



Seito Bugei Juku



Kanji/Katakana/
Hiragana

Romanji

Eigo

立ち技

Tachi Waza

Stances

立ち
 結び立ち
 平行立ち
 半前屈立ち
 前屈立ち
 四股立ち
 猫足立ち
 レの字立ち
 三戦立ち
 不動立ち
 八字立ち
 鶴足立ち
 閉足立ち
 後屈立ち
 便即立ち
 十三立ち
 腰立ち

Tachi/Dachi
Musubi Dachi
Heiko Dachi
Han Zenkutsu Dachi
Zenkutsu Dachi
Shiko Dachi
Neko Ashi Dachi
Renoji Dachi
Sanchin Dachi
Fudo Dachi
Hachiji Dachi
Sagi Ashi Dachi
Heisoku Dachi
Kokutsu Dachi
Bensoku Dachi
Seisan Dachi
Koshi Dachi

Stance
 Open Foot Stance
 Parallel Stance
 Half Forward Stance
 Forward Stance
 Straddle Leg Stance
 Cat Foot Stance
 "Re" Stance
 Hourglass Stance
 Free Stance
 Natural Stance
 Crane Foot Stance
 Closed Foot Stance
 Back Stance
 Crossed Leg Stance
 Seisan Dachi
 Hip Stance

蹴り技

Geri Waza

Kicking Techniques

蹴り
 膝蹴り
 前膝蹴り
 回し膝蹴り
 前蹴り
 後ろ蹴り
 回し蹴り
 横蹴り
 後ろ蹴り
 後ろ回し蹴り
 足刀蹴り
 関節蹴り
 飛び蹴り
 前飛び蹴り
 横飛び蹴り
 金蹴り
 金的蹴り

Keri, Geri
Hiza Geri
Mae Hiza Geri
Mawashi Hiza Geri
Mae Geri
Ushiro Geri
Mawashi Geri
Yoko Geri
Kaiten Ushiro Geri
Ushiro Mawashi Geri Backwards
Sokuto Geri
Kansetsu Geri
Tobi Geri
Mae Tobi Geri
Yoko Tobi Geri
Kin-Geri
Kinteki-geri

Kick
 Knee Kick
 Front Knee Kick
 Round Knee Kick
 Front Kick
 Back Kick
 Round Kick
 Side Kick
 Spinning Back Kick
 Round Kick (Hook)
 Foot Edge Kick
 Joint Kick
 Jumping Kick
 Jumping Front Kick
 Jumping Side Kick
 Groin kick with the instep
 Groin kick with the instep

蹴り技

Geri Waza

Kicking Techniques

辜丸蹴り	Kogan-geri	Groin kick with shin
足払い蹴り	Ashi Barai	Foot Sweep
踏み込み蹴り	Fumikomi Geri	Stamping Kick
踵落とし蹴り	Kakato Otoshi Geri	Descending Heel Kick
振り蹴り	Furi Geri	Swing Kick
三日月蹴り	Mikazuki Geri	Crescent Kick
波返し	Nami Gaeshi	Reversal

突き技

Tsuki Waza

Punching Techniques

突き	Tsuki, Zuki	Punch
直突き	Choku Zuki	Straight Punch
上段突き	Jodan Zuki	Upper Level Punch
中段突き	Chudan Zuki	Middle Level Punch
下段突き	Gedan Zuki	Low Level Punch
追い突き	Oi Zuki	Lunge Punch
逆突き	Gyaku Zuki	Reverse Punch
平行突き	Heiko Zuki	Parallel Punch
合わせ突き	Awase Zuki	Two Fisted Punch
順突き	Jun Zuki	Leading Punch
前拳突き	Mae Ken Zuki	Front Hand Punch
裏突き	Ura Zuki	Close Punch
掌底突き	Shotei Zuki	Palm Heel Punch
鉤突き	Kagi Zuki	Hook Punch
揚げる突き	Age Zuki	Rising Punch
縦拳突き	Tateken Zuki	Vertical Punch
振り突き	Furi Zuki	Swing Punch
刻み突き	Kizami Zuki	Snapping Punch
横突き	Yoko Zuki	Side Punch
寸突き	Sun Zuki	One Inch Punch
二本突き	Nihon Zuki	Double Punch
三本突き	Sanbon Zuki	Triple Punch
三段突き	Sandan Zuki	Three Level Punch
横裏突き	Yoko Ura Zuki	Side Close Punch
一本 拳中高	Ippon Naka Daka Ken	Middle Knuckle Fist Punch
中指一本拳	Nakayubi Ippon Ken	Middle knuckle fist

受け技

Uke Waza

Blocking Techniques

上段揚げ受け	Jodan Age Uke	Upper Level Rising Block
中段横受け	Chudan Yoko Uke	Middle Level Side Block
中段内受け	Chudan Uchi Uke	Middle Level Inside Block
下段払い受け	Gedan Harai Uke	Lower Level Sweeping Block
引き受け	Hiki Uke	Pulling Block
虎口受け	Tora Guchi	Tiger Mouth Block
掛け受け	Kake Uke	Hooking Block
掌底受け	Shotei Uke	Palm Heel Block
落とし受け	Otoshi Uke	Descending Block
掬い受け	Sukui Uke	Scooping Block
弧 拳受け	Ko Uke	Bent Wrist Block
繰り受け	Kuri Uke	Circular Elbow Block
同時受け	Doji Uke	Simultaneous Block
?張勺受け	Hari Uke	?Signature hand technique in Seiyunchin
流し受け	Nagashi Uke	Flowing Block
背刀受け	Haito Uke	Ridge Hand Block
交叉受け	Kosa Uke	Cross Block
十字受け	Juji Uke	Cross Block
手刀受け	Shuto Uke	Knife Hand Block
諸手横受け	Morote Yoko Uke	Two Handed Side Block
背手受け	Haishu Uke	Back Hand Block
開手受け	Kaisho Uke	Open Hand Block
押さえ受け	Osae Uke	Pressing Block
脛受け	Sune Uke	Shin Block
下段掌底払い受け	Gedan Shotei Harai Uke	Low Level Palm Heel Sweep Block
掌掴み受け	Shō Tsukami Uke	Grasping palm block

打ち技

Uchi Waza

Striking Techniques

肘当て	Hiji Ate	Elbow Strike
上げ肘当て	Age Hiji Ate	Rising Elbow Strike
落とし肘当て	Otoshi Hiji Ate	Dropping Elbow Strike
回し肘当て	Mawashi Hiji Ate	Circular Elbow Strike
後ろ肘当て	Ushiro Hiji Ate	Rear Elbow Strike
手刀打ち	Shuto Uchi	Knife Hand Strike
鉄槌打ち	Tettsui Uchi	Bottom Fist Strike
背刀打ち	Haito Uchi	Ridge Hand Strike
掌底打ち	Shotei Uchi	Palm Heel Strike

打ち技

Uchi Waza

Striking Techniques

貫 手打ち
腕打ち
閉拳打ち
鷲手

Nukite Uchi
Ude Uchi
Heiken Uchi
Washi De

Spear Hand Strike
Arm Strike
Closed Fist Strike
Eagle Claw Hand

Working Document – if you see a mistake please send Kanji/Katakana correction to:

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