Martial Arts International
Definition of Terms

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KYO TSUKI ..... Attention Position
YOI ..... Ready Stance
NAIHANCHI KAMI ..... Horse Stance
HIDARI GAMI ..... Left Forward Stance
MIGI KAMI ..... Right Forward Stance
NEKO ASHI DACHI ..... Short Cat Stance
KOKUTZU DACHI ..... Middle Cat Stance
ZEN KOKUTZU DACHI ..... Long Cat Stance
HIDARI YOKO NAIHANCHI KAMI ..... Left Side Horse Stance
MIGI YOKO NAIHANCHI KAMI ..... Right Side Horse Stance
SHIKO ACHI DACHI ..... Balance Stance
SANCHIN DACHI ..... Hour Glass Stance

♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦BLOCKS♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦

JODAN UKE ..... Upper Block
SOTO UKE ..... Outside Block
NAKA UKE ..... Inside Block
GEDAN BERAI (Uke) ..... Down Block
SHUTO UKE ..... Chopping Block
JUJI UKE ..... Cross Block

♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦STRIKES: ♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦

OI TSUKI ..... Forward Punch
GYAKU TSUKI ..... Reverse Punch
TSUBAMEGAESHI ..... Double Punch
SANBON TSUKI ..... Triple Punch
SHUTO ..... Chop (Palm Up)
GYAKUSHUTO ..... Reverse Chop (Palm Up)
HAITO ..... Ridgehand
EMPI ..... Elbow Strike
UBI TSUKI ..... Finger Jab
NUKITE ..... Spearhand Strike
TETTUI ..... Hammer Fist
URICANE ..... Back Hand Strike

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MAI GERI ..... Front Kick
YOKO GERI ..... Side Kick
KAGATO GERI ..... Spinning Back Kick`
USHIRO GERI ..... Back Kick
MAWASHE GERI ..... Roundhouse Kick
HEZA GERI ..... Knee Strike
NAKAMIKAZUKI GERI ..... Inside Crescent Kick
SOTO MIKAZUKI GERI ..... Outside Crescent Kick
KAGI GERI ..... Hook Kick
KAGATO KAGI GERI ..... Spinning Hook Kick
TOBI MAI GERI ..... Jumping Front Kick
TOBI YOKO GERI ..... Jumping Side Kick
TOBI MAWASHE GERI ..... Jumping Round House Kick
TOBI USHIRO GERI ..... Jumping Back Kick

♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦KATAS♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦

KIHON KATA ..... Basic Form
PINAN KATAS (1-5) ..... Peaceful Mind
JIIN ..... Buddhist Temple

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KENSEI ..... Sword Saint
NAIHANCHI (Shodan, Nidan) ..... Fighting Within
KUSHANKU DAI ..... Named after Kung H'Sing Chung
NIJUSHIHO ..... Twenty Four Steps
ANANKO ..... Light From the South
BASSI DAI ..... To Penetrate a Fortress
CHINTO ..... Named After Chinese Sailor
CHITO ..... Path to Inner Strength
EMPI ..... Flying Swallow
HANGETSU ..... Crescent Moon
JION ..... Named after Jion Temple
KANKU SHO ..... Named after Kung H'Sing Chung
MATSUKAZE ..... Wind in the Pines
ROHI NIDAN ..... Vision of the White Heron
SAIFA ..... The Final Breaking Point
SEISAN ..... Tension Kata
SEPAI ..... Eighteen Hands
SHIHOKOSO ..... Four Directions

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ICHI ..... One
NI ..... Two
SAN ..... Three
SHI ..... Four
GO ..... Five
ROKU ..... Six
SHICHI ..... Seven
HACHI ..... Eight
KU ..... Nine
JU ..... Ten

♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦OTHER TERMS♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦♦

DOJO ..... Training Hall
SHOMENE ..... Formal Opening
OTTOGENE ..... Formal Closing
REI ..... Bow
SENSEI ..... Instructor
SEMPAI ..... Assistant Instructor
SEMPAI TOCHANE ..... More than one Sempai
NAORE ..... Return to Kyo Tsuki
YAME ..... Return to Yoi
KUMITE ..... Free Sparring
KIBBON KUMITE ..... Prearranged Sparring
HAJIME ..... Begin
KATA ..... Form
GI ..... Karate Uniform
DOMO ARIGATO GUZAI MASU ..... Thanks (Very Much)
OYASUMINASAI ..... Good Night
KOMBAN WA ..... Good Evening
KONNICHI WA ..... Good Day
SAYONARA ..... Good Bye