

Japanese Commands

Start of class

Command	English	Japanese
Heikō-dachi	Shoulder-width stance	平行立ち
Musubi-dachi	Attention stance	結び立ち
Heisoku-dachi	Feet together	閉足立ち
Rei	Bow	礼
Seiza	Kneel	正座
Mokusō	Meditation	黙想
Mokusō, yame	Stop meditation	黙想、止め
Ōkaichō no te, rei	Bow to Okaicho	大会長の手、礼
Dai-Sensei no te, rei	Bow to Dai-Sensei	大先生の手、礼
Dai-Sempai no te, rei	Bow to Dai-Sempai	大先輩の手、礼
Sempai no te, rei	Bow to Sempai	先輩の手、礼
Zen'in no te, rei	All class members, bow	全員の手、礼
Tate	Stand	立て
Kamaete	Fighting stance	構えて
Hai	Yes	はい
Hajime	Begin	始め
Yame	Stop	止め

End of Class

Command	English	Japanese
Heikō-dachi	Shoulder-width stance	平行立ち
Musubi-dachi	Attention stance	結び立ち
Heisoku-dachi	Feet together	閉足立ち
Gokurō-sama desh'ta	Thank you for your efforts	御苦労様でした
Gokurō-sama desh'ta, Dai-Sensei	Thank you for your efforts, Dai-Sensei	御苦労様でした、大先生
Seiza	Kneel	正座
Osu	Perseverance (Note: this word is often used in acknowledgement)	押忍