

Basic Commands

Primary Gates to the Body

<i>Jodan</i>	Upper area
<i>Chudan</i>	Middle area
<i>Gedan</i>	Lower area

Basic Commands

<i>Ashi kaete</i>	Change feet (other foot forward)
<i>Choku</i>	Straight
<i>Gambate!</i>	Don't give up! / Do your best!
<i>Hajime</i>	Begin
<i>Hidari</i>	To the left
<i>Kamae</i>	Assume a defensive posture (guard up)
<i>Keiko hajime!</i>	Begin training!
<i>Kiai</i>	Emit an audible focus of energy
<i>Kiotsuke</i>	Come to attention
<i>Kiritsu</i>	Stand up
<i>Kokyu</i>	Single Ibuki breath
<i>Mae</i>	Front, forward
<i>Mokuso</i>	Meditate
<i>Mate</i>	Wait
<i>Mawashite</i>	Turn (in a circular direction)
<i>Mawate</i>	Turn around
<i>Migi</i>	To the right
<i>Mokuto</i>	Continuous Ibuki breathing
<i>Mou ichi do</i>	Repeat (again) or "one more time"
<i>Naka</i>	To the center
<i>Otagai-ni</i>	Face your partner
<i>Rei</i>	Bow
<i>Seiza</i>	Assume formal kneeling position
<i>Sensei-ni</i>	Face the teacher
<i>Shomen-ni</i>	Face the head wall of the dojo
<i>Te kaete</i>	Change hands (other hand forward)

Ushiro

Back, rear

Yame

End, finish, or STOP!

Yoi

Ready

Yoko

Side