



# JAPANESE VOCABULARY

ICHI	ONE
NI	TWO
SAN	THREE
SHI	FOUR
GO	FIVE
ROKU	SIX
SHICHI	SEVEN
HACHI	EIGHT
KU	NINE
JU	TEN

MIGI	RIGHT
HIDARI	LEFT
JODAN	UP
GEDAN	DOWN
CHUDAN	CENTER
HAJIME	BEGIN/START
YAME (Ya-May)	STOP
MATTE (Ma-Tay)	WAIT

DACHI	STANCE
HEISOKO DACHI	FORMAL STANCE
MISUBI DACHI	INFORMAL (V) STANCE
YOI DACHI	READY STANCE
KIBA DACHI	HORSE STANCE
ZENKUTSU DACHI	FRONT STANCE

GERI	KICK
MAE GERI	FRONT KICK
YOKO GERI	SIDE KICK
MAWASHI GERI	ROUND KICK