

Nihongo / Japanese

General

Shoshin ryu	truthful heart school
Sensei	teacher
uke	attacker
tori	defender

Courtesy

Domo arigato gozaimashita	thank you very much
Shomen ni rei	bow to front of dojo
Sensei ni rei	bow to teacher

Numbers

Ichi	1
Ni	2
San	3
Shi	4
Go	5
Roku	6
Shichi	7
Hachi	8
Kyu	9
Ju	10
Ju-ichi	11
Ju-ni	12
....	

Direction

Migi	right
Hidari	left
Mae	front
Ushiro	back

Stances

Seiza	sitting with legs tucked underneath “proper sitting”
Fudo-dachi	feet shoulder width apart
Zenkutsu-dachi	front stance
Kiba-dachi	horse stance

Techniques

Keri	kick
Mae geri	thrusting front kick
Kin geri	rising kick
Mawashi geri	roundhouse kick
Yoko geri	side kick
Seiken chudan tsuki	middle punch
Gedan barai	down block
Seiken jodan uke	upper block
Deashi harai	foot sweep
Ogoshi	major hip throw