

## JAPANESE LANGUAGE SHEET

### PRONUNCIATION GUIDE:

a - ah, as in father      i - ee, as in meet      u - as in tool  
e - eh, as in met      o - oh

The consonants have virtually the same sounds as in English, except that *g* is always hard (as in *get*) and *r* is a sound between the English *r* and *l*. Double consonants must be pronounced as such, just as in English *bookkeeper* and *penknife*. When pronouncing words, each syllable is the equivalent of one beat and thus is stressed equally when saying multi-syllable words (therefore *ka-ra-te* not *kar-ate*). In some cases there are long vowels (vowels that are two beats in length). In such cases the word has been written with a macron (-) over the long vowel (therefore *jū-jutsu* is pronounced *ju-u-ju-tsu* not *ju-jutsu*).

It is also important to note that the syllables are said in a monotone voice. Unlike Chinese, Japanese is not a multi-tonal language so its words are best pronounced with equal emphasis. Also, in fairly rapid speech *i* and *u* are often elided, so that *desu* (am, is, are) sounds like *dess*, *deshita* (was, were) like *desh'ta*, and *arimasuka* (is there?, are there?), like *arimas'ka*.

### COMMANDS:

Bow.....	Rei
Begin	Hajime
Stop.....	Yame
Rest	Yasume
Hurry up.....	Isogi, Hayaku
Slowly	Yukkuri
Reverse.....	Gyaku
Sit	Suware
Line up.....	Heiritsu
Ready Position	Junbi
Return to ready position.....	Naore
Bow to the shinza	Shinza ni rei
Bow to the sensei.....	Sensei ni rei
Bow to the black belts	Yudansha ni rei

### NUMBERS:

1.....	ichi	11.....	jū-ichi	30.....	san-jū
2.....	ni	12.....	jū-ni	40.....	yon-jū
3.....	san	13.....	jū-san	50.....	go-jū
4.....	shi	14.....	jū-shi	60.....	roku-jū
5.....	go	15.....	jū-go	70.....	nana-jū
6.....	roku	16.....	jū-roku	80.....	hachi-jū
7.....	shichi	17.....	jū-shichi	90.....	hachi-jū
8.....	hachi	18.....	jū-hachi	100...	hyaku
9.....	ku	19.....	jū-ku	1000..	sen
10.....	jū	20.....	ni-jū		

### PARTS OF THE BODY:

Head.....	Atama	Wrist	Kote, Tekubi	Nose	Hana
Forehead	Shōmen	Arm, Forearm.....	Ude	Throat.....	Nodo
Side of the head.....	Yokomen	Elbow	Hiji	Face	Men
Neck	Kubi	Knee.....	Hiza	Eye.....	Me
Chest.....	Mune	Foot, Leg	Ashi	Back	Senaka
Torso	Dō	Ankle.....	Ashikubi	Jaw.....	Ago
Hips, waist.....	Koshi	Heel	Kakato		
Lower abdomen.....	Hara	Finger.....	Yubi		
“One point”	Itten	Toe(s)	Ashi-no-yubi		
Hand.....	Te	Shoulder.....	Kata		

**DESCRIPTIONS:**

Front.....	Omote	Training Uniform.....	Keikogi (Gi)
Behind	Ura	Divided, pant-like skirt	Hakama
Back; Rear.....	Ushiro	Belt.....	Obi
Right	Migi	Knot	Musubi
Left.....	Hidari	Sword.....	Ken, To
Side, Sideward	Yoko	Long sword	Katana
Side.....	Waki	Short sword.....	Wakizashi
Lower level	Gedan	Knife	Tantō
Middle level.....	Chūdan	Staff (6 ft).....	Bō
High level	Jōdan	Staff (4 ft)	Jō
Any Fighting Posture.....	Kamae	Wooden Sword.....	Bokken
Stance	Tachi	Form, pattern	Kata
Natural Stance.....	Shizentai	Techniques.....	Waza
Horse stance	Kiba-dachi	Defender	Shitachi
Front stance.....	Zenkutsu-dachi	Attacker.....	Uketachi
Back stance	Kōkutsu-dachi	Exercise	Dōsa
Cat stance.....	Nekoashi-dachi	Free style practice.....	Randori
Fighting posture	Kumite-gamae	Fundamental; foundation	Kihon
(Formal) Seated position.....	Seiza	Practice session; training.....	Keiko
Seated meditation	Zazen	Winter (intensive) training	Kangeiko
'No Mind'.....	Mushin	Combat engagement distance.....	Ma-ai
Life-force, Spirit	Ki	Break falls	Ukemi
Spirit yell.....	Kiai	Throws.....	Nage
Dominating spirit	Aiki	Striking techniques	
Etiquette.....	Reigi	(to vital points).....	Atemi-waza
Black belts.....	Yūdansa	Striking techniques	
Students below black belt	Mudansa	(not necessarily to vital points)	Ate-waza
One's senior (in a dojo).....	Senpai		
One's junior (in a dojo)	Kōhai		
Standing bow.....	Ritsurei		
Seated bow	Zarei		
The Way, path.....	-Dō	Dominating Spirit Art.....	Aikijutsu
Art; science	Jutsu	Art of the sword	Kenjutsu
"Way place"; training hall.....	Dōjō	Way of the bow and arrow.....	Kyūdō
Name board in a dojo	Nafuda-kake	Empty hand	Karate
Floor mats (6' x 3').....	Tatami	One who practices karate.....	Karateka
Way of the Tea Ceremony	Chadō	Soft way	Jūdō
A style of an art.....	Ryū	One who practices Jūdō.....	Jūdōka
Warrior	Bushi	Soft art	Jūjutsu
Way of the warrior.....	Bushidō	"Warring way".....	Budō
Tea Ceremony	Cha-no-yu	"Warring arts"	Bujutsu
Way of Japanese calligraphy..	Shodō	Old style.....	Ko-ryū

## **STUDENT RESPONSES & PHRASES:**

### **BASIC ANSWERS AND GREETINGS:**

Yes Sir!	- Os!
Yes	- Hai
No	- Iie
Good morning (before 10am)	- Ohayō-gozaïmasu
Good day/afternoon (after 10 am)	- Konnichi wa
Good evening	- Konban wa
Good night (before bedtime)	- O-yasumi-nasai
Good bye	- Sayōnara
Welcome. Please come in.	- Irashaimase
Don't mention it/You're welcome	- Dō itashimashite

### **EXPRESSING GRATITUDE AND MAKING REQUESTS:**

Thankyou (formal)	- Arigato gozaimashita
Thankyou very much	- Domo arigato gozaimashita
Thankyou very much for what you have given or done, teacher. (to the teacher)	- Domo arigato gozaimashita, Sensei.
Please (do something for me) (I make a request)	- O-negai shimasu

### **APOLOGIZING:**

Excuse me (present or future) Used when you leave the dojo or someone's presence.	- Shitsurei Shimasu
I'm sorry/Excuse me (past) (for having bothered you/having done a bad thing, etc.) Used when apologizing for doing something incorrectly or causing someone to trouble himself.	- Shitsurei Shimashita
Excuse me /I'm sorry (present/future) (used to get someone's attention or as a light apology)	- Sumimasen
Excuse me (informal) (to be used only to someone of lower rank)	- Gomen nasai

### **ASKING QUESTIONS:**

How are you? Are you in good spirits?	- Ogen'ki desu ka?
Fine, Thank you	- Okagesama de
What?	- Nan desu ka?
(Do you) understand?	- Wakarimasu ka?
(Did you) understand?	- Wakarimashita ka?
Yes, I understand	- Hai, Wakarimasu
No, I don't understand	- Iie, Wakarimasen
Yes, I understood	- Hai, Wakarimashita
No, I didn't understand	- Iie, wakarimasen deshita
Is it alright for me to go?	- Itte mo ii desu ka?
May I start? (formal)	- Hajimete mo ii desu ka?
Like this?	- Ko desu ka?

### PHRASES YOU MAY HEAR IN THE DOJO:

Wait a minute (formal)	-	Matte kudasai			
Wait a minute (informal)	-	Matte kure			
Give it a try/Try it out (informal)	-	Yatte goran			
Do it like this.	-	Ko shite			
That's right (formal)	-	Sō desu	That's right (informal)-	Sō da	
Is that right?	-	Sō desuka	That's right isn't it?	-	Sō desu, ne?
Go ahead/Please (very casual)	-	Dōzo			
This is a multipurpose word that is usually translated as "please" in the sense of "go ahead."					
"It hurts"	-	Itai			

### DAYS - MONTHS – SEASONS

Sunday	-	Nichi-yobi	Spring:	March	-	Haru:	San-gatsu
Monday	-	Getsu-yobi		April	-		Shi-gatsu
Tuesday	-	Ka-yobi		May	-		Go-gatsu
Wednesday	-	Sui-yobi	Summer:	June	-	Natsu:	Roku-gatsu
Thursday	-	Muku-yobi		July	-		Shichi-gatsu
Friday	-	Kin-yobi		August	-		Hachi-gatsu
Saturday	-	Do-yobi	Autumn:	September	-	Aki:	Ku-gatsu
				October	-		Ju-gatsu
				November	-		Ju-ichi-gatsu
			Winter:	December	-	Fuyu:	Ju-ni-gatsu
				January	-		Ichi-gatsu
				February	-		Ni-gatsu

### COLORS:

White	-	Shiroi	Brown	-	Chairo
Red	-	Akai	Yellow	-	kiiroi
Blue	-	Aoi	Purple	-	Murasaki
Black	-	Kuroi	Gray	-	Haiiro
Green	-	Midori	Orange	-	Orenji