



TRIPLE CITIES MARTIAL ARTS

- JAPANESE TERMINOLOGY II -

MISC

Sensei = instructor

Sempai = senior

Kiai = yell originating from diaphragm

Kata = set movement pattern

Jodan = head target area

Chudan = chest target area

Gedan = lowest target area

Kihon = basic techniques

Kumite = attacking/defending technique

Kyo = pause between consecutive techniques

Zanchin = awareness

Sen no sen = seizing the initiative earlier

Go no sen = seizing the initiative later

Tate = upright

Hikite = pulling hand

COMMANDS

Seiza = formal kneeling position

Mokuso = meditation

Mokuso Yame = finish meditation

Rei = bow

Shomen ni rei = bow to shomen

Sensei ni rei = bow to sensei

Sempai ni rei = bow to sempai

Dojo kun = rules of the dojo

Yoi = ready

Hajime = start

Kamaete = move into stance

Mawate = turn

Yame = finish

Naore = relax

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龍山