

Instructor's Commands (Goh rei)

Kiotsuke--stand at attention in musubi dachi

Yooi--move to ready stance (shizentai dachi)

Hajime--begin

Yame--stop

Naore or Naotte--stand in musubi dachi then bow to shomen

For sonoba kihon (in place basics practice):

Sonoba zuki naihanchi dachi (or shiko dachi), hidari, ippon totte!

For ido kihon (moving basics practice):

Junzuki dachi hidari, ippon totte!

For moving geri (kicks) practice, all the following are acceptable:

- Hanmi hidari gamae, kamaete!
- Hidari hanmi, kamaete!
- Hidari gamae!

For tobikomizuki and nagashizuki practice:

- Hidari tobikomi (or nagashi) zuki, yooi, kamaete!
- Hidari hanmi dachi, yooi, kamaete!
- Hidari shizentai, yooi, kamaete!

(provided by Eddy Masaki sensei)