomen ni rei"	"bow to the Shomen"
"Sensei ni rei"	"bow to the teacher"
"Otagai ni rei"	"bow to each other"
"Oneigashimasu"	"please help me"
"Arigato Gozaimashita"	"thank you very much"
"Kyotsuke"	"Stand (sit) up straight"

### BASICS (KIHON)

jodan	high level
chudan	middle level
gedan	lower level
migi	right(side)
hidari	left(side)
mae	front(ways)
yoko	side(ways)
ushiro	back(ways)
mawashi	round; turning
te	hand
hikete	pulling/retracting hand
ashi	leg
waza	technique
kiai	shout "YA"
hanmi	half-faced
shomen	front(full) faced

### DACHI (STANCE)

shizentai	natural
zenkutsu	front/forward
kokutsu	back
kiba	side

### TSUKI (PUNCHING) WAZA

choku	straight
oi	lunging(same side)
gyaku	reverse side
tate	vertical

<b>age</b>	<b>rising</b>
<b>ude</b>	<b>forearm</b>
<b>soto</b>	<b>outside to in side path</b>
<b>uchi</b>	<b>inside to outside path</b>
<b>gedan barai</b>	<b>low sweeping</b>
<b>ude barai</b>	<b>forearm sweeping</b>
<b>shuto</b>	<b>knife hand</b>

### Dojo Kun (Principles of the teaching)

"Seek perfection of character"
"Be faithful"
"Endeavor"
"Respect others"
"Refrain from violent behavior"

## GERI (KICKING) WAZA

mae	front(ward)
yoku	side(fward)
ushiro	back(ward)
mawashi	round(ward)
keage	snapping method
kekomi	thrusting method

## KATA (Formal Exercise)

<b>HEIAN</b>	<b>"Peaceful Mind"</b>
Heian Shodan	First
Heian Nidan	Second
Heian Sandan	Third
Heian Yondan	Forth
Heian Godan	Fifth
<b>TEKKI</b>	<b>"Iron Horse"</b>

## UCHI (STRIKING) WAZA

uraken	backfist
kentsui	hammerfist
shuto	knife hand
nukite	spearhand

Tekki Shodan
Tekki Nidan
Tekki Sandan
<b>BASSAI</b>
Bassai Dai
Bassai Sho

<b>"To Penetrate a Fortress"</b>
Major form
Minor form

## TAI SABAKI (BODY SHIFTING)

kaiten	rotation
jun	same direction
gyaku	opposite direction
yokeru-koto	evasions
naname-ni-yokeru-koto	diagonal
ushiro-ni-yokeru-koto	rearward

Kanku Dai
Kanku Sho
<b>Hangetsu</b>
<b>Empi</b>
<b>Jion</b>
<b>Jutte</b>
<b>Gankaku</b>
<b>Nijushiho</b>

**"To view the sky"**

Major form

Minor form

**"Halfmoon"**

**"Flying Swallow"**

**"Mercy"**

**"Ten Hands"**

**"Crane on a Rock"**

**"24 steps"**

**"54 steps"**

## KUMITE (SPARRING)

Gohon	five step
Sanbon	three step
Ippon	one step
kihon	basic
jiyu	free
shiai	tournament, point

Gojushiho Sho
Gojushiho Dai

Major form
Minor form

**Sochin**

**Wankan**

**Chinte**

**Unsu**

**"Solemn", "Pacify"**

**"Grown"**

**"Strange Technique"**

**"Cloud Technique"**