

ARIGATO GOZAIMASHITA = THANK YOU
 ONEGAI SHIMASU = PLEASE
 SENSEI = TEACHER / PROFESSOR / COACH
 KIOTSUKE = ATTENTION / POSTURE
 REI = BOW
 MOKUSO = MEDITATION

Number	Japanese	Pronunciation
1	いち	i-chi
2	に	ni
3	さん	san
4	よん・し	yon; shi
5	ご	go
6	ろく	ro-ku
7	なな・しち	na-na;shi-chi
8	はち	Ha-chi
9	きゅう・く	kyuu; ku
10	じゅう	jyuu

IPPON SEOI NAGUE



MOROTE SEOI NAGUE



HARAI GOSHI



UCHI GARI



O-GOSHI



O-SOTO GARI



USHIRO UKEMI



OKURI-ASHI-BARAI



SASAE-TSURI-KOMI-ASHI



YOKO UKEMI



TAI-OTOSHI



KOUCHI-GARI



KOUCHI-MAKI-KOMI



KAITEN UKEMI



ZA-REI



KESA GATAME



YOKO SHIHO GATAME



HITSU-REI



TATE SHIHO GATAME



KAMI SHIHO GATAME

