

## Useful words and phrases

Here are some words you will hear a lot on the mat. Try to use them and learn what they mean.

<b>Onegai shimasu</b>	<i>On-y-gash-mass</i>	let us begin ( <b>1<sup>st</sup> bow</b> )
<b>Domo arigato gozaimashita</b>	<i>Do-mow arigato go-zy-mashta</i>	Thank you very much ( <b>last bow</b> )
<b>Rei</b>	<i>ray</i>	bow
<b>Ukemi</b>	<i>you-ke-me</i>	break falls / rolls
<b>Shikko</b>	<i>she-ko</i>	knee walking
<b>Migi hanmi</b>	<i>migi-hammy</i>	right posture
<b>Hidari hanmi</b>	<i>hid-arry-hammy</i>	left posture
<b>Seiza</b>	<i>say-zar</i>	kneeling
<b>Jodan</b>		shoulders to head
<b>Chudan</b>	<i>chew-dan</i>	waist to shoulders
<b>Gedan</b>	<i>gai-dan</i>	below waist
<b>Uchi</b>	<i>oo-chee</i>	under the arm
<b>Irimi</b>	<i>i-ri-me</i>	in front of
<b>Tenkan</b>		behind
<b>Atemi</b>		strike
<b>Ushiro</b>	<i>you-she-row</i>	behind / backwards
<b>Uke</b>	<i>u-kee</i>	person being thrown
<b>Tori</b>	<i>torry</i>	person doing technique
<b>Tachi waza</b>	<i>tachee-wozza</i>	both standing
<b>Suwari waza</b>	<i>su-wo-ri-wozza</i>	both kneeling
<b>Hanmi handachi waza</b>	<i>hammy-hand-achy-wozza</i>	one standing and one kneeling
<b>Aihanmi katatedori</b>	<i>i-hammy-ca-tata-dory</i>	opposite wrist grabbed (shake hands)
<b>Gyakuhanmi katatedori</b>	<i>ga-kammy-ca-tata-dory</i>	Same wrist grabbed (holding hands grab)
<b>Shomenuchi</b>	<i>show-men-oo-chee</i>	Strike to centre of head
<b>Yokomenuchi</b>	<i>yo-ko-men-oo-chee</i>	Strike side of head / neck
<b>Tsuki</b>	<i>ski</i>	Punch
<b>Ryote dori</b>	<i>ry-oata-dory</i>	Both wrists grabbed
<b>Morote dori</b>	<i>mo-rota-dory</i>	Two hands grab one wrist

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