

Martial Arts Terms for Hovey Dojo

JAPANESE	ENGLISH
BASIC	TERMS
age	rising
aswatti	sit
bunkai	study of techniques and applications
chudan	middle area
dachi	stance
dan	blackbelt grade
domo arigato gazaimasu	thank you very much
dozo	please
empi	elbow
gedan	lower area
geri (geddy)	kick
gomen nasai	I'm very sorry
hai	yes
hajime	begin
ie (ee-ay)	no
jodan	upper area
ki-ai	Spirit Shout with Energy and Tightening (not a yell)
ki-o-tsuke (kee-oh-tskay)	attention
konban-wa	good evening
konnichi-wa	good afternoon
kyu	grade below blackbelt rank
mae	front
makiwara	punching board
matte	wait
mawashi	round
mawatte	turn/spin
obi	belt
ohayo gozaimasu	good morning
shiai	match or contest
sensei	One who has gone before; teacher
tachi rei	standing bow
tate	side
tobi	jump
tsuki (zuki)	punch
uchi	strike
uke	block
ushiro	back
yamae	stop
yudansha	blackbelt holder

STANCE TERMS

kiba	straddle, or "horse"
musubi dachi	formal (feet together)
neko ashi dachi	cat stance
sanchin dachi	hourglass stance
soto hachiji	toe outward (Seiuchin)
teiji dachi	T stance
tsuru ashi dachi	crane dachi
uchi hachiji	toe inward (Naihanchin)

STRIKING / KICKING TERMS

age tsuki	rising punch
age uke	rising block
Atemi Waza	striking techniques
awase uke	joined-hand block
chin-na	seize-control
empi uchi	elbow strike
fumikomi geri	stomping
gedan uchi	downward strike
gedan uke	downward block
gyaku tsuki	reverse punch (from rear leg)
ha-ito uchi	ridge-hand strike
hiza uchi	knee strike
ippon nukite	one-finger spearhand
juji uke	X block
kakato	heel of foot
keage	snapping
kekomi	thrusting
kosa	crossed-leg
koshi	ball of foot or hips
kyusho	attack of vital points
mae empi uchi	front elbow strike
mae geri keage	front snap
mae geri kekomi	front thrust
mae tobi geri	flying front kick
mawashi geri	roundhouse
mawatte ushiro geri	spinning back kick
mikazuki geri	crescent kick
mikazuki uke	crescent block
nihon tobi geri	double jump kick
nukite	spearhand

o-i zuki lunge	punch (from forward leg)
oyasumi nasai	good night
seiken	forefist
seiken tsuki	forefist punch
sho zenkutsu	short front (Seisan)
shotei uchi	palm-heel strike
shotei uke	palm-heel block
shuto uke	knifehand block
tameshi waza	breaking technique
tate uraken uchi	vertical backfist strike (to bridge of nose)
tettsui uchi	hammerfist strike
ude uke	forearm block
Uke Waza	blocking techniques
ura tsuki	uppercut strike
uraken chudan	backfist to solar plexus
uraken gedan barai	lower backfist strike
uraken uchi	backfist strike
ushiro empi uchi	rear elbow strike
ushiro geri	back kick
yoko empi uchi	side elbow strike
yoko geri keage	side snap kick
yoko geri kekomi	side thrust kick
yoko tsuki	side punch

COUNTING TERMS

ichi	one
ni	two
san	three
shi	four
go	five
roku	six
shichi	seven
hachi	eight
ku	nine
ju	ten
ju-ichi	eleven
ju-ni	twelve
ju-san	thirteen
ju-shi	fourteen
ju-go	fifteen
ju-roku	sixteen
ju-shichi	seventeen
ju-hachi	eighteen
ju-ku	nineteen
ni-ju	twenty
san-ju	thirty
yon-ju	fourth
nana-ju	seventy
hyaku	one-hundred