

Self Defense Patterns (Extra Credit)

	Japanese	Pronunciation	English	Approved
Down Pattern	Fumi Uke	Foo-me Oo-Key		
	Nishi Ken	Nee-she Ken		
	Mae Ken Gary	May Ken Gary		
	Empi	Em-pee		
	Empi	Em-pee		
Eyes, Throat, Ear Pattern	Mawashi Uke	Muh-Wash-ee Oo-Key		
	Nishi Ken	Nee-she Ken		
	Han Utchi Ken	Hand Ooch-ee Ken		
	Kumade Uchi	Coo-Mod-e Oochi		
Arm Break Pattern	Kagi Uke	Kogee Oo-Key		
	May Gary	May Gary		
	Arm Break	Arm Break		
	Arm Lock	Arm Lock		
	Torture	Torture		
	Haku Geri	Hah-coo Gary		
Back Hand Pattern	Hi Shoe	Hi Shoe		
	Mae Gary	May Gary		
	Hu Chao	Who Chow		
	Hiza Geri	He's a Gary		
Home Run Pattern	Mae Ude	May Oo-Dee		
	Okinawa Te	Oh-Ken-Ow-Ah Tay		
	Gyaku Zuki	Guy-ah-Choo Zoo-Key		
	Shotei Zuki	Show Tie Zoo-Key		
	Koko Shuto	Cocoa Shoot-toe		
Head Throat Side Pattern	Mawashi Uke	Muh-Washi Oo-Key		
	Mawashi Zuki	Muh-Washi Zoo-Key		
	Koko Shuto	Cocoa Shoot-toe		
	Tate Zuki	Tah-Tay Zoo-key		