

# *Shotokan*

The Art of Japanese Karate



## *Student Guide*

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## The Poem of Two Tigers

It is said, there is a battle that goes on inside all of us.  
The battle is between two tigers.

One is evil. It is anger, envy, jealousy, sorrow, regret,  
greed, arrogance, self-pity, guilt, resentment, inferiority,  
lies, false pride, superiority, and ego.

The other is good. It is joy, peace, love, hope, serenity,  
humility, kindness, benevolence, empathy, generosity,  
truth, compassion, and faith.

Which Tiger wins?



The one you feed.



## **What is Karate?**

The ultimate aim of the art of Karate lies not in victory or defeat, but in the perfection of the character of its practitioners.

-Ginchin Funakoshi-

## **Dojo Kun (morals)**

1. Seek perfection of character.
1. Be faithful.
1. Respect others.
1. Endeavor.
1. Refrain from violent behavior.

*The reason Master Funakoshi wrote all five down as number one is because no one rule is more important than the other.*

## **Niju Kun (20 morals) of Karate**

- Remember that karate-do begins and ends with respect
- There is no first strike in karate
- Karate stands on the side of justice
- First know yourself, then know other
- Mentality over technique
- The mind must be set free
- Calamity springs from carelessness
- Karate goes beyond the dojo
- Karate is a lifelong pursuit
- Apply the way of karate to all things. Therein lies its beauty
- Karate is like boiling water: without heat, it returns to a tepid state
- Do not think of winning. Think rather, of not losing
- Make adjustments according to your opponent
- The outcome of a battle depends on how one handles emptiness and fullness (weakness and strength)
- Think of the opponents hands and feet as swords
- When you step beyond your gate, you face a million enemies
- Kamae (ready stance) is for beginners; later, one stands in shizentai (natural stance)
- Perform kata exactly; actual combat is another matter
- Do not forget the employment of withdrawal of power, the extension or contraction of the body, or the swift and leisurely application of technique
- Be constantly mindful, diligent, and resourceful in your pursuit of the Way

# Dojo Etiquette

Respectful gestures and rules of etiquette vary between cultures. When a person enters new situations, social groups, countries, even a friend's home a new set of behavioral rules (both spoken and unspoken) must be learned for mutual respect to be shared.

In our Dojo, where Japanese and American cultures come together, it can be confusing as to what to do or say and when to do or say it. There are a few simple rules to remember. First, do not throw away the rules of common courtesy that exist in American culture.

1. DO NOT INTERRUPT WHEN SOMEONE ELSE IS SPEAKING.
2. A CHILD SHOULD NOT USE A SEAT IF AN ADULT IS STANDING. THE KARATE RANK OF A CHILD IS NOT SIGNIFICANT IF THERE IS ANY ADULT WITHOUT A CHAIR.
3. A CHILD SHOULD NOT ENTER THE DOJO IN FRONT OF AN ADULT. THE RANK OF A CHILD IS NOT SIGNIFICANT IF THERE IS AN ADULT TRYING TO ENTER THE DOJO AT THE SAME TIME.
4. DO NOT WEAR A HAT INSIDE THE DOJO.
5. IF YOU HAVE TO USE THE RESTROOM AT ANYTIME, POLITELY AND QUIETLY STAND UP, BOW, AND USE THE RESTROOM. IF YOU ARE PERFORMING KATA, WAIT FOR UNTIL THE KATA HAS ENDED AND THE INSTRUCTOR HAS DISMISSED YOU.
6. IF YOU BECOME THIRSTY DURING CLASS YOU MUST ASK FOR PERMISSION FROM YOUR INSTRUCTOR. OTHERWISE THE INSTRUCTORS WILL GIVE PERIODIC WATER BREAKS. AFTER THE TRAINING SESSION IS COMPLETE ALL WATER BOTTLE MUST BE TAKEN HOME OR PROPERLY DISPOSED OF.

Rules of etiquette from the Japanese culture:

1. BOW WHEN YOU ENTER THE DOJO AND AGAIN WHEN YOU LEAVE.
2. BOW BEFORE YOU ENTER THE TRAINING AREA AND BEFORE YOU STEP OFF.
3. WHEN CALLED ON BY SENSEI OR IF YOUR HAND IS RAISED TO ASK A QUESTION STAND AND BOW BEFORE YOU SPEAK.
4. WHEN CALLED TO ATTENTION YOU SHOULD BE IN READY STANCE/NATURAL STANCE. STAND LIKE THE SENIOR STUDENTS.
5. WHEN DIRECTED TO SIT DOWN REMEMBER YOU ARE NOT TO PUT YOUR HANDS ON THE FLOOR.

6. NEVER STAND WITH YOUR BACK TO THE INSTRUCTOR DURING CLASS UNLESS YOU ARE FOLLOWING INSTRUCTIONS.
7. NEVER ADDRESS AN INSTRUCTOR BY THEIR FIRST NAME. SENSEI SHOULD ALWAYS BE ADDRESSED AS "SENSEI". ALL OTHER INSTRUCTORS/BLACK BELTS SHOULD BE ADDRESSED "MISS" OR "MISTER" FOLLOWED BY HIS OR HER LAST NAME. UNLESS DIRECTED OTHERWISE BY THAT INSTRUCTOR/BLACK BELT.
8. STUDENTS OF ALL AGES SHOULD NOT TALK DURING CLASS UNLESS THEY ARE ANSWERING A QUESTION FROM THE INSTRUCTOR. IF A STUDENT HAS A QUESTION THEY ARE TO RAISE THEIR HAND AND WAIT TO BE ACKNOWLEDGED.
9. THE DOJO MUST BE CALLED TO ATTENTION FOR SENSEI EACH TIME HE ENTERS OR EXITS THE DOJO. THE FIRST STUDENT TO NOTICE SENSEI ENTERING OR EXITING MUST CALL THE DOJO TO ATTENTION.
10. ANY STUDENT WHO ENTERS THE DOJO AFTER CLASS HAS BEGUN MUST WAIT FOR PERMISSION BY A RANKING BLACK BELT BEFORE ENTERING THE TRAINING AREA TO PRACTICE.
11. IF YOU HAVE A QUESTION YOU DO NOT HAVE TO GO DIRECTLY TO SENSEI. ASK THE HIGHEST RANKING STUDENT AVAILABLE AT THE TIME. IF THEY DO NOT HAVE AN ANSWER IT BECOMES THEIR RESPONSIBILITY TO GET THE ANSWER FOR YOU.

# *Kaze-Kai Karate*

## Sparring rules

Safety is the most important element in sparring. It is our foremost consideration. To achieve this, the following rules must be adhered to.

- Students will not be point sparring until they have attained the rank of green belt.
- For safety, students should not wear rings, watches, bracelets, or necklaces during class.
- All students, including black belts participating in sparring must use the following minimum equipment.

Mouthguard

Protective headgear

Groin cup

Safety punch

Safety kick

Shin pads

Chest protector (for students under 18 and females)

- Sparring will not be allowed without a black belt present.
- There will be no contact to the head.
- There will be no techniques to the throat.
- There will be no techniques below the belt.
- There will be no techniques to the back of the body.
- Only light contact will be allowed to the permitted target areas.

Sparring is a fun and rewarding part of your karate training, but it is without risk, therefore we must make safety our first and foremost goal. Spar safely for you and your sparring partner.



## **Mind Like Water (Mushin)**

An empty mind

(Mizu no kokoro)

When performing, practicing or using karate, one must maintain a “mind like water”. This refers to the mental attitude while facing an actual opponent. It refers to the need of making the mind calm, like that of an undisturbed body of water.

Smooth water reflects accurately the image of all objects within its range, and if the mind is kept calm, comprehension of the opponent’s movements, body psychological and physical, will be both immediate and accurate, and one’s responses, both defensive and offensive, will be appropriate and adequate.

On the other hand, if the surface of the water is disturbed, the images it reflects will be distorted. In other words, if the mind is preoccupied with thoughts of attack and defense it will not properly comprehend the opponent’s intentions creating an opportunity for the opponent to attack.

Water also has other properties. Water can be quite destructive. In fact, over time, water is one of the most destructive forces on earth. Your mind must be like water. When necessary, be as destructive as you must.

### **Or... to put it another way..**

“Mu” meaning negation, “Shin” meaning heart, mind, feeling. Often translated (confusingly) as “no mind” or “empty mind”. A Zen term referring to that state of mental clarity and enhanced perception (sensory and intuitive) known as pure mind, produced by the absence of conscious thought, ideas, judgments, emotion (fear and anxiety), pre-conception, or self-consciousness.

A product of Zen meditative training. For the warrior, meditation (towards mushin) was an important compliment to technical training. Through mushin the mind is not absent, but instead freed. No longer inhibited, slowed, distracted, or clogged the mind was free to fully perceive, respond and commit to action.

# Karate Terminology

If a Karateka learns the Japanese karate terminology, she/he will be able to enter any karate dojo in the world and be able to understand and workout.

Many Japanese letters sound the same as they do in English, but some letters are pronounced or written differently. To learn the Japanese sounds of these letters, study the following chart.

<u>Japanese sound</u>	<u>English sound</u>	<u>Example</u>
A	ah	aka( <i>ah-ka</i> )
ai	I ( <i>eye</i> )	Shotokai( <i>show-toe-keye</i> )
e	eh ( <i>let</i> )	hajime( <i>ha-gee-meh</i> )
ei	ay ( <i>day</i> )	Sensei ( <i>sehn-say</i> )
I	ee	obi ( <i>oh-bee</i> )
O	oh	dojo ( <i>doh-joh</i> )
Oi	oy ( <i>boy</i> )	Kiiroi ( <i>key-roy</i> )
U	oo	uchi ( <i>oo-chee</i> )

In Japanese, the letter “R” is never emphasized. It is pronounced like a soft “D”. The letter “G” is always pronounced like the “G” in go.

First term:

Karate (car-ah-teh) meaning empty hand



## Commands

- **Shomen ni:** Face towards the front of the dojo
- **Sensei ni:** Face towards the Sensei
- **Otaigai ni:** Face towards each other
- **Kiotsuke:** Attention
- **Rei:** Respect (bow)
- **Yame:** Stop
- **Yasume:** Relax
- **Seiza:** Meditation position-kneeling
- **Age-te:** Hands up (guarded position)
- **Mawatte:** Turn around
- **Hajime:** Begin
- **Narande:** Line up
- **Seiretsu:** Line up by rank
- **Yoi:** Ready

## Directions

- **Mae:** Front
- **Yoko:** Side
- **Ushiro:** Back
- **Tate:** Vertical
- **Mawashi:** Round
- **Migi:** Right
- **Hidari:** Left
- **Tobi:** Jump
- **Gyaku:** Reverse
- **Age:** Rising
- **Uchi:** Inner
- **Soto:** Outer
- **Otoshi:** Dropping
- **Jodan:** Head (high Level target area)
- **Chudan:** Chest/stomach (mid-level target area)
- **Gedan:** Beneath belt (lower level target area)
- **Sokumen:** Side
- **Koshin:** Rearward

## Body Parts

- **Ken:** Fist
- **Ippon Ken:** Pointed knuckle fist
- **Tate ken:** Vertical fist
- **Te:** Hand
- **Kashu:** Open hand
- **Tekubi:** Wrist
- **Teisho:** Palm heel
- **Ude:** Forearm
- **Empi/Hiji:** Elbow
- **Ashi:** Leg
- **Ashikubi:** Ankle
- **Hiza/Hitsui:** Knee
- **Ensho:** Back of the heel
- **Kakato:** Heel
- **Heisoku:** Top of the foot
- **Teisoku:** Bottom of the foot
- **Koshi:** Ball of the foot
- **Sokuto:** Blade of the foot
- **Tsumasaki:** Tip of the toe
- **Atama:** Head
- **Wan:** Arm
- **Naiwan:** Back of the arm
- **Kata:** Shoulder

## Stances (Dachi)

- **Kamae:** Posture
- **Zenkutsu-Dachi:** Front stance
- **Kokutsu-Dachi:** Back stance
- **Kiba-Dachi:** Straddle stance
- **Fudo-Dachi:** Fighting stance
- **Musubi-Dachi:** Formal attention stance (feet in a V)
- **Hachiji-Dachi:** Open-legged stance
- **Shizen-tai Dachi:** Natural stance
- **Neko-ahi Dachi:** Cat stance
- **Renoji-Dachi:** L stance
- **Kosa-Dachi:** Cross-legged stance
- **Hangetsu-Dachi:** Wide hour-glass stance (half-moon)
- **Migi Ashi Orishiku:** Right leg kneeling
- **Hidari Ashi Orishiku:** Left leg kneeling
- **Genkaku-Dachi:** Crane stance

- **Sagi Ashi Dachi:** One legged stance. Also referred to as Gankaku dachi or tsuru ashi dachi
- **Sochin Dachi:** Immovable stance, also known as fudo dachi.

### Blocks (Uke)

- **Uke:** (To receive)
- **Age Uke:** Rising block
- **Gedan Uke:** Down block
- **Ude Uke:** Forearm block
- **Shuto Uke:** Knife block
- **Morote Uke:** Augmented block
- **Kakiwaki Uke:** Reverse wedge block
- **Juji Uke:** X block
- **Kosa Uke:** Cross block
- **Manji Uke:** High & Low block
- **Tate shuto Uke:** Vertical knife block
- **Haishu Uke:** Back hand block
- **Empi/Hiji Uke:** Elbow block
- **Osaе Uke:** Pressing block
- **Otoshi Uke:** Dropping or falling block
- **Nagashi Uke:** Sweeping block
- **Haiwan Nagashi Uke:** Sweeping back-arm block
- **Te Nagashi Uke:** Sweeping hand block (parry)
- **Sukui Uke:** Scooping block
- **Sokumen Awase Uke:** Side combined block
- **Tsukami Uke:** Grasping block
- **Awase Shuto Age Uke:** Combined rising knife block
- **Seiryuto Uke:** Ox-jaw block

### Kicks (Keri) [when combined with a kick type “keri” becomes “geri”]

- **Mae Geri Keage (snap):** Front snap kick
- **Mae Geri Kekomi (thrust):** Front thrust kick
- **Yoko Geri:** Side kick
- **Mawashi Geri:** Round kick
- **Ushiro Geri:** Back kick
- **Fumikomi Geri:** Stomp kick
- **Uchi Mikazuki Geri:** Inside crescent kick
- **Soto Mikazuki Geri:** Outside crescent kick
- **Tobe Geri:** Flying kick
- **Name Ashi Geri:** Returning wave kick

- **Hiza Geri:** Knee kick/strike
- **Nidan Geri:** Double kick

### Punches (Tsuki)

- **Oi Tsuki:** Lunge punch
- **Gyaku Tsuki:** Reverse punch
- **Kizami Tsuki:** Jab/lead arm punch
- **Choku Tsuki:** Straight punch
- **Kagi Tsuki:** Hook punch
- **Ura Tsuki:** Close punch
- **Morote Tsuki:** Parallel punch
- **Age Tsuki:** Rising punch
- **Gedan Tsuki:** Downward punch
- **Yama Tsuki:** Wide U punch
- **Awase Tsuki:** U punch
- **Otoshi Tsuki:** Dropping punch
- **Ippon Ken Tsuki:** One-knuckle fist punch
- **Nakadaka Ippon Ken:** Middle finger knuckle fist

### Strikes (Uchi) [uchi at the end of a word means strike]

- **Tettsui Uchi:** Hammer-fist strike
- **Kumade Uchi:** Bear claw strike
- **Uraken Uchi:** Back fist strike
- **Hiraken Uchi:** Fore knuckle strike
- **Teisho Uchi:** Palm heel strike
- **Ippon Nukite Uchi:** Single finger strike
- **Nihon Nukite Uchi:** Two finger strike
- **Shuto Uchi:** Knife hand strike
- **Shihon Nukite Uchi:** Spear hand strike
- **Gyaku Haito Uchi:** Reverse ridge hand strike
- **Haito Uchi:** Ridge hand strike
- **Empi Uchi:** Elbow strike
- **Mawashi Empi Uchi:** Round elbow strike
- **Mae Empi Uchi:** Front elbow strike
- **Otoshi Empi Uchi:** Downward elbow strike
- **Ushiro Empi Uchi:** Backward elbow strike
- **Yoko Empi Uchi:** Side elbow strike
- **Yoko Mawashi Empi Uchi:** Side round elbow strike
- **Tate Empi Uchi:** Upward elbow strike
- **Hiza Uchi:** Knee strike

- **Washide Uchi:** Eagle beak strike
- **Koko Uchi:** Tiger mouth strike
- **Haishu Uchi:** Back hand strike

## Numbers

- **Ichi:** One
- **Ni:** Two
- **San:** Three
- **Shi:** Four
- **Go:** Five
- **Roku:** Six
- **Shichi:** Seven
- **Hachi:** Eight
- **Ku:** Nine
- **Ju:** Ten

## Kata (Forms)

- **Taikyoku:** First cause
- **Ten-No-Kata** Kata of the Universe
- **Heian:** Peaceful mind
- **Tekki:** Iron horse
- **Bassai:** Storm the Fortress
- **Sho:** Lesser, Small
- **Dai:** Greater, Big
- **Jion:** Temple Ground
- **Jiin:** Temple Sound
- **Kanku:** To look at the sky
- **Hangetsu:** Crescent or Half moon
- **Empai:** Flying swallow
- **Chinte:** Extraordinary hands
- **Jitte:** Ten hands
- **Gankaku:** Crane on a rock
- **Sochin:** To keep the peace; Grand Suppression
- **Nijushiho:** Twenty-four steps

## Major Concepts

- **Zanshin:** Awareness; continuing mind/heart – connotes “following through” a technique while maintaining awareness.
- **Sen:** Initiative
- **Sen no sen:** Seizing the initiative earlier; attacking at the same moment your opponent attacks.
- **Go no sen:** Seizing the initiative later; allowing your opponent to attack first so as to open up a target for a counter- attack.
- **Sen sen no sen:** Seizing the opponent’s sen no sen; attacking before your opponent attacks, a preemptive attack.
  
- **Ikken Hissatsu:** To kill with one blow
- **Karate ni sente nashi:** Karate does not include the first move.
- **Karate wa sente nari:** Karate is the first move.
- **Shorin:** Quick movement, emphasizing speed.
- **Shorei:** Slow, strong movement, emphasizing strength.
- **Waze:** Technique
- **Kihon :** Basics
- **Rei:** Respect, a method of showing respect in the Japanese culture is the bow. It is proper for the junior person to bow lower than the senior person. Etiquette dictates that one should bow when entering the dojo, when entering the training area, when greeting Sensei or meeting a black belt, when beginning or ending a training session with a partner, when beginning and ending a kata, and when anyone bows to you.
  
- **Ashi-barai:** Foot sweep
- **Kamae:** Posture
- **Kime:** Tension at point of impact
- **Shotokan:** House of shoto (pine waves) “wind blowing through pine trees that sound like waves at the ocean.” Funakoshi’s pen name; shoto

- **Mokuso:** Meditation/Gathering thoughts. To clear one's mind and develop cognitive equanimity. Perhaps more importantly, meditation is an opportunity to become aware of conditioned patterns of thought and behavior so that such patterns can be modified, eliminated or more efficiently put to use.
- **Onegai Shimasu:** Welcomed to train with me
- **Arigatou Gozaimashta:** Thank you for training me

## Various words

- **Karate-do:** The way of Karate
- **Karateka:** Karate Practitioner
- **Dojo:** Do(way) Jo (place) place for training karate
- **Senpai:** Senior student
- **Kohai:** Junior student
- **Renshi:** Entry level master
- **Kyu:** Ranks bellow black belt
- **Dan:** Black belt ranks
- **Gi:** Uniform
- **Obi:** Belt
- **Hai:** Yes
- **lie:** No
- **Budo:** Martial way
- **Kiai:** Ki (energy/spirit) Ai (unify) loud shout
- **Embusen:** Path of a kata
- **Maai:** Distance
- **Bunkai:** Kata interpretation
- **Kaisetsu:** Kata explanation
- **Kumite:** Sparring
- **Ippon Kumite:** One-step sparring
- **Yakusoku Kumite:** Premeditated sparring
- **Gohan Kumite:** Five-step sparring
- **Jiyyn Kumite:** Free sparring
- **Jiyu Ippon Kumite:** One step free sparring, attack with any technique whenever ready
- **Bo:** Staff
- **Ekku:** Wooden oar
- **Gasshuku:** Training camp
- **Hombu Dojo:** Central dojo of an organization
- **Horan No Kamae:** Ready position, hand over fist
- **Take-Waze:** Hooking technique

- **Kakiwake:** A two handed block using the outer surface of the wrist to neutralize a two handed attack, such as a grab.
- **Kansetsu-Waze:** Joint-lock techniques
- **Keioko:** Training, the only secret to the success in karate/joined finger tips
- **Kempo:** Fist law
- **Kensei:** Silent kiai, related to meditation
- **Kentsui:** Another word for hammer fist, like Tettsui uchi
- **Keri:** Kick
- **Ki:** As seen in Kiai; Mind, spirit and energy. Vital-force. Intention. (Chinese-Chi) These definitions are very general for Ki is a difficult word to fully translate.
- **Ki-o-tsuke:** Call to attention. Form up into Musubi Dachi
- **Ko bo ittchi:** The concept of "Attack-defense connection"
- **Ko Uchi:** Wrist joint strike
- **Ko Uke:** Crane block or arch block
- **Kokoro:** Spirit, heart. Part of the Japanese culture, the spirit dwells in the heart.
- **Kubotan:** A self-defense tool developed by Takayuki Kubota. This tool serves normally as a key chain.
- **Kyoshi:** Master Instructor
- **Kyusho Waza:** Pressure point techniques
- **Mae Ukemi:** Forward roll/fall
- **Makoto:** A feeling of absolute sincerity and total frankness, which requires a pure mind free from pressure of events.
- **Manabu:** Learning by imitating
- **Mudansha:** Students without black-belt ranking.
- **Nage Waza:** Throwing/take down techniques
- **Nidan:** Second degree black belt
- **Nunchaku:** An Okinawan weapon consisting of two sticks connected by rope or chain. Originally a farming tool to thrash rice.
- **Onegai Shimasu:** "I make a request" or "I ask of you" This is said when bowing to a partner to initiate practice, or to your instructor at the beginning of training
- **Oyo Waza:** Applications interpreted from techniques in kata, implicated according to a given condition.
- **Ran Bu Ho:** An exercise similar to shadow boxing.



- **Reigi:** Etiquette. Also known as Reishiki. Observance of proper etiquette at all times especially in the dojo. The responsibility of etiquette is as much a part of your training as practicing techniques. Observation of etiquette indicates one's sincerity, one's willingness to learn, and one's recognition of the rights and interests of others.
- **Rensei:** Practice tournament. Competitors are critiqued on their performance.
- **Renshi:** "A person who has mastered oneself." This person is considered an expert instructor. This status is prerequisite before attaining the status as Kyoshi.
- **Sanchin Dachi:** Hour-glass stance
- **Sashite:** Raising of the hand either to strike, grab, or block.
- **Seiken:** Fore fist, the first to knuckles for punching.
- **Seiryuto:** Bull strike, performed with the base of the knife hand.
- **Seiza:** Formal seated position
- **Sensei:** The one who went before. The proper term to address your instructor by, both inside and outside the dojo.
- **Shiai:** A match or contest (event)
- **Shindoin:** Formally recognized instructor who has not yet been recognized as a sensei. Assistant instructor.
- **Shihan:** Master instructor or teacher of teachers
- **Shime Waza:** Strangling techniques
- **Suwari Waza:** Techniques from the seated position
- **Tai Sabaki:** Body movement/shifting
- **Tonfa:** A farm tool developed into a weapon by the Okinawans.
- **Tsukami Waza:** Catching techniques
- **Tuite:** Grappling
- **Uchi Deshi:** A live-in student. Someone who lives in a dojo and devotes him/herself both to training and to the maintenance of the dojo. Sometimes serves personal assistance to the Sensei.
- **Waza:** Techniques
- **Yudansha:** Black belt holder of any rank

- **Zanshin:** Remaining mind/heart. Even after a technique has been completed, one should remain in a balanced and aware state. Thus connotes “following through” in a technique as well as preservation of one’s awareness so that one is prepared to respond to additional attacks.
- **Za-Rei:** The traditional Japanese bow from the kneeling position.
- **Zori:** Japanese slippers

### Japanese Phrases

- **Ogenki Desu Ka:** How are you? (to someone you haven’t seen in a long time)
- **Ohayo Gozaimasu:** Good morning (very polite)
- **Konoichi wa:** Good afternoon
- **Konban wa:** Good evening (after sundown)
- **Matta ne:** See you later
- **Matte:** Wait
- **Sayonara:** Goodbye
- **Sumimasen:** Excuse me
- **Gomen nasai:** Sorry
- **Domo arigato:** Thank you very much