

**NGMA
Martial Arts Terms**

The body:

<u>Term</u>	<u>Meaning</u>
ashi	foot, leg
ashikubi	instep
empi	elbow
hana	philtrum
hiza kussu	knee bent
josokutei	ball of foot
kakato	heel
kamae	posture
kata	shoulder
ken	fist
misochi	stomach
mye	eyes
ome	top of the head
sho	open hand, palm
sho tekubi	hand & wrist
ski	throat
soku	side
sokuto	foot edge
teisho	palm heel
tekubi	wrist
ude	arm, side
yoko me	side of neck

Directions/commands:

<u>Term</u>	<u>Meaning</u>
age	raise
chanoyu	ancient tea ceremony
domo	thank you
hai	yes
hajime	begin fight
hara	physical and mental focus
hidari	left
hidari sokumen	left side
jodan	upper
kami	paper
kihon	basic training
ki o tsuke	attention
mae	front or straight
mawate	turn
mawashi	circular, curved

Directions/commands cont:	<u>Term</u>	<u>Meaning</u>
	migi	right
	migi sokumen	right side
	mokuso	concentrate, meditate
	mokuso yamae	meditation over
	naname	diagonally
	naore	return to yoi
	narande	line up
	orishiku	kneeling
	rei	bow
	ryo	both
	ryo ken	both fists
	ryo souk	both sides
	seiza	kneel
	shiai	competition
	ue	above
	ushiro	backwards
	yame	stop
	yoi	readiness
	yoko	sideways
	yor ash	sliding the feet
	zempo	front direction

Stances:	<u>Term</u>	<u>Meaning</u>
	hachinoji dachi	open leg stance
	hachinoji dachi shizen tai	open leg stance – neutral position
	heisoku dachi	informal attention stance
	hanmi	forward stance with hips at 45°
	hangetsu dachi	half moon stance
	kamae	fighting stance
	kiba dachi	straddle leg stance
	kosa dachi	crossed leg stance with block
	makiwara	striking post
	mizu nagare kamae	water flowing position
	neku ash dachi	cat leg stance
	nai fan chin dachi	horse riding stance
	sagiashi dachi	crane stance
	sanchin dachi	tensed stance, toes pointed inward, clenched fists are extended slightly outward
	shizen tai	natural position
	sochin dachi	power stance (front stance, knee open)
	suwara	sitting position

Stances cont:	<u>Term</u> T dachi V dachi yama gamae zenkutsu	<u>Meaning</u> T stance V stance mountain posture front stance
Kicks:	<u>Term</u> fumikomi hiza geri kani basami mae geri kekomi mae keage mawashi geri mikazuki geri ren geri sokuto uchi mawashi geri ushiro geri ushiro kemomi geri yoko geri keage yoko geri kekomi	<u>Meaning</u> stamping kick knee kick leg scissors front thrust kick front snap kick (ball of foot) round house kick crescent kick alternate kicking sword inside roundhouse kick back kick rear thrust kick side snap kick side thrust kick
Strikes:	<u>Term</u> age zuki furi zuki gyaku shuto gyaku zuki haito heiko zuki hirabasami ippon ken kagi zuki koko mawashi hijate morote zuki nukite seiken shuto tate hijate tate mawashi uchi tate shuto tetsui otoshi hijate uchiate	<u>Meaning</u> rising punch flare punch reverse (cross) sword hand reverse punch ridge hand double punch claw hand one knuckle fist hook punch tiger mouth roundhouse elbow strike U punch spear hand front punch (two knuckle) sword hand upward elbow strike vertical strike vertical sword hand bottom fist downward elbow strike strike

Strikes cont:	<u>Term</u>	<u>Meaning</u>
	ura zuki	close punch (without turning fist)
	uraken	back fist
	ushiro hijate	rear elbow strike
	yoko hijate	side elbow strike
	yoko uchi	side strike
	zuki	punch
Blocks:	<u>Term</u>	<u>Meaning</u>
	age uke	rising block
	awase uke	joint hand block