

Rei: “Bow”. Performed as sign of respect and courtesy.

Otagai ni Rei: “Bow to each other”.

Shomen ni Rei: “Bow to the front”.

Seiza: The traditional Japanese formal method of sitting on the floor with the knees bent and the legs under the body.

Yame: “Stop”

Kiai: Two words meaning “to unite” and “spirit/energy”. A shout delivered for the purpose of focusing all of one’s energy.

Osu: Pronounced like goose without the G. It is a slang word that means ‘I will be Patient; I will push myself. Additionally, it is a respectful way of saying; yes, I understand, I agree, I will do it, hello, or good bye, depending on the situation.

Yoi: “Ready”

Kamaete: “Ready hands”, or to move into a ready position.

Tsuki: “Punch”

Seiken Tsuki: “Fore-fist punch”

Kizami-Tsuki: “Short punch” or jab

Gyaku-Tsuki: “Reverse punch”

Mawashi-Tsuki: “Round punch”

Hiraken: “Fore knuckle strike”

Shoken: “One Knuckle Punch”

Kokken: “Crane Beak Strike”