

YOSHUKAI INTERNATIONAL KARATE SCHOOL

BASIC TERMINOLOGY

Procedure for starting and ending a class:

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|--------------------------|---|
| 1. SHUGO | Line Up. Cease all activity and line up in order of rank. |
| 2. KIOTSUKE | Attention |
| 3. GI O NAO SHITE | Fix or adjust gis. (May be omitted) |
| 4. SEIZA | Kneel down and sit. May be omitted for standing. |
| 5. MOKUSO | Close eyes and relax the body and mind. Meditate. |
| 6. HANSEI (for end only) | Review what one has learned |
| 7. YAME | Stop meditation. Open eyes |
| 8. DOJO RULES (end only) | Repeat dojo rules as lead by senior kyu belt student |
| 9. SHOMEN-NI | Face toward the front |
| 10. REI | Bow |
| 11. SENSEI-NI | Face toward the instructor |
| 12. REI | Bow |
| 13. SEMPAI/YUDANSHA NI | Face towards the senior black belt or black belts |
| 14. REI | Bow |
| 15. MUDANSHA NI | Face towards the senior coloured belts who have helped out. |
| 16. REI | Bow |
| 17. OCTAGAI-NI | Face towards your opponent or classmate |
| 18. REI | Bow |
| 19. SHOMEN-NI | Face toward the front |
| 20. KIRETSU | Stand after teacher is standing and by rank |

NUMBERS:

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|---------|-------|----------|-------|
| 1. ICHI | one | 6. ROKU | six |
| 2. NI | two | 7. HICHI | seven |
| 3. SAN | three | 8. HACHI | eight |
| 4. SHI | four | 9. KU | nine |
| 5. GO | five | 10. JU | ten |

TERMS

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|-----------|--|
| SENSEI | Teacher, instructor |
| SEMPAI | Senior student |
| KARATEKA | Person studying karate |
| DOJO | Gym or training hall |
| Gi | Karate uniform |
| OBI | Belt |
| KIHON | Basics, fundamentals |
| KATA | Formal exercise (form or pattern) |
| OSU (oss) | Contraction of "osae shinobu" meaning to press or keep patience (traditional military greeting). |

TERMS (continued)

KUMITE	Fighting or sparring
KIOTSUKE	Attention (immediately come to attention on this command)
HAJIME	Begin or start
YAME	Immediately stop all activity until instructed to do otherwise
HAI	Yes (formal)
JODAN	Face area
CHUDAN	Chest area
GEDAN	Lower area
MIGI	Right side
HIDARI	Left side
KEKOME	Thrust kick
KEAGE	Snap kick
KI	Inner spirit or power
KIME	Focus; perfect combination of body strength, speed, mental concentration, and inner power.
ZANSHIN	Sustained readiness after completion of a technique.
REI	Bow

DACHI - STANCES

1. MUSUBI DACHI Heels together, toes out at 45 degrees
2. KIBA DACHI Horse riding stance (toes inward, knees slightly bent, weight forward)
3. ZEN KUTSU DACHI Forward stance
4. SHIKO DACHI Sumo stance, feet 45 degrees out, with ankles past knees.
5. ANOJI DACHI Crossed legged stance
6. NEKO ASHI DACHI Cat stance
7. HEISOKU DACHI Feet together
8. HEIKO DACHI Feet apart shoulder width and parallel
9. SHIZEN-TAI Feet apart shoulder width, toes out 45 degrees.
(Also called SOTO HACHIJI DACHI)

TSUKI-PUNCH

1. CHOKU-ZUKI Straight punch
2. OI-ZUKI Lunge punch (same hand and leg forward)
3. GYAKU-ZUKI Reverse punch Not the same hand as leg forward)
4. MAE-TE-ZUKI Forward hand punch (may also follow a step)
5. REN- ZUKI Continuous alternate punching

KERI-KICK

1. MAE-GERI Front kick
2. YOKO-GERI Side kick
3. MAWASHI GERI Roundhouse kick
4. USHIRO GERI Back kick
5. URA MAWASHI GERI Hook kick
6. MAWARI USHIRO GERI Spinning back kick

TERMS (continued)

UKE-BLOCK

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|------------------|---|
| 1. JODAN AGE UKE | Upper rising face block |
| 2. SOTO UKE | Chest block - moves from outside to inside. |
| 3. UCHI UKE | Chest block - moves from inside to outside. |
| 4. GEDAN BARAI | Low block |
| 5. SHUTO UKE | Knife hand block |

UCHI-STRIKES

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|----------------|-------------------|
| 1. SHUTO UCHI | Knife hand strike |
| 2. EMPI UCHI | Elbow strike |
| 3. URAKEN UCHI | Back fist strike |
| 4. TEISHO UCHI | Heel palm strike |