***Commands***

Yui............................................................Prepare
Kamatte..................................................Stand By
**Matte................................................Stop or Wait**Mawasu.........................................................Turn

***Direction***

**Migi..............................................................Right
Hadari.............................................................Left**

***Count***

Ichi.................................................................One
Ni...................................................................Two
San...............................................................Three
Shee..............................................................Four
Go..................................................................Five
Roku.................................................................Six
Hichi............................................................Seven
Hachi............................................................Eight
Ku..................................................................Nine
Ju.....................................................................Ten

***Body Terms***

Jodan..........................................................Upper
Chudan......................................................Middle
Gudan.........................................................Lower

***Hand Terms***

Seikan.............................................................Fist
Riken..................................................Back of Fist
Tettssi.............................................Bottom of Fist
Hiraken......................................Fore-Knuckle Fist
Haito......................................Thumb Ridge Hand
Shuto..................................................Knife Hand
Nukite................................................Spear Hand
Teisho...................................................Palm Heel

***Foot Terms***

Koshi..................................................Ball of Foot
Kakaro...............................................Heel of Foot
Sokuto..............................................Edge of Foot
Haisoku.......................................................Instep
Tsisoku...............................................Sole of Foot

***Stances***

Heisoku-Dachi............................Attention Stance
Hach'Ji-Dachi........................................At At Ease
Zen-Kutso-Dachi........Front Leaning(Kata) Stance
Ko-Kutso-Dachi..................Back(Fighting) Stance
Ha-Kiba-Dachi..................................Horse Stance
Sanchin-Dachi..........................Hour Glass Stance
Nin-Jetsu-Dachi...................................Cat Stance
Sochin-Dachi............................Diagonal Straddle

***Blocks***

Age-Uke.............................................Rising Block
Ude-Uke........................................Forearm Block
Shoto-Uke..................................Knife Hand Block
Gedan-Barai..............................Downward Block
Morote-Uke......................................Power Block
Juji-Uke.....................................................X Block
Nagashi Uke.................................Sweeping Block
Sukui Uke..........................................Scoop Block
Osae Uke.......................................Pressing Block
Uchi-Uke.............................Inside Forearm Block
Soto-Uke..........................Outside Forearm Block

***Punches/Strikes***

Seiken-Choku-Zuki............Middle Reverse Punch
Gyaku-Zuki....................................Reverse Punch
Oi-Zuki.............................................Lunge Punch
Age Zuki...........................................Rising Punch
Mawashi-Zuki.......................Round House Punch
Ura-Zuki............................................Short Punch
Yama-Zuki...............................................U-Punch
Kagi-Zuki...........................................Hook Punch
Empi.....................................Elbow Punch(Strike)

***Kicks***

Mae-Geri..............................................Front Kick
Mae-Geri-Keage..........................Front Snap Kick
Yoko-Geri................................................Side Kick
Yoko-Geri Keage............................Side Snap Kick
Mawashi-Geri..........................Round House Kick
Ushiro-Geri............................................Back Kick
Mikazuki-Geri..................................Crescent Kick
Fumikomi.......................................Stamping Kick

Mae-Tobe-Geri...........................Flying Front Kick
Hittsui-Geri............................................Knee Kick