

JAPANESE PRONUNCIATION

a = “a” in “father”, but short and crisp

i = “ee” in “keep”, but short and crisp

u = “u” in “put”, but without rounding the lips

e = “ay” in “may” but without final “y” sound

o = “o” in “go”, but without final “u” sound

Note 1: Each Japanese vowel is pronounced short, clipped, and with equal length. For example, in “sensee” (teacher), the “ee” at the end is pronounced twice as long as the first “e”. In “oi” (lunge), the “o” and the “i” are both pronounced, like the “oy” in “boy”, but short and clipped, or the “a” and “i” in “hai” (yes) which sound like “uy” in “buy”.

Note 2: The vowels “u” and “i” are often silent or whispered, that is although they exist in the rhythm of pronunciation, they are often very de-emphasized. For instance, the “u” in “tsuki” (punch or thrust) is whispered, making the word sound like “tski”. Likewise the first “i” in “shichi” (seven) is whispered, which makes it sound like “sh’chi”.

Note 3: The consonant “r” is pronounced by placing the tip of the tongue on top of the mouth and right behind the upper teeth, making “r” sound very much like “d+l” or like the word “very” when pronounced with a British accent (“veddy”). There is no “l” in Japanese, and thus words that are borrowed from other languages will often have an “r” instead of an “l”.

JAPANESE TERMINOLOGY

<u>NUMBERS</u>				<u>NUMBERS</u>		
一	Ichi	One		十六	Juuroku	Sixteen
二	Ni	Two		十七	Juushichi/nana	Seventeen
三	San	Three		十八	Juugo	Eighteen
四	Shi/Yon	Four		十九	Juugo	Nineteen
五	Go	Five		二十	Nijuu	Twenty
六	Roku	Six		二十一	Nijuuichi	Twenty one
七	Shichi/Nanatsu	Seven		...		
八	Hachi	Eight		三十	Sanjuu	Thirty
九	Ku/Kyuu	Nine		四十	Shi/Yonjuu	Forty
十	Ju	Ten		五十	Gojuu	Fifty
十一	Juuichi	Eleven		六十	Rokujuu	Sixty
十二	Juuni	Twelve		七十	Shichi/Nanajuu	Seventy
十三	Juusan	Thirteen		八十	Hachijuu	Eighty
十四	Juushi/Juuyon	Fourteen		九十	Ku/Kyuujuu	Ninety
十五	Juugo	Fifteen		百	Haku/Hyaku	Hundred

DANSHIN RANKS AND THEIR RESPECTIVE TITLES

<u>RANK & GRADE:</u>	<u>RESPECTED TITLE:</u>	<u>AWARDED TITLE:</u>
Shodan – 1 st Degree	Sempei	(None)
Nidan – 2 nd Degree	Sensei	(None)
Sandan – 3 rd Degree	Sensei	(None)
Yo(n)dan – 4 th Degree	Sensei or Shihan	Renshi
Godan – 5 th Degree	Sensei or Shihan	Renshi
Rokudan – 6 th Degree	Sensei or Shihan	Kyooshi
Shichidan – 7 th Degree	Sensei or Shihan	Hanshi
Hachidan – 8 th Degree	Hanshi or Shihan	Hanshi
Kudan – 9 th Degree	Hanshi Masa	Hanshi
Judan – 10 th Degree	Osensei	Osensei

THE FOLLOWING TITLES ARE USED AS COURTESY SIGNS OF RESPECT:

<u>TITLE:</u>	<u>MEANING:</u>
Sempei	Black Belt Student
Sensei	Teacher or Instructor
Shihan	Master Teacher
Renshi	Low Master
Kyooshi	High Master
Hanshi	Model Teacher
Hanshi Masa	Perfect Model Teacher
Osensei	Great Teacher or Master

KYUSHIN BELT RANKS AND COLORS:

<u>BELT COLORS:</u>	<u>JAPANESE:</u>	<u>GRADE:</u>
White Belt	Shiroi Obi	Kukyu
Yellow Belt	Kiiroi Obi	Hachikyu
Orange Belt	Orenji Obi	Shichikyu
Green Belt	Midori Obi	Rokkyu
Blue Belt	Aoi Obi	Gokyu
Purple Belt	Murasaki Obi	Yonkyu
Brown Belt – 1 st Degree	Chairo Obi – Ikkyu	Sankyu
Brown Belt – 2 nd Degree	Chairo Obi – Nikyu	Nikyu
Brown Belt – 3 rd Degree	Chairo Obi – Sankyu	Ikkyu

BASIC TERMS

Hai	Yes	Iie	No
Gi / Doogi / Keikogi	Uniform	Tori	Defender
Uagi	Jacket (of Gi)	Uki	Attacker
Obi	Belt	Shoomen	Front of the dojo
Zuban	Pants (of Gi)	Otagai ni	With your partner
Zen	Mind	Kata	Preset Forms
Ken	Body (also Sword)	Jiu kumite	Free Sparring
Doojoo	School	Randori	Free Practice

COURTESY

Rei	Bow	Doomo arigatoo	Thank you (semi-formal)
Shoomen ni Rei	Bow to the front	Doomo arigatoo	Thank you very much
Otagai ni Rei	Bow to your partner	gozaimashita	(formal)
Doozo	If you please...	Doo itashimashite	You're welcome
Doomo	Thanks (informal)	Sumimasen	Excuse me / I'm sorry
Arigatoo	Thanks (informal)		

SALUTATIONS

Ohayoo (gozaimasu)	Good morning (form.)	Ogenki desu ka?	How are you? (form.)
Konnichi wa	Hello/Good day	Genki desu.	I'm fine, thanks.
Konban wa	Good evening	Oyasuminasai	Good night.
Aisatsu	Greetings	Sayoonara	Good bye.

INSTRUCTIONS

Ki o tsuke!	Attention!	Yamete	Stop
Yoi	Ready...	Matte	Wait...
Hajime	Begin	Kaete	Switch

DIRECTIONS

Hidari	Left	Age	Rising
Migi	Right	Tate	Vertical/Upward
Mae	Front/Forward	Jodan	High/Upper Level
Yoko	Side	Chudan	Mid Level
Ushiro	Behind	Gedan	Low Level
Mawashi	Horizontal/Cross	Soto	Outside
Otoshi	Downward	Uchi	Inside

STANCES – DACHI WAZA

Hachiji Dachi	Natural Stance	Zenkutsu Dachi	60/40 Karate (Forward Leaning) Stance
Shizentai	Natural (Body) Stance	Kiba Dachi	Side Horse Stance
Shiko Dachi	Main (Square) Stance	Renoji Dachi	Crane (L-Shape) Stance
Kamae	Fighting Position	Judo Dachi	50/50 Judo Stance
Yoko Arukite Dachi	Side Stepping Stance		

PUNCHING/STRIKING TECHNIQUES – TSUKI/UCHI (ATEMI) WAZA

Tsuki	Punch	Nukite-zuki	Spear Hand Thrust
Choku-zuki	Straight Punch	Teissho-zuki	Open Hand Hit
Gyaku-zuki	Reverse Punch	Shuto Uchi	Knife Hand Strike
Oi-zuki	Lunge Punch	Haito Uchi	Ridgehand Strike
Tate-zuki	Sun (Vertical) Punch	Haishu Uchi	Back Hand Strike
Kagi-zuki	Hook Punch	Tettsui Uchi	Club Hand Strike
Mawashi-zuki	Roundhouse Punch	Empi Uchi	Elbow Strike

BLOCKING TECHNIQUES – UKE WAZA

Soto Ude Uke	Outer Parry Block	Age Uke	Rising Block
Uchi Ude Uke	Inner Parry Block	Gedan Barai	Downward Block
Jodan Juji Uke	Upward Cross Block	Shuto Uke	Shuto (Knife) Block
Gedan Juji Uke	Downward Cross Block	Ude to Ashi Uke	Arm/Leg Comb. Block

KICKING TECHNIQUES – GERI WAZA

Keage	Snap	Mae Geri	Front Kick
Kekomi	Thrust	Yoko Geri	Side Kick
Hitsui Geri	Knee Smash	Mawashi Geri	Roundhouse Kick
Fumi Komi	Foot Stomp	Ushiro Geri	Rear Kick
Mikazuki Geri	Crescent Kick	Mawashi Geri Otoshi	Drop-Kick Roundhouse

THROWS, TAKEDOWNS AND GRAPPLING – NAGE WAZA TO KATAME WAZA

Ukemi	Break Fall	O-Goshi Nage	Major Hip Throw
Kote Gaeshi	Wrist Lock (Twist)	Ko-Goshi Nage	Minor Hip Throw
Kansetsu Waza	Joint Lock Technique	Osoto Gari	Major Outer Rear Sweeping Throw
Otoshi Nage	Dropping Throw	O-Kata Guruma	Major Shoulder Wheel
Obi Otoshi	Belt Drop Throw	Ko-Kata Guruma	Minor Shoulder Wheel
Ippon Seoi Nage	Single Shoulder Throw	Hiza Guruma	Knee Wheel
Ashi Harai	Outside Foot Sweep	Tomoe Nage	Stomach Throw
Ashi Hane	Inside Foot Sweep		