***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