

## Counting

一	ichi		1
二	ni		2
三	san		3
四	shi	yon	4
五	go		5
六	rokyu		6
七	shichi	nana	7
八	hachi		8
九	kyū	ku	9
十	jū		10
十一	jū ichi		11
二十	ni-jū		20
百	hyaku		100
零 ○	rei	zero	0

## Attacks

正面	shōmen	front
打ち	uchi	strike
横面	yokomen	side
突き	tsuki	thrust
片	kata	single
手	te	hand
持ち	mochi	hold
両	ryō	both
綾	aya	cross
肩	kata	shoulder
胸	mune	chest
肘	hiji	elbow
後ろ	ushiro	rear
襟	eri	neck

## Omote, Ura

(1) and (2) waza

## Techniques

- uke attacks migi, hidari
- (1) kamae: ai-hanmi  
holding: uke pulls  
omote: shite advances  
shite does shōmen-uchi
- (2) kamae: gyaku-hanmi\*  
holding: uke pushes  
ura: shite spins
- \* but start in ai-hanmi  
for katate-aya-mochi,  
ushiro-waza, seiza-hō

四方	shihō	four direction
投げ	nage	throw
押え	osae	pin
一ヶ条	ikkajō	1st control
二ヶ条	nikajō	2nd control
三ヶ条	sankajō	3rd control
四ヶ条	yonkajō	4th control
側面	sokumen	side
入身	irimi	entering
正面	shōmen	front
肘締め	hiji-shime	elbow tighten
肘当て	hiji-ate	elbow strike
小手	kote	forearm
返し	gaeshi	reversal
天地	tenchi	heaven, earth
呼吸	kokyū	breath
法	hō	technique

# 基本技

## Kihon Waza Basic Techniques (nidan, new waza)

	ikkajō	nikajō	sankajō	yonkajō	sokumen	irimi-nage	hiji-shime	hiji-ate	kote-gaeshi	kokyū-hō	kokyū-nage
shōmen					1 2 1 2						*
yokomen					1 2 1 2		1 2 1 2				*
katate		1 2 1 2				1 2 1 2 1 2 1 2			1 2 1 2		*
ryōte	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2		1 2 1 2 1 2 1 2	1 2 1 2 1 2 1 2	1 2 1 2 1 2 1 2	1 2 1 2 1 2 1 2	45	*
kata				1 2 1 2							
mune	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2						
hiji	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2		1 2 1 2				
katate-aya		1 2 1 2									
u.-ryōte					1 2		1 2 1 2 1 2				
u.-ryōhiji	1 2		1 2		1 2						
u.-ryōkata	1 2		1 2		1 2						
u.-eri	1 2						1 2				

# 基本技

## Kihon Waza Basic Techniques (nidan)

	shihō-nage	ikkajō	nikajō	sankajō	yonkajō	sokumen	irimi-nage	hiji-shime	hiji-ate	kote-gaeshi	tENCHI-nage	kokyū-hō	kokyū-nage
shōmen	*	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2		*
yokomen	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2		*
tsuki									1 2 1 2	1 2 1 2			*
katate	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2			*
ryōte	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2		1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2	*
kata		1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2		1 2 1 2					
mune		1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2		1 2 1 2					
hiji		1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2	1 2 1 2		1 2 1 2					
katate-aya		1 2 1 2											
u.-ryōte	1 2		1 2			1 2		1 2 1 2 1 2					
u.-katate-eri	1 2		1 2										
u.-ryōhiji	1 2		1 2			1 2							
u.-ryōkata	1 2		1 2			1 2							
u.-eri	1 2							1 2					