

Basic Japanese Vocab for Shorinji Kempo

Formalities

| | |
|----------------------|-----------------------------|
| Seiretsu | Instruction to assemble |
| Shugo | Assemble |
| Rei | Salute |
| Naore | Hands down |
| Kihon | Basic training |
| Chinkon | Meditation |
| Howa | Philosophy lesson |
| Renshu | Training session |
| Shusseki | Register |
| O hajimemasu | Shall begin |
| O waramasu | Shall finish |
| Onegai shimasu | Please (teach me) |
| Arigato gozaimashita | Thank you (for teaching me) |
| Sensei | Master |
| Kenshi | Student |
| Dojo | Training hall |

Commands

| | |
|----------|---------------------------|
| Kiritsu | Stand |
| Chakuza | Sit |
| Seiza | Formal kneel |
| Anza | Easy kneel |
| lidesuka | Is that ok? (Understood?) |
| Hai | Yes |
| Hajime | Begin |
| Yame | Stop |
| Yoi | Prepare |
| Migi | Right |
| Hidari | Left |
| Kamaete | Take up position |
| Kesshu | Stand formally |
| Chosoku | Breathing control |

Directions

| | |
|--------------|-----------------------------|
| Shomen | Front wall of training hall |
| Mae | Forward |
| Ushiro / Ato | Backward |
| Hidari | Left |
| Migi | Right |
| Uwa / Age | Up |
| Shita | Down |
| Yoko | Side |
| Jun | Front |
| Gyaku | Rear / reverse |
| Uchi | Inside |
| Soto | Outside |

Kamae (Stances)

| | |
|----------------------|-------------------------|
| Kesshu gamae | Formal stance |
| Gassho gamae | Salutation stance |
| Kaisoku chudan gamae | Symmetrical stance |
| Chudan gamae | Offensive stance |
| Ichiji gamae | Defensive stance |
| Tai gamae | Closed formation |
| Hiraki gamae | Open (mirror) formation |

Unpo ho (Footwork)

| | |
|-------------------------|-----------------------------------|
| Sashikae ashi | Forward movement - reverse sides |
| Sashikomi ashi | Forward movement - same side |
| Mae/ushiro chidori ashi | Forward/back diagonal movement |
| Yose ashi | Feet together |
| Juji ashi | Cross step |
| Kumo ashi | Spider step (feet together first) |
| Kani ashi | Crab step (feet apart first) |

Tai sabaki (Body movement)

| | |
|---------------|---------------------------------|
| Furimi | Side dodge |
| Sorimi | Back dodge |
| Hikimi | Pull in dodge |
| Ryusui | Downward arc dodge (waterfall) |
| Ukemi | Roll (breakfall) |
| Daisharin | Cartwheel |
| Zen tenkan | Turn 180 degrees |
| Han tenkan | Turn 90 degrees |
| Hiraki sagari | Backward movement reverse sides |
| Han tenshin | Pivot on front foot |
| Gyaku tenshin | Pivot on back foot |

Targets / anatomy

| | |
|---------------|-------------------------------|
| Jodan | Face (upper body) |
| Chudan | Middle body |
| Gedan | Lower body |
| Mikazuki | Crescent of jaw |
| Suigetsu | Stomach target (solar plexus) |
| Kinteki | Groin |
| Mae zanmai | Front target at waist height |
| Yoko zanmai | Side target at waist height |
| Ushiro zanmai | Back target at waist height |
| Ashi | Leg / foot |
| Ken | Fist |
| Yubi | Finger |
| Ude | Arm |

Kihon waza (basic techniques)

Basics

| | |
|------------|--------|
| Keri/geri | Kick |
| Tsuki/zuki | Punch |
| Uke | Block |
| Uchi | Strike |

Hand strikes

| | |
|-------------|--------------------------------|
| Seiken | Ordinary fist |
| Uraken | Back fist |
| Kagi zuki | Hook punch |
| Shuto uchi | Push strike with edge of hand |
| Furi zuki | Swing punch |
| Meuchi | Eye strike (loose fingers) |
| Kumade zuki | Bear paw strike (heel of hand) |

Kicks

| | |
|--------------|-------------------|
| Jun geri | Kick (front foot) |
| Gyaku geri | Kick (back foot) |
| Mawashi geri | Roundhouse kick |
| Sokuto geri | Sidekick |

Blocks

| | |
|-----------|------------------------------|
| Shita uke | Downwards, protects chudan |
| Uwa uke | Upwards, protects jodan |
| Juji uke | Crossblock, side of body |
| Uchi uke | Inwards block, protects face |
| Harai uke | Swingblock |
| Soto uke | Side of face block |

Juho

| | |
|-----------------|---------------------|
| Kagite shuho | Locked hand defense |
| Nuki | Release |
| Kote / gote | Wrist |
| Katame / gatame | Pin |

Numbers

| | |
|--------|-------|
| Ichi | One |
| Ni | Two |
| San | Three |
| Shi | Four |
| Go | Five |
| Roku | Six |
| Shichi | Seven |
| Hachi | Eight |
| Ku | Nine |
| Ju | Ten |