

## TERMINOLOGIA

### Wymowa głosek w języku japońskim

j = dź  
sh = ś  
ch = ć  
w = u  
z = dz  
y = i

### Liczebniki

1 – ichi	11 – ju ichi	22 – ni ju ni
2 – ni	12 – ju ni	30 – san ju
3 – san	13 – sanju	40 – shi ju
4 – shi	14 – yonju	50 – go ju
5 – go	15 – goju	60 – roku ju
6 – roku	16 – rokuju	70 – shichi ju
7 – shichi	17 – nanaju	80 – hachi ju
8 – hachi	18 – hachiju	90 – ku ju
9 – ku	19 – kujju	95 – ku ju go
10 – ju	20 – ni ju	100 – hyaku

### Bloki

Gedan Barai  
Uchi Uke  
Soto Uke  
Chudan Uke  
Jodan Uke  
Age Uke  
Shuto Uke  
Shotei Uke  
Shotei Otoshi Uke  
Yoko Uke  
Hiki Uke  
Ko Uke  
Gedan Uchi Barai  
Ura Uke  
Hiji Uke  
Mawashi Uke  
Morote Uke  
Sukui Uke  
Nagashi Uke

Kosa Uke  
Hiza Uke  
Sokutei Osae Uke  
Sokutei Harai Uke  
Haisoku Barai

## **Techniki ręczne**

Seiken Tsuki  
Oi Tsuki  
Gyaku Tsuki  
Age Tsuki  
Nihon Tsuki  
Sanbon Tsuki  
Kagi Tsuki  
Yama Tsuki  
Awase Tsuki  
Heiko Tsuki  
Hasami Tsuki  
Nagashi Tsuki  
Nakadaka Ken  
Ko Uchi  
Kote Uchi  
Kama-De  
Washi-De  
Empi  
Choku Tsuki  
Ura Tsuki  
Uraken Uchi  
Shuto Uchi  
Haito Uchi  
Hiji Uchi  
Tettsui Uchi  
Nukite Tsuki  
Shotei Uchi  
Shotei Tsuki  
Keikoken Tsuki  
Kaikoken Tsuki  
Boshiken Tsuki  
Furi Tsuki  
Mawashi Tsuki  
Tate Tsuki  
Kizami Tsuki

## **Techniki nozne**

Mae Geri Keage  
Mae Geri Kekomi  
Yoko Geri Keage  
Yoko Geri Kekomi  
Mawashi Geri  
Ushiro Mawashi Geri  
Gyaku Mawashi Geri  
Ushiro Geri  
Kanketsu Geri  
Hiza Geri  
Nidan Geri  
Ren Geri  
Ashi Barai  
Mae Tobi Geri  
Yoko Tobi Geri  
Tobi Nidan Geri  
Kakato Geri  
Fumikomi Geri  
Tsumasaki Geri  
Haisoku Geri  
Sokuto Geri

## **Postawy**

Heisoku Dach  
Musubi Dach  
Heiko Dach  
Migi Heiko Dach  
Hachiji Dach  
Uchi Hachiji Dach  
Shiko Dach  
Naname Shiko Dach  
Kiba Dach  
Sanchin Dach  
Zenkutsu Dach  
Han Zenkutsu Dach  
Fudo Dach  
Kokutsu Dach  
Neko Ashi Dach  
Renoji Dach  
Sesan Dach  
Sagiashi Dach  
Bensoku Dach  
Naihanchi Dach

