



Master Text

空手道  
親子剛柔

# Family Goju Karate-do



## Master Text

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## Preface

Welcome to Family Goju Karate and thank you for being part of our Dojo.

We trust that you will find training with us enjoyable and beneficial.

This document contains information on our training program including

- Communication Channels
- Dojo Kun and Etiquette
- Presentation (Uniforms and Clothing)
- Training Groups
- Training Program Goals
- General Lesson Structure
- How To Maintain Focus in Children
- The Pedagogy of Karate-do
- Kaizen
- Shu Ha Ri
- Grading
  - White to Yellow
  - Kyu (Coloured Belt) Grading
  - Black Belt Gradings
  - Dan Gradings
- Training Schedule
- Grading Requirements

If you have any questions please don't hesitate to contact us at:



## Communication Channels

### **Website**

<https://familykarate.com.au>

### **References**

<https://familykarate.com.au/reference>

### **Terms and Conditions of Training**

<https://familykarate.com.au/terms>

### **Facebook**

<https://www.facebook.com/FamilyGojuKarate/>

### **Email**

office@familykarate.com.au

### **Telephone**

+61 409 281 515



## Dojo Kun & Etiquette

Our Dojo Kun or "Training Hall Rules" are;

**Respect Others.**

**Be Courageous.**

**Train your Mind, Body and Spirit.**

**Practice daily, strive for depth of understanding.**

**Learn how to look after others.**

**Kaizen moves us through Shu Ha Rei.**

Please remember;

Respect your teachers and senior students that help you, along with all the other members of your Dojo.

When you arrive you should bow to the front of the Dojo

When you leave, or return to the training area bow to the Instructor

Sit in seiza (formal sitting position) when receiving instructions from the Instructor or waiting for class to begin. If you have a knee injury you may sit cross-legged, but never with legs outstretched, never reclining, and never leaning against walls or posts.

Where possible train in bare feet, place shoes neatly in the appropriate area

Keep your Gi (Uniform) clean and tidy at all times

Bow again before you leave the Dojo.



## Presentation (Uniforms and Clothing)

Most students begin training with our club using a Trial Membership which also includes a free Gi (Uniform).

Our uniforms quite deliberately do not have our logo on them.

This allows families to purchase new uniforms from anywhere and at the most cost effective price. Children grow fast some years, we hope this helps.

We also allow students to wear our club T Shirt or a plain black T Shirt should they choose to do so.

We also sell club T Shirts from <https://shop.familykarate.com.au> if they would like to wear something with our logo on.

During gradings we ask that students wear a Gi if possible.

We understand that;

- Some children are sensitive to the texture of garments. They are welcome to wear whichever clothes work for them, especially if they are just beginning their training.
- Some children can become particularly attached to something like a "Hulk T Shirt" and will be desperate to wear that. We are happy to accommodate that as they gradually fall into the rhythm of training in our Dojo.



## Training Groups

### Ages

At Family Goju Karate we offer Junior and Adult streams of training.

We do not accept 3 or 4 year old children as we've found they do not have the stamina to keep training all year round. Our recommendation is to not enroll your child in martial arts until they are at least 5.

### White to Half Green

This class is for school children aged 5 to 11 yrs old who are just beginning their training.

### Green Belt to Brown Belt

This class is for children who have a Green Belt and up.

### Families (Parent Child)

The focus of our club is on Families and as such we do not accept adult students who do not have a child already training with us.

The majority of Adult Students are mothers and fathers who wish to accompany their kids on their journey to Black Belt and beyond.

Parent Child teams will train in this group at any level alongside advanced Juniors.

This strategy, along with not participating in Competition Karate has created a very different atmosphere in our club allowing our students to explore Martial Arts in a genuine and ego free environment.

The focus is Kaizen not dominance in competition.



## Training Program Goals

### **Focus**

Concentration

Discipline

**Confidence**

**Kaizen**

Balance

Team Work

**Strength and Fitness**

Coordination

Memory

Focusing on traditional Okinawan Goju Ryu founded by Chogun Miyagi and systemised by Gogen Yamaguchi our classes are designed to cater for each age group to keep our classes enjoyable, fun and meaningful for all ages.

As part of our program we will also guide you through our significant library of online training martial arts.

Our training program references Hanshi Gogen Yamaguchi's "Goju Ryu Karate-do Kyohan" or Master Text (ISBN 0-920129-23-4) with our Head of Style and Black Belt Assessor as Kyoshi Alex Alt.

Kyoshi Alex holds a 7th Dan Master Instructor rank, the equivalent to "Professor". This is the second highest title in the Japanese Dan grading system. Kyoshi achieved his Black Belt in 1983 and has been running Black Belt Gradings for more than 25 years. Those receiving his endorsement can be confident of the quality of assessment he brings. The quality of endorsement is vital given Karate classes are unregulated.

Kyoshi is a member of the Australian Martial Arts Hall of Fame having been inducted in 2008 as "Martial Artist of the Year".

He is the founder of the Australian Disability Martial Arts Association. Kyoshi visits with us twice a year to monitor our school, assess students and conduct seminars. We are very fortunate and grateful for his support and wisdom.



## General Lesson Structure



The class is structured to give students an opportunity to expend as much energy as they can before quiet and 'mindful' periods in the class.

Before periods where we want concentration from students we exercise them vigorously and while they are still out of breath have them perform Moksu either in Seiza (kneeling) or in Musubi Dachi (attention stance).

This focuses them on their breathing and calms them so they can absorb as much technique as possible.

The students also learn how to bring about focus themselves.



## Pre Class

- Welcome
- Have a Drink (Kids Go To Toilet)

## Belt Check

- Sit down and prepare children
- Line Up - Highlight Bowing To Go Off and On the training area
- Depending on COVID requirements arrange students in line or on spots - see head instructor

## Moksu #1

- Breathe Slow for 10 - 20 Seconds

## Warm Up

- Loosen Up Head to Toes
- Arms forwards, backwards, one forwards then backwards, swap!
- Trunk
- Hips clockwise, then swap
- Knees
- Jog ... then ... Sprint!
- Sit like a frog and let your achilles stretch
- One leg out Left and touch toes, then right
- Sit on the ground and feet together for butterfly stretch
- One leg out left and touch toes, then right
- Put your straight leg behind then Swan Pose, then Swap!
- Sit in Seiza then stand without using your hands.
- Fast Punches, Upper Cuts, Speedball Forward, Speedball Backward
- Fitness
- 30 seconds of each of the below with 15 second break in between
- Star Jumps
- Pushups
- Boxer Shuffles
- Bridge
- No Rope Skipping
- Situps



- Mountain Climbers

## Moksu #2

- Breathe Slow for 30 - 60 Seconds

## Mindful Kihon

- Uke Waza - Blocking Techniques
  - Inner Deflecting
  - Jodan Uke
  - Chudan Uke
  - Gedan Uke
- Striking
  - Jodan Tsuki in Heko Dachi (shoulder width stance)
  - Chudan Tsuki in Heko Dachi (shoulder width stance)
  - Gedan Tsuki in Heko Dachi (shoulder width stance)
  - Jab in fighting stance
  - Cross in fighting stance
  - Snap Strikes Front
  - Snap Strikes Side to Head and Hip
  - Shomen Hiji Ate (Elbow Strike)
  - Mawashi Hiji Ate (Elbow Strike)
  - Tesho Ate
- In Kumite no Kamae
  - Knee Raising Kick
  - King Geri
  - Mae Geri
- Drink Break - Highlight Bowing To Go Off and On the Mats

## Syllabus

- **Class as per the training schedule (see following section)**

## Close

- Games (Generally for Beginner Classes Only)
- Bow Out



## Maintaining Focus

Maintaining focus in students is essential to being able to teach meaningful and engaging classes.

Children in particular will have various levels of focus.

Where a child's focus wanders there are many ways we can bring their attention back into the room in a positive way. Techniques we use will include;

Saying Their Name

Using an Audible Cue (Clap)

Using Visual Cues (Wave your Hands)

Using Call and Response

Setting Clear Expectations

Building A Picture Of Success - Mirroring!

Using Positive Reinforcement

Making it a Game



## The Pedagogy of Karate-do

Karate is a Martial Art originating in Okinawa, an Island between Japan and China, it was based on native Okinawan fighting systems with additions from Chinese Kung Fu styles.

Karate-do adds the character 道 or “do” to 空手. The character “do” means “Road” or “Journey” and names the life long journey that Karate and other Martial Arts can provide .

空手

Family Goju Karate-do aims to instil a love for the study of Martial Arts in our students.

The reality is that most students will leave before attaining Black Belt and most of those students will be young.

Family Goju Karate-do aims to leave a positive and encouraging memory of the Martial Arts in those students so they will rejoin training, somewhere, anywhere as adults.

The “do” of Karate-do implies a journey along a path using **a method and practice of teaching**. In academic terms this is a **Pedagogy**.

The Pedagogy of Family Goju Karate-do has three elements;

**Kaizen** - Is a method of moving towards perfection and is often represented by a wheel.

**Shu Ha Rei** - Are the stages of your journey as propelled by the wheel of Kaizen.

**Kata** - Are the forms of movement studied for their applications in Mind, Body and Spirit.



## Kaizen

改善

The Japanese word Kaizen means "change for better". The word refers to any improvement, one-time or continuous, large or small.

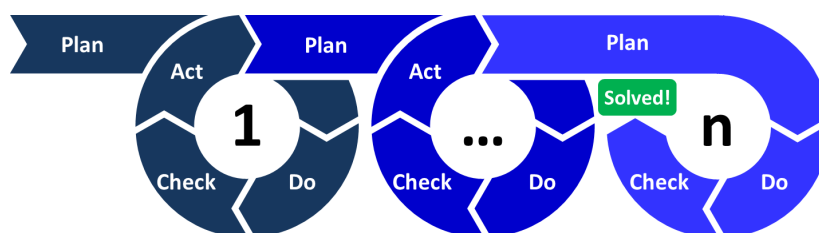
It is a philosophy of continuous improvement of practices and personal efficiency. It is often used in Business as a tenant of LEAN and Six Sigma.

Kaizen in Karate is 'how' we move forward in our art.

Kaizen is an ongoing cycle. Sometimes moving fast, sometimes slow. This cycle may be seen as a wheel with the 4 points of a clock face. The cycle is often repeated many times until our goal is reached. In business it is called the Deming Cycle and is central to Lean Six Sigma and Continual Improvement.

For effective and repeatable Kaizen we must

- **Plan** - Decide what aspect of our Karate we wish to improve
- **Do** - Perform your Karate consciously and mindfully, with the goal of executing your planned improvement.
- **Check** - Reflect on how your Karate was executed. Did you achieve your goal? How else can you improve?
- **Act** - Make the improvements you have found a permanent part of your Karate. Then look for where this improvement leads you.



**The goal of Family Goju Karate-do is to facilitate Kaizen in our Students**



## Shu Ha Ri

# 守破離

Shu Ha Ri is a unique Japanese Martial Arts concept which describes the stages of learning to mastery.

It is clear that when we learn or train in something, being an individual technique or a combination, we pass through the stages of Shu, Ha, and Ri.

These stages are explained as follows.

- In Shu, we repeat the forms and discipline ourselves so that our bodies absorb the forms that our forebears created. We remain faithful to these forms with no deviation.
- Next, in the stage of Ha, once we have disciplined ourselves to acquire the forms and movements, we make innovations based on our personal preferences and explorations. We may at times completely depart from the techniques to explore elements and applications creatively.
- Finally, in Ri, we arrive in a place where we act in accordance with the laws we learned in Shu, but we follow what our heart and mind desires and create something personally unique and totally new.



Consider a student learning how to paint portraits

- In **Shu** they will copy the way their teacher places paint on the pallet, holds their brush, prepares their canvas, examines their subject and places paint.

They will try to paint a great portrait and will mimic their teacher.

- In **Ha** the student will understand how to mechanically copy their teacher and will experiment with different ways of placing paint, maybe using a trowel instead of a brush, maybe their fingers. A student will have tried to paint many portraits and failed in many ways, travelling through Shu and back to Ha many times.

They will try to paint a great portrait using their own natural tendencies using the experience they gained in Shu.

- In **Ri** they have found their own method of painting a portrait. A method that does not break the rules of what they were taught but meets and exceeds them because of the experimentation undertaken in Ha.

They will paint portraits with additional techniques not imagined by their teacher with a view to surpassing their teacher.

This is how the art of Portraiture moves forward.

The Martial Arts move forward in exactly the same way.



## Kata 型

Kata Translates as "form".

It refers to a detailed choreographed pattern of movements made to be practised alone or in synchronised groups.

It is practised as a way of memorizing and perfecting the movements being executed, it is studied to determine the uses of the movements in Self Defence and Kumite

Kata is central to how Family Goju Karate-do teaches and the focus of a students training at home.

Every Grade or Rank has its own Kata to be practiced.

The techniques for that Kata are assessed before a student moves to the next level

When a student is ready for their next Kata they will be assessed on their current Kata during a "Grading"



## Kihon 基本

Translates as "basics" or "foundations" or "fundamentals".

It is focussed on groups or individual movements of the body as extracted from Kata.

The study of Kihon focusses on a variety of Techniques or Waza

There are many Waza focussing on techniques such as Receiving Attacks, Striking, Kicking, Joint Locks and Breaks, Throws and Vital Point Strikes.

All Kihon is taken from Kata.



## Bunkai 分解

Bunkai translates as “disassembly”. It is the breakdown of Kata to find the self defence uses of the movements learned in Kata.

It is where students learn to apply the Kihon from Kata that they have drilled to receive and manage (Uke) various forms of unexpected aggression.

The applications or “Kyogi” which come from Bunkai are fast and efficient ways to receive (Uke) an attack.

The study of Bunkai provides for many different ways of addressing a variety of attacks.

Family Goju Karate-do teaches Bunkai and Kyogi often from the first lesson as a way of teaching students to be safe in their environment.

We emphasise the rules behind ‘reading’ kata to find Bunkai, provide examples and encourage students to research and develop their own.

These rules are

- At the beginning of a Kata there is only one opponent and that opponent is in front you
- Keep your opponent in front of you but do not be in front of your opponent
- Do not be deceived by the Enbusen or the direction you are moving in your Kata as , there is only one opponent and they are in front of you.



## Kumite 組手

Kumite translates as "grappling hands". It is the part of karate in which a student learns how to participate in combat against an opponent or opponents.

We teach Kumite in phases

- Yakusoku (約束) Kumite is choreographed like kata and has specific sets of movements. This is where students learn distance, footwork (Dachi), focus and how to apply Uke (the receipt of an attack).
- Awase Kumite is not choreographed but often has restrictions like hands only or feet only. It is at a slower speed, is restrained and educational. Typically students do not have the skill to safely participate in Awase Kumite until Green Belt, generally two years into their training. In Awase Kumite our techniques touch but do not hit.
- Jyu Kumite is full speed, generally unrestricted in terms of technique but with strikes held back so as to not injure. Typically students do not have the skill to safely participate in Jyu Kumite until Brown Belt, many years into their training. In Jyu Kumite our techniques Hit but do not injure.

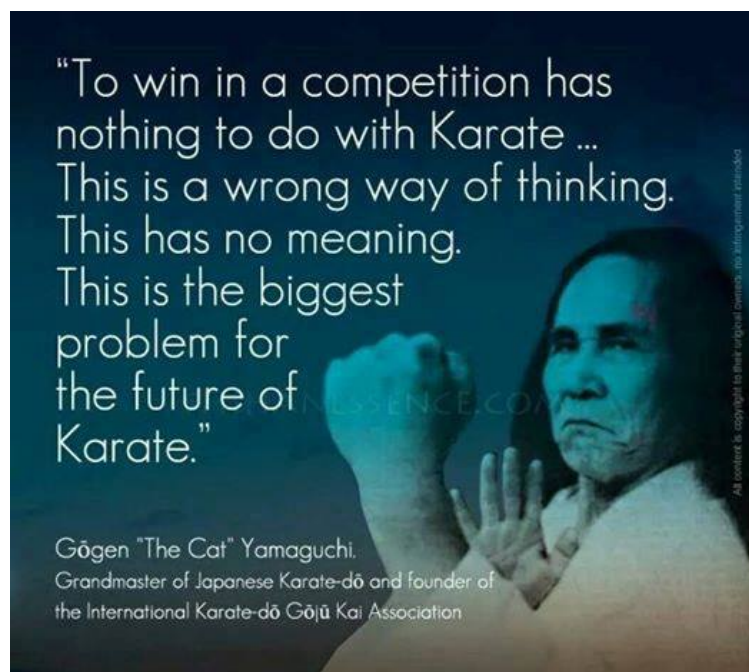


## Shiai 試合

Shiai is the term Sensei Yamaguchi used to describe the competition Karate he created. In the english translation of his master text this is translated as 'game' but elsewhere it is additionally translated as 'match', 'bout' or 'competition';

This is the fighting which will be showcased in the upcoming Olympics. The objective of this form of fighting is to score points but with boundaries such as no groin attack or no attack to the back of the head.

Sensei Yamaguchi is often quoted as below.



**We do not advocate students 'winning' or 'losing' and as such we do not participate in competitions.**

**Our focus is Kaizen.**



## The Journey (Do) - Training Schedule

To achieve the standards required to hold Dan (rank) and wear a Black Belt or beyond continual training is essential.

- Our school does not close for school holidays and the expectation is that students will continue to train regardless of whether they are at home or travelling.
- If a student is physically injured their training will be modified to allow for that injury but training should not stop.
- If a student is physically unable to perform any form of movement their training will modify to become academic.

The training schedule repeats from the beginning of each term with an 8 week period of teaching syllabus with a focus on Grading followed by a week where promotions are awarded then three weeks of 'enriching' activities focussed on stimulating a students enthusiasm for learning.

The following is our training schedule as at the time of this documents publication.



## Week 1

**Fitness and Conditioning** - Instructor led fitness

### **Kihon**

Kihon is a Japanese term meaning "Basics" or "Foundations" or "Fundamentals". This week we will drill our individual techniques while standing stationary.

### **Kata**

This week we will look at our Grade Kata in depth.

### **Yakusoku Kumite**

Yakusoku Kumite is "Pre Arranged Sparring". It can be thought of as two person

### **Kata.**

This week your instructor will lead you through sections of Yakusoku Kumite.

## Week 2

**Fitness and Conditioning** - Instructor led fitness

### **Kihon Ido**

Kihon is a Japanese term meaning "Basics" or "Foundations" or "Fundamentals". This week we will go through our Kihon with Movement or "Ido".

### **Kata**

This week our Kata will be briefly performed by all students at once. This lets you check to see how well you are remembering your Kata. If you can't remember all of it, that's fine, try and do as much as you can remember. This will let you know what parts of your Kata you need to work on.

### **Bunkai or Self Defence Applications**

This week your instructor will lead you through applications of Self Defense techniques found in and derived from Kata.

### **Kumite or Sparring**

This week your instructor will lead you through Sparring drills. As appropriate for your grade



## Week 3

**Fitness and Conditioning** - Instructor led fitness

### **Kihon**

Kihon is a Japanese term meaning "Basics" or "Foundations" or "Fundamentals"  
This week we will drill our individual techniques while standing stationary.

### **Kata**

This week we will look at our Grade Kata in depth.

### **Yakusoku Kumite**

Yakusoku Kumite is "Pre Arranged Sparring". It can be thought of as two person

### **Kata.**

This week your instructor will lead you through sections of Yakusoku Kumite.

## Week 4

**Fitness and Conditioning** - Instructor led fitness

### **Kihon Ido**

Kihon is a Japanese term meaning "Basics" or "Foundations" or "Fundamentals"  
This week we will go through our Kihon with Movement or "Ido".

### **Kata**

This week our Kata will be performed in the style of a Demonstration in small groups of individually. This is intended to simulate how Kata will be performed during Gradings.

### **Bunkai or Self Defence Applications**

This week your instructor will lead you through applications of Self Defense techniques found in and derived from Kata.

### **Kumite or Sparring**

This week your instructor will lead you through Sparring drills. As appropriate for your grade



## Week 5

**Fitness and Conditioning** - Instructor led fitness

### **Kihon**

Kihon is a Japanese term meaning "Basics" or "Foundations" or "Fundamentals"  
This week we will drill our individual techniques while standing stationary.

### **Kata**

This week we will look at our Grade Kata in depth.

### **Yakusoku Kumite**

Yakusoku Kumite is "Pre Arranged Sparring". It can be thought of as two person Kata.

This week your instructor will lead you through sections of Yakusoku Kumite.

## Week 6

**Fitness and Conditioning** - Instructor led fitness

### **Kihon Ido**

Kihon is a Japanese term meaning "Basics" or "Foundations" or "Fundamentals"  
This week we will go through our Kihon with Movement or "Ido".

### **Kata**

This week our Kata will be briefly performed by all students at once. This lets you check to see how well you are remembering your Kata. If you can't remember all of it, that's fine, try and do as much as you can remember. This will let you know what parts of your Kata you need to work on.

### **Bunkai or Self Defence Applications**

This week your instructor will lead you through applications of Self Defense techniques found in and derived from Kata.

### **Kumite or Sparring**

This week your instructor will lead you through Sparring drills. As appropriate for your grade



## Week 7

**Fitness and Conditioning** - Instructor led fitness

### **Kihon**

Kihon is a Japanese term meaning "Basics" or "Foundations" or "Fundamentals". This week we will drill our individual techniques while standing stationary.

### **Kata**

This week we will look at our Grade Kata in depth.

### **Yakusoku Kumite**

Yakusoku Kumite is "Pre Arranged Sparring". It can be thought of as two person Kata.

This week your instructor will lead you through sections of Yakusoku Kumite.

## Week 8

Gradings will be held at the end of this week.

**Fitness and Conditioning** - Instructor led fitness

### **Kihon Ido**

Kihon is a Japanese term meaning "Basics" or "Foundations" or "Fundamentals". This week we will go through our Kihon with Movement or "Ido".

### **Kata**

This week our Kata will be performed in the style of a Demonstration in small groups of individually. This is intended to simulate how Kata will be performed during Gradings

### **Bunkai or Self Defence Applications**

This week your instructor will lead you through applications of Self Defense techniques found in and derived from Kata.

### **Kumite or Sparring**

This week your instructor will lead you through Sparring drills. As appropriate for your grade



## Week 9

This week our focus will be on recognising those students who have been promoted in our Belt system and on giving all students a feeling of where they are in their training as they move towards Black Belt and Beyond.

### **Fitness and Conditioning**

Instructor led fitness

### **Kata - the "Big Picture"**

This week as we will have students who are receiving new belts we will focus on showing the link between Kata of various grades.

### **Kumite or Sparring**

This week your instructor will lead you through Sparring drills. As appropriate for your grade

## Week 10

### **End of Term Wind Up**

This week our classes will be activity based focussing on enriching our Training program with non Kyu Grade (coloured belt grade) Syllabus topics like Weapons, History, Modern Self Defence and Psychology

### **Fitness and Conditioning**

Instructor led fitness



## School Holiday Weeks

### **Special Topics**

Combined Kids and Junior Classes

This week our classes will be activity based focussing on enriching our Training program with non Kyu Grade (coloured belt grade) Syllabus topics like Weapons, History, Modern Self Defence and Psychology

### **Fitness and Conditioning**

Instructor led fitness

### **Senpai (Instructor) Training**

Training for senior students wishing to take classes of their own.



## The Do (Journey) - Gradings

A Grading is an Event where students are assessed on their performance at a point in time.

A grading provides feedback and a challenge a student must embrace and overcome.

If we feel, after that point in time they are still ready to learn their next Kata they will be awarded their next belt in our Grading System.

Being awarded the next belt does not mean they have mastery over their current Kata it means the student has an acceptable level of understanding to move forward.

Keep in mind the principal of Shu Ha Ri.

### Gradings White to Half Brown

From White Belt (10th Kyu) to Half Brown Belt (2nd Kyu Ho) students have a significant body of knowledge to learn and absorb.

As students mature they will find techniques and Kata which naturally 'fit' for them or which they are naturally attracted to.

During the beginning of a students journey our goal is to show a student a broad range of materials so they can explore and personalise their Karate.



## Brown and Half Black Belt Gradings

Students who achieve a Brown Belt begin a process of consolidation as they prepare to receive Dan (or Rank) in Goju Ryu Karate.

They will begin learning the first of the six Goju Ryu Kata handed down by Sensei Myagi.

Students who achieve Black Belt will show themselves to be at the end of the Shu phase of all Kyu Grade Kata prior to their Grading.

They will also have selected Kata which they have studied in depth and will show Innovations demonstrating they are in the Ha phase and have a level of mastery of their Kata. The Kata they will focus on will be either Gekisai (Ich or Ni), Saifa or Seienchin.

A Black Belt is a beginning where the majority of kata and techniques are at the end of the Shu phase.

By choice, the final rank issued by our school will be of 1st Kyu or Black with a White Stripe.

Dan (Rank) will be issued by the wider Goju Ryu Karate community.

## Dan Gradings

Our style of Karate, Goju Ryu, is one of the main traditional Okinawan styles of karate and practiced by hundreds of thousands, possibly millions of people worldwide and has no central body.

Dan (Rank) is issued as an endorsement of a student's achievement within Goju Ryu.

We are fortunate to have the patronage of Kyoshi Alex Alt as our assessor.



## Grading Requirements

The following are the syllabus requirements for Kyu Grades in our school.

For detailed information including videos of how to perform these techniques please visit our references at

<https://familykarate.com.au/reference>



## White Belt to Half Yellow Belt

<p>10th Kyu</p> <p><b>Belt</b> White</p> <p><b>Kihon Ido</b> Crescent Walk - Short Stance, Lunging Stance, Lower Stance</p> <p><b>Kata</b> Four Way Pattern</p> <p><b>Yaksoku Kumite</b> Confronting Drill Inner Deflecting Block Performed Sitting Inner Deflecting Block Performed Standard Stationary Inner Deflecting Block Stepping Forward</p> <p><b>Kumite (Sparring)</b> No 'free sparring' is taught until 5th Kyu, Green belt</p> <p>9th Kyu</p> <p><b>Belt</b> White With Yellow Stripe</p> <p><b>Kihon Ido</b> Crescent Walk - Short Stance Upper Punch, Lunging Stance Middle Punch, Lower Stance Lower Punch</p> <p><b>Kata</b> Four Way Pattern Block Punch</p> <p><b>Yaksoku Kumite (Pre Arranged Sparring)</b> Jodan Tsuki / Uke back and forth in Short Stance</p>	<p>8th Kyu Ho</p> <p><b>Belt</b> Yellow With White Stripe</p> <p><b>Kihon Ido</b> Crescent Walk - Short Stance Upper Block, Lunging Stance Middle Block, Lower Stance Lower Block</p> <p><b>Kata</b> Four Way Pattern Block Step Punch</p> <p><b>Yaksoku Kumite</b> Jodan Tsuki / Uke back and forth in Short Stance, then Chudan</p>
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## Yellow Belt to Half Green Belt

<p>8th Kyu</p> <p><b>Belt</b> Yellow</p> <p><b>Kihon Ido</b> Ich Blocks</p> <p><b>Kata</b> Taikyoku Jodan</p> <p><b>Yaksoku Kumite</b> Ich Part A</p>	<p>6th Kyu Ho</p> <p><b>Belt</b> Red With White Stripe</p> <p><b>Kihon Ido</b> Ich Blocks, Punches</p> <p><b>Kata</b> Taikyoku Kake</p> <p><b>Yaksoku Kumite</b> Ich (Complete)</p>
<p>7th Kyu Ho</p> <p><b>Belt</b> Orange With White Stripe</p> <p><b>Kihon Ido</b> Ich Blocks</p> <p><b>Kata</b> Taikyoku Chudan</p> <p><b>Yaksoku Kumite</b> Ich Part A,B</p>	<p>6th Kyu</p> <p><b>Belt</b> Red</p> <p><b>Kihon Ido</b> Ich (All - Blocks, Strikes, Kicks)</p> <p><b>Kata</b> Taikyoku Mawashi</p> <p><b>Yaksoku Kumite</b> Ich (Complete)</p>
<p>7th Kyu</p> <p><b>Belt</b> Orange</p> <p><b>Kihon Ido</b> Ich Blocks, Punches</p> <p><b>Kata</b> Taikyoku Gedan</p> <p><b>Yaksoku Kumite</b> Ich Part A,B,C</p>	<p>5th Kyu Ho</p> <p><b>Belt</b> Green White Stripe</p> <p><b>Kihon Ido</b> Ich (All - Blocks, Strikes, Kicks)</p> <p><b>Kata</b> Tensho</p> <p><b>Yaksoku Kumite</b> Ich (Complete)</p>



## Green Belt to Half Brown Belt

### 5th Kyu

**Belt**

Green

**Kihon Ido**

Ni Blocks

**Kata**

Gekisai Ich

**Yaksoku Kumite**

Ni Part 1,2 (Striking)

### 4th Kyu Ho

**Belt**

Purple With White Stripe

**Kihon Ido**

Ni Blocks

**Kata**

Gekisai Ni

**Yaksoku Kumite**

Ni (All, Striking and Kicking)

### 4th Kyu

**Belt**

Purple

**Kihon Ido**

Ni Blocks, Punches

**Kata**

Choku

**Yaksoku Kumite**

Ni (All, Striking and Kicking)

### 3rd Kyu Ho

**Belt**

Blue With White Stripe

**Kihon Ido**

Ni Blocks, Punches

**Kata**

Naihanchi / Tekki Shodan

**Yaksoku Kumite**

San (All)

### 3rd Kyu

**Belt**

Blue

**Kihon Ido**

Ni Blocks, Punches, Kicks

**Kata**

Saifa

**Yaksoku Kumite**

Yon Hon

### 2nd Kyu Ho

**Belt**

Brown With White Stripe

**Kihon Ido**

Ni

**Kata**

Sanchin

**Yaksoku Kumite**

Yon Hon



## Brown Belt and Half Black Belt

### 2nd Kyu

**Belt**

Brown

**Kihon Ido**

San Part A

**Kata**

Seienchin

**Yaksoku Kumite**

Go Hon Kumite

### 1st Kyu

**Belt**

Black with White Stripe

**Kihon Ido**

San

**Kata**

Seienchin

**Yaksoku Kumite**

Go Hon



## Lineage

Martial Arts training is an unregulated industry in Australia with a highly variable level of quality.

Many schools operate in isolation under DIY syllabus and grade their own students or “check their own homework”. Many schools focus on the sporting achievements of their founder but don’t know how to teach.

Traditional Martial Arts has a predominantly oral history and as such a connection to senior Masters is essential.

Our school falls under the patronage of Kyoshi Alex Alt.

## Kyoshi Alex Alt

Kyoshi translates as Professor and is the Penultimate title in the Japanese Martial Arts ranking system.

Kyoshi Alex assesses students at key points in our training program and awards Dan grades (Black Belt and beyond).

He was inducted into the Australian Martial Arts Hall of Fame in 2008. Search AMAHOF Alex Alt for details.

He is the founder of the Australian Disability Martial Arts Organisation.

The leadership Kyoshi has provided in this area has been a huge support of our efforts with the Autism Association of Western Australia and other organisations.



## Affiliations

The Australian Disability Martial Arts association

Partnered with the Autism Association of Western Australia to provide holiday programs for teens and kids with ASD.

## Alliances

We are fortunate to have built a strong alliance with the Dojo of Sensei Johnny Moran.

Sensei Johnny's club is independent like ours and also enjoys the support of Kyoshi Alex like ours.

We hold interclub senior training sessions regularly and have a combined Black Belt Grading with Brown and Black pre-assessments every year under the direct instruction of Kyoshi Alex.

Sensei Johnny has a strong, disciplined and welcoming club with very strong fighters.



# Appendix

## Goju Ryu Karate Terms and Translations

Gō Jū Ryū Kara Te Dō no Sen Mon Yō Go  
剛柔流空手道の専門用語



## Preface

The following document is one I have referred to many times for almost 10 years.

It is the single best compilation of Goju Ryu Karate Terms and Translations I've seen.

I found this document online and have seen this document appear with different title pages and with or without copyright claims, some of which conflict.

I've included this as an appendix to our Master Text in good faith having attempted to determine the authentic copyright owner, not claiming this to be my own work and with no intention of drawing financial benefit from it.

From my layman understanding of "Open Source" I believe this constitutes fair use and have placed a title page without logos at the beginning of this appendix as I cannot determine who is the authentic owner of this work.

It is my intention to allow my students to conveniently derive benefit from this work by providing a copy I believe is accurate and reflects the author(s) intent.

Also, I strongly recommend students purchase and treasure;

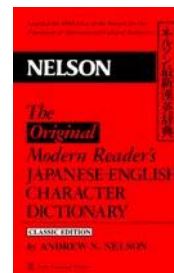
- **"Bubishi: The Classic Manual of Combat"** - ISBN 9781462918539  
Treasured for centuries by karate's top masters, the Bubishi is a classic Chinese work on philosophy, strategy, medicine, and technique as they relate to the martial arts. Referred to as the "bible of karate" by famous master Chojun Miyagi, for hundreds of years the Bubishi was a secret text passed from master to student in China and later in Okinawa. All of karate's legendary masters have studied it, applied its teachings, or copied passages from it. No other classic work has had as dramatic an impact on the shaping and development of karate as the Bubishi.
- **"Goju Ryu Karate-do Kyohan"** - ISBN 9780920129234  
Published as the original designated text book for the "Japan Karate School" established by Hanshi Gogen Yamaguchi in the Showa era 48 (1973) this is the Master Text for our school.

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## Introduction

This compilation has been carefully researched and prepared to help you learn basic terms used in Gōjūryū Karate, the nuances and meanings behind the original Japanese terms, and to aid your correct pronunciation of the Japanese terms. For translating the Chinese (or kanji) characters of the Japanese terms and defining the root meanings of the characters, the excellent dictionary, *The Modern Reader's Japanese-English Character Dictionary* by Andrew Nelson, Ph.D. was used for its thoroughness and conciseness in explaining Japanese words and the meaning of the kanji characters. For those who are interested in studying Japanese words and the kanji characters, there is no finer reference than "Nelson's Dictionary". In addition, the terms were also reviewed for accuracy with native Japanese speakers, and proofread by Sensei Cornell Watson (Shihan) of the Cornell Watson Martial Arts Center. Therefore the resulting compilation is believed to be an accurate and authoritative representation of the correct terms, and will be a great supplement to your study of Gōjūryū Karate. You can also make these into flash cards to review and memorize. It is hoped that this guide will become a source to which you will refer often, and help you to gain a deeper appreciation for the richness, eloquence, nuances and context of the Japanese language as used in Gōjūryū Karate.



## Japanese Pronunciation Guide

This section will explain the basics of correctly pronouncing Japanese words. Spoken Japanese consists of simple syllables, generally consisting of a vowel, or a consonant plus a vowel. There are few complex consonant clusters. All vowels and consonants have consistent pronunciation. Consonants are crisply pronounced. Care should be taken when pronouncing Japanese words, as one "slip of the tongue" may result in saying a word incorrectly as gibberish, or perhaps saying an entirely different Japanese word altogether. Throughout this guide, both the literal English transliteration of the Japanese pronunciation is provided, along with a more "phonetic" spelling of the Japanese pronunciation to ensure that you pronounce the words correctly.

### JAPANESE VOWELS (Ah-Ee-Uu-Eh-Oh)

Vowels are always pronounced the same way; long vowels (usually marked in English transliteration with a bar over the vowel (for example, ū) or as two vowels (**ou**) are simply longer in duration (actually two full syllables), but the sound itself doesn't change.

<b>A</b> = pronounced "Ah" as in <u>f</u> ather	Some Vowel pronunciation examples:  Karate ("K <u>a</u> h-Rah-T <u>e</u> h" NOT "Kuh-Ra-Tee") Ichi ("Ee-chee" NOT "It-chi") Ueno ("Oo-Eh-Noh" --- a place in Tokyo)
<b>I</b> = pronounced "Ee" as in <u>e</u> at or <u>e</u> ach	
<b>U</b> = pronounced "Oo" as in <u>f</u> ood or <u>z</u> oo	
<b>E</b> = pronounced "Eh" as in <u>g</u> et or T <u>e</u> d	
<b>O</b> = pronounced "Oh" as in <u>O</u> hio	
<b>YA</b> = pronounced "Yah" as in <u>Y</u> ahoo	
<b>YU</b> = pronounced "Yuu" as in " <u>Y</u> ou" or " <u>U</u> niverse"	
<b>YO</b> = pronounced "Yoh" as in " <u>Y</u> olk"	

## CONSONANTS ( WITH VOWEL COMBINATIONS )

There are about 16 basic consonant types in Japanese which are combined with 8 vowels to create over 88 different sounds in Japanese. The basic consonants in Japanese are fairly straightforward, with only a few exceptions. Pronunciation should always be done clearly. The consonant sounds with the corresponding vowels are shown below:

		Basic Vowel Sounds							
		A	I	U	E	O	-YA	-YU	-YO
Basic Consonant Sounds	K	Ka	Ki	Ku	Ke	Ko	Kya	Kyu	Kyo
	S	Sa	Shi	Su	Se	So	Sha	Shu	Sho
	T	Ta	Chi	Tsu	Te	To	Cha	Chu	Cho
	N	Na	Ni	Nu	Ne	No	Nya	Nyu	Nyo
	H	Ha	Hi	Fu	He	Ho	Hya	Hyu	Hyo
	M	Ma	Mi	Mu	Me	Mo	Mya	Myu	Myo
	Y	Ya		Yu		Yo			
	R	Ra	Ri	Ru	Re	Ro	Rya	Ryu	Ryo
	W	Wa				Wo			
	G	Ga	Gi	Gu	Ge	Go	Gya	Gyu	Gyo
	Z or J	Za	Ji	Zu	Ze	Zo	Ja	Jyu	Jo
	D or Z	Da	Zi	Dzu	De	Do			
	B	Ba	Bi	Bu	Be	Bo	Bya	Byu	Byo
	P	Pa	Pi	Pu	Pe	Po	Pya	Pyu	Pyo
	N	(No combinations, just an ending “n” sound, same sound as the “n” in “New”)							

## Consonant Pronunciation Guide

The following are some common consonant sounds with actual examples in Japanese speech.

Consonant	Pronunciation	Japanese Example
K-Series	Ka	“Kah” (like the sound of a crow, or corn “Cob”)
	Ki	“Kee” (as in the word “key”)
	Ku	“Koo” (as in the word “cookoo”)
	Ke	“Keh” (as in the word “kept”)
	Ko	“Koh” (as in the word “Cocoa”)
	Kya	“Keeyah”
	Kyu	“Keeyu” (as in the word “Cute”)
	Kyo	“Keeyoh” (as in the word “Tokyo”)
S-Series	Sa	“Sah” (as in the word “saw”)
	Shi	“Shee” (as in the word “Sheep”)
	Su	“Soo” (as in the girl’s name “Suzie”)
	Se	“Seh” (as in the word “Set”)
	So	“Soh” (as in the word “Sew” or “Sewing”)
	Sha	“Shaw” (as in the word “Shaman”)
	Shu	“Shoo” (as in the word “Shoe”)
	Sho	“Shoh” (as in the word “Show”)
T-Series	Ta	“Tah” (as in the word “Tick-Tock” or “Talk”)
	Chi	“Chee” (as in “Cheetos” or “Cheese”)
	Tsu	“Tsoo” (the “TS” sound of “Tse-tse fly”)
	Te	“Teh” (as in “Teddy Bear”)
	To	“Toh” (as in “Toad” or “Toe”)
	Cha	“Chaw” (as in “Chalk”)
	Chu	“Choo” (as in “Chew” or “Choose”)
	Cho	“Choh” (as in “Chosen” or “Choke”)

(Continued on next page...)

**Consonant Pronunciation Guide ( Continued )**

Consonant	Pronunciation Guide	Japanese Example
<b>H-Series</b>	<b>Ha</b> “Hah” (as in laughing “Ha”)	<u>H</u> achi or <u>H</u> aito
	<b>Hi</b> “Hee” (as in “ <u>H</u> eat” or “ <u>H</u> eat”)	<u>H</u> ira-Ken or <u>H</u> iza
	<b>Fu</b> “Foo” (actually a softer sound closer to “Huu”)	<u>F</u> umi-komi
	<b>He</b> “Heh” (as in “ <u>H</u> em” or “ <u>H</u> emlock”)	<u>H</u> eisoku Dachi
	<b>Ho</b> “Hoh” (as in “ <u>H</u> oe” or “ <u>H</u> ope”)	<u>H</u> okkaido (place in Japan)
	<b>Hya</b> “HeeYah”	<u>H</u> yaku
	<b>Hyu</b> “HeeYuu” (as in the name “ <u>H</u> ugh”)	<u>H</u> yuga
	<b>Hyo</b> “HeeYoh”	<u>H</u> yoka or <u>H</u> yoron
<b>N-Series</b>	<b>Na</b> “Nah” (as in “ <u>N</u> ominate” or “ <u>N</u> am”)	<u>N</u> ageru
	<b>Ni</b> “Nee” (as in “ <u>N</u> eed” or “ <u>N</u> eed”)	<u>N</u> ihon <u>N</u> ippon
	<b>Nu</b> “Nuu” (as in “ <u>N</u> ew” or “ <u>N</u> ew”)	<u>N</u> ukite
	<b>Ne</b> “Neh” (as in “ <u>N</u> et”)	<u>N</u> eko Ashi Dachi
	<b>No</b> “Noh” (as in “ <u>N</u> o” or “ <u>N</u> ow”)	<u>N</u> omu
	<b>Nya</b> “NeeYah” (as in “ <u>N</u> ew”) (as in “ <u>N</u> ew”)	<u>N</u> ya wanya
	<b>Nyu</b> “NeeYuu” (as in “ <u>N</u> ew”)	<u>N</u> yugakku or <u>N</u> yunny
	<b>Nyo</b> “NeeYoh”	<u>N</u> yobo
<b>M-Series</b>	<b>Ma</b> “Mah” (as in “ <u>M</u> om” or “ <u>M</u> ama”)	<u>M</u> awashi Geri
	<b>Mi</b> “Mee” (as in “ <u>M</u> e” or “ <u>M</u> ee”) (as in “ <u>M</u> ee”)	<u>M</u> iyagi
	<b>Mu</b> “Moo” (as in “ <u>M</u> ove”)	<u>M</u> uri
	<b>Me</b> “Meh” (as in “ <u>M</u> en” or “ <u>M</u> ental”)	<u>M</u> eiso
	<b>Mo</b> “Moh” (as in “ <u>M</u> ow” or “ <u>M</u> otion”)	<u>M</u> okuso
	<b>Mya</b> “MeeYah”	<u>M</u> yaku
	<b>Myu</b> “MeeYuu” (as in “ <u>M</u> usic”)	
	<b>Myo</b> “MeeYoh”	<u>M</u> aiyo or <u>M</u> yoban
<b>R-Series</b>	<b>Ra</b> “Rah” (as in “ <u>R</u> od” or “ <u>R</u> aw”)	<u>R</u> amen
	<b>Ri</b> “Ree” (as in “ <u>R</u> eed” or “ <u>R</u> eed”)	<u>R</u> ei
	<b>Ru</b> “Roo” (as in “ <u>R</u> oad”)	<u>R</u> uiji or <u>R</u> ujiten
	<b>Re</b> “Reh” (as in “ <u>R</u> ed” or “ <u>R</u> ent” or “ <u>R</u> ent”)	<u>R</u> ei or <u>R</u> enshu
	<b>Ro</b> “Roh” (as in “ <u>R</u> oad” or “ <u>R</u> ope” or “ <u>R</u> ope”)	<u>R</u> oshiro or <u>R</u> oku
	<b>Rya</b> “ReeYah” (as in “ <u>R</u> oad”)	<u>R</u> yakudatsu
	<b>Ryu</b> “ReeYuu” (as in “ <u>R</u> oad”)	<u>R</u> yu-Ryu or <u>R</u> yukyu
	<b>Ryo</b> “ReeYoh” (as in “ <u>R</u> oad” or “ <u>R</u> oad”)	<u>R</u> yoshin or <u>R</u> yoken
<b>Y-Series</b>	<b>Ya</b> “Yah” (as in “ <u>Y</u> ard”)	<u>Y</u> amato
	<b>Yu</b> “Yoo” (as in “ <u>Y</u> ou” or “ <u>Y</u> ou”)	<u>Y</u> uki
	<b>Yo</b> “Yoh” (as in “ <u>Y</u> ogurt”)	<u>Y</u> oku
<b>W-Series</b>	<b>Wa</b> “Wah” (as in “ <u>W</u> atch” or “ <u>W</u> all”)	<u>W</u> ashi-Geri
	<b>Wo</b> “Woh” (as in “ <u>W</u> oe is Me” or “ <u>W</u> hoa”)	Karate <u>w</u> o manabimasu
<b>G-Series</b>	<b>Ga</b> “Gah” (as in “ <u>G</u> od” or “ <u>G</u> ot”)	<u>G</u> akusei or <u>G</u> anbaru
	<b>Gi</b> “Ghee” (as in “ <u>G</u> uitar”)	Karate <u>G</u> i or <u>G</u> iri or <u>G</u> ishiki
	<b>Gu</b> “Goo” (as in “ <u>G</u> oop” or “ <u>G</u> oop”)	<u>G</u> untai or <u>G</u> ushiken
	<b>Ge</b> “Gheh” (as in “ <u>G</u> et”)	<u>G</u> entei or <u>G</u> eta
	<b>Go</b> “Goh” (as in “ <u>G</u> oat” or “ <u>G</u> o”)	<u>G</u> ojuryu
	<b>Gya</b> “GeeYah” (as in	<u>G</u> yaku
	<b>Gyu</b> “GeeYuu” (as in	<u>G</u> yunikku
	<b>Gyo</b> “GeeYoh” (as in	<u>N</u> ingyo

(Continued on next page...)

**Consonant Pronunciation Guide ( Continued )**

Consonant	Pronunciation Guide	Japanese Example
<b>Z or J-Series</b>	<b>Za</b>	“Zah” (as in “ <u>Z</u> ombie”)
	<b>Ji</b>	“Jee” (as in “ <u>J</u> eeP”)
	<b>Zu</b>	“Zoo” (as in “ <u>Z</u> oo” or “ <u>Z</u> oom”)
	<b>Ze</b>	“Zeh” (as in “ <u>Z</u> en”)
	<b>Zo</b>	“Zoh” (as in “ <u>B</u> o <u>Z</u> o”)
	<b>Jya (Ja)</b>	“JeeYah” (as in “ <u>J</u> ockey” or “ <u>J</u> ohn”)
	<b>Jyu (Ju)</b>	“JeeYuu” (as in the name “ <u>H</u> ugh”)
	<b>Jyo (Jo)</b>	“JeeYoh” (as in “ <u>J</u> oke” “ <u>J</u> oan” or “ <u>J</u> oe”)
<b>D or Z - Series</b>	<b>Da</b>	“Dah” (as in “ <u>D</u> ominate”)
	<b>Zi</b>	“Zhee” (as in “ <u>Z</u> ebra”)
	<b>Dzu</b>	“D’zoo”
	<b>De</b>	“Deh” (as in “ <u>D</u> estitute”)
	<b>Do</b>	“Doh” (as in Homer Simpson’s “ <u>D</u> oh!” or “ <u>D</u> ough”)
<b>B-Series</b>	<b>Ba</b>	“Bah” (as in Scrooge’s “ <u>B</u> ah Humbug” or “ <u>B</u> ottom”)
	<b>Bi</b>	“Bee” (as in “Bumble <u>B</u> ee” or “ <u>B</u> each”)
	<b>Bu</b>	“Boo” (as in “ <u>B</u> oo” or “ <u>B</u> oom”)
	<b>Be</b>	“Beh” (as in “ <u>B</u> ed” or “ <u>B</u> eckon”)
	<b>Bo</b>	“Boh” (as in “ <u>B</u> oat” or “ <u>B</u> one”)
	<b>Bya</b>	“BeeYah” (as in “ <u>B</u> eyond”)
	<b>Byu</b>	“BeeYuu” (as in “ <u>B</u> eautiful”)
	<b>Byo</b>	“BeeYoh”
		<u>Byōki</u> <u>Byōteki</u> <u>Byōsei</u>
<b>P-Series</b>	<b>Pa</b>	“Pah” (as in “ <u>P</u> apa” or “ <u>P</u> ajama”)
	<b>Pi</b>	“Pee” (as in “ <u>P</u> eople” or “ <u>P</u> ease”)
	<b>Pu</b>	“Poo” (as in “ <u>P</u> ool” or “ <u>H</u> ar <u>P</u> oon”)
	<b>Pe</b>	“Peh” (as in “ <u>P</u> edestrian”)
	<b>Po</b>	“Poh” (as in “ <u>P</u> ostal” or “ <u>P</u> ole”)
	<b>Pya</b>	“PeeYah”
	<b>Pyu</b>	“PeeYuu” (as in “ <u>P</u> upil” or “ <u>P</u> urify”)
	<b>Pyo</b>	“PeeYoh”
		<u>Happyo</u>

**Notes:**

All syllables receive the same amount of stress or emphasis (that means pronouncing Japanese without any stress or emphasis.)

Examples:

- “gō-jū-ryū” *NOT* “go-JU-ryu”
- “zen-ku-tsu-da-chi” *NOT* “zen-KU-tsu-DA-chi”
- “ka-ra-te” *NOT* “Ka-RA-te”
- “ne-ko-a-shi-da-chi” *NOT* “NE-ko-a-SHI-DA-chi

You can almost always divide the syllables after a vowel. (exception: some syllables end in “n” (shinbun = newspaper) (Nihon = Japan); sometimes a consonant is doubled (Roppongi – Tokyo place; or Hatchōbori – Tokyo place), which actually represents two syllables (pronounced with a slight pause– Rop’pon-gi; Hat’chou-bo-ri).

## General Terms & Phrases

Japanese Term	<b>Gō</b>	<b>Jū</b>	<b>Ryū</b>	
Pronunciation	<i>Goh</i>	<i>Joo</i>	<i>Reeyoo</i>	
Kanji Character(s)	剛	柔	流	<p>“The Strong and Gentle Way”</p> <p>“The Way of Hard and Soft”</p> <p>“The Tough but Graceful Style”</p>
Original Meaning(s) of the Kanji Characters	Strength; Firmness, Rigid, Bravery, Courage, Valor, Hardness, Toughness	Gentleness, Softness, Tender, Graceful, Flexible, Supple	Style, Fashion, School (of Thought), Manner, Way (of Doing), Fashion, Current, Flow	

Japanese Term	<b>Kara</b>	<b>Te</b>	<b>Dō</b>	
Pronunciation	<i>KahRah</i>	<i>Teh</i>	<i>Doh</i>	
Kanji Character(s)	空	手		<p>“Empty Hand”</p> <p>“Open Hand”</p> <p>“Fighting without Weapons”</p> <p>“The Way (or Path) of the Empty Hand”</p>
Original Meaning(s) of the Kanji Characters		道		

Japanese Term	<b>Kata</b>	
Pronunciation	<i>KahTah</i>	
Kanji Character(s)	型	
Original Meaning(s) of the Kanji Characters	<p><i>Set Form or Format,</i> <i>Set Pattern, Particular Style, Model, Type</i></p> <p><b>NOTE:</b> It is interesting to know that the upper portion of the character ( 刑 or Kei ) means “punishment”. As it is placed over the other character for “ground”, “earth” or “Soil” ( 土 or Doh ), this combined meaning connotes an image of strictly imposed standards, physically demanding practice, or physically punishing routines performed outside on the ground.</p>	<p>“A set pattern or sequence of defensive and offensive movements and techniques, performed alone against imaginary opponents”</p>

Japanese Term	<b>Dō</b>	<b>Jō</b>	
Pronunciation	<i>Doh</i>	<i>Joh</i>	
Kanji Character(s)	道	場	<p>“(Practice) Hall”</p> <p>“Gymnasium”</p> <p>“Arena”</p> <p>(Literally: “A Place for Learning The Way”)</p>
Original Meaning(s) of the Kanji Characters	Way, Path, Road, Journey, Teachings, Course, Duty, Morality	Place, Grounds, Ring, Site, Space, Scene	

General Terms & Phrases (*Continued*)

Japanese Term	<b>Sen</b>	<b>Sei</b>	
Pronunciation	<i>Sen</i>	<i>Say</i>	
Kanji Character(s)	先	生	“Instructor” “Teacher” “Schoolmaster” “Master” “Doctor”  (Literally: “One who has lived before you”, in other words, “One who has knowledge and experience that you do not yet have.” )
Original Meaning(s) of the Kanji Characters	<i>Preceding, Beyond, Earlier than, Head (of a line, etc.), The First</i>	<i>Birth, Live, Life, Prior, Existence, Cultivation, To Create, To Produce</i>	

Japanese Term	<b>De</b>	<b>Shi</b>	
Pronunciation	<i>Deh</i>	<i>Shee</i>	
Kanji Character(s)	弟	子	“Pupil” “Student” “Disciple” “Follower” “Apprentice”
Original Meaning(s) of the Kanji Characters	<i>Younger Brother, Faithful Service to those who are Older, Brotherly Affection</i>	<i>Child, Offspring, The Young, A Youngster, Small</i>	

Japanese Term	<b>Sen</b>	<b>Pai</b>	
Pronunciation	<i>Sen (or Sem)</i>	<i>Pie</i>	
Kanji Character(s)	先	輩	“(One’s) Senior or Elder” “(a) Senior Student” “One who Out-Ranks You”
Original Meaning(s) of the Kanji Characters	<i>Preceding, Beyond, Prior, Earlier than, Head (of a line, etc.) The First</i>	<i>Fellow, Companion, Man</i>	

Japanese Term	<b>Kō</b>	<b>Hai</b>	
Pronunciation	<i>Koh</i>	<i>High</i>	
Kanji Character(s)	後	輩	“(One’s) Junior or Subordinate” “(a) Junior Student” “One who is Below your Rank”
Original Meaning(s) of the Kanji Characters	<i>Rear, Back, Successor, Following</i>	<i>Fellow, Companion, Man</i>	

Japanese Term	<b>Rei</b>	<b>Shiki</b>	
Pronunciation	<i>Ray</i>	<i>SheeKee (or Shkee)</i>	
Kanji Character(s)	礼	式	“(Bowling) Ceremony”  “(a) Rite”
Original Meaning(s) of the Kanji Characters	<i>Salute, Bow, Show Courtesy, Appreciation, Propriety, Etiquette, Manners</i>	<i>Ceremony, Rite, Function</i>	

General Terms & Phrases (*Continued*)

Japanese Term	<b>Sei</b>	<b>Za</b>	
Pronunciation	Say	Zah	
Kanji Character(s)	正	座	“Sit Straight” “Sit Correctly” “Sit Quietly” “Be Seated”
Original Meaning(s) of the Kanji Characters	Straight, Right, Proper, Correct, Perfectly	Sit Down, Squat, Settle, Seat, Be Stable	

Japanese Term	<b>Moku</b>	<b>Sō</b>	
Pronunciation	Moh Koo	Soh	
Kanji Character(s)	黙	想	“Closing One’s Eyes in Silent Meditation”  “Quiet Reflection”
Original Meaning(s) of the Kanji Characters	Keeping Silence, Saying Nothing	Thought, Idea, Imagination, Consideration	

Japanese Term	<b>O Tagai ni</b>	
Pronunciation	Oh Tah Gah Ee Nee	
Kanji Character(s)	お互いに	“Toward Each Other” “Mutually” “Together”
Original Meaning(s) of the Kanji Characters	Respectfully Toward Each Other, Mutually to Each Other, Reciprocally	

Japanese Term	<b>Rei</b>	
Pronunciation	Ray	
Kanji Character(s)	礼	“(to) Respectfully Bow (towards)”
Original Meaning(s) of the Kanji Characters	Salute, Bow, Show Courtesy, Appreciation, Show Respect, Propriety, Etiquette, Manners	

Japanese Term	<b>Shōmen ni Taishite</b>	
Pronunciation	Shoh Men Ni Tai Shee Teh	
Kanji Character(s)	正面に対して	“(Please) Face (toward) the Front”
Original Meaning(s) of the Kanji Characters	Toward or in the direction of the Front (of the Dojo where the Founders Pictures are displayed in the honored stand called the “Kamiza”)	

## General Terms & Phrases (Continued)

Japanese Term	<b>Sensei ni Taishite</b>	
Pronunciation	<i>Sen Say Nee Tai Shee Teh</i>	
Kanji Character(s)	先生に対して	“(Please) Face (toward) the Teacher”
Original Meaning(s) of the Kanji Characters	<i>Toward (in the direction of) the Teacher or Instructor</i>	

Japanese Term	<b>Yō i</b>	
Pronunciation	<i>Yoh Ee</i>	
Kanji Character(s)	用意	(Used as a Command) “Get Ready!” “Be Prepared!”
Original Meaning(s) of the Kanji Characters	<i>Business, Work, Function, Errand, Use, Service</i> <i>Will, Intention, Thought, Idea, Desire</i>	

Japanese Term	<b>Hajime (or Haijimeru)</b>	
Pronunciation	<i>Hah Jee Meh (Haji Meh Roo)</i>	
Kanji Character(s)	始め (始める)	(Used as a Command) “Begin!” “Start!” “Begin at Your Own Pace”
Original Meaning(s) of the Kanji Characters	<i>To Start, Begin, Commence</i>	

Japanese Term	<b>Yame (or Yameru)</b>	
Pronunciation	<i>Yah Meh (Yah Meh Roo)</i>	
Kanji Character(s)	止め (止める)	(Used as a Command) “Stop!” “Cease!”
Original Meaning(s) of the Kanji Characters	<i>To Stop, Cease, Quit, End, Terminate</i>	

Japanese Term	<b>Narande</b>	
Pronunciation	<i>Nahrah n Deh</i>	
Kanji Character(s)	並んで	(Used as a Command) “Line up!”
Original Meaning(s) of the Kanji Characters	<i>To line up, to form a line, to arrange side-by-side</i>	

## General Terms & Phrases (Continued)

Japanese Term	<b>Sei</b>	<b>Retsu</b>	
Pronunciation	<i>Say</i>	<i>Reh Tsoo</i>	
Kanji Character(s)	整	列	“(to) Line Up (by Rank)”
Original Meaning(s) of the Kanji Characters	<i>Arrange, Assemble</i>	<i>Line, Row</i>	

Japanese Term	<b>Mawatte</b>	
Pronunciation	<i>Mah Wah</i> <i>'Teh</i>	
Kanji Character(s)	回って	(Used as a Command) “Turn Around!”
Original Meaning(s) of the Kanji Characters	<i>To Turn Around, Spin, Rotate, Go Around</i>	

Japanese Term	<b>Ki</b>	<b>Ai</b>	
Pronunciation	<i>Kee</i>	<i>Eye</i>	
Kanji Character(s)	気	合	“(a) Fighting Yell” “(a) Striking Shout” “(a) Forceful Puff of Breath” “(a) Focused Shout from one’s Spiritual Energy”
Original Meaning(s) of the Kanji Characters	<i>Spirit, Force, Energy, Mind, Heart, Feeling, Temper, Mood, Disposition, Intention</i>	<i>Meet, Join Together, Match (with), Unite, Add Up, Mix, Combine</i>	

Japanese Term	<b>Kara</b>	<b>Te</b>	<b>Ka</b>	
Pronunciation	<i>KahRah</i>	<i>Teh</i>	<i>Kah</i>	
Kanji Character(s)	空	手	家	“(a) Practitioner of Karate”
Original Meaning(s) of the Kanji Characters	<i>Empty, Sky, Open, Vacant, Hollow</i>	<i>Hand(s)</i>	<i>Person, Profession</i>	

Japanese Term	<b>Shi</b>	<b>Han</b>	
Pronunciation	<i>Shee</i>	<i>Hahn</i>	
Kanji Character(s)	師	範	“Master Instructor” “Model Instructor of Technical Skills”
Original Meaning(s) of the Kanji Characters	<i>Teacher, Master, Example, Model, Pattern, Exemplary Person</i>	<i>Example, Model, Pattern</i>	

## General Terms & Phrases (*Continued*)

Japanese Term	<b>Gi</b>	
Pronunciation	<i>Ghee</i>	
Kanji Character(s)	着	“(one’s) Karate Uniform”
Original Meaning(s) of the Kanji Characters	<i>Clothing; What One Wears</i>	

Japanese Term	<b>Obi</b>	
Pronunciation	<i>Oh Bee</i>	
Kanji Character(s)	帯	“(one’s) Karate Belt” (Signifying your Rank)
Original Meaning(s) of the Kanji Characters	<i>Belt, Sash, Band</i>	

Japanese Term	<b>Hai</b>	
Pronunciation	<i>High</i>	
Kanji Character(s)	はい	“Yes” “Yes Sir” “I Agree” “I Understand (and I’ll Do it)”
Original Meaning(s) of the Kanji Characters	<i>Yes, Acknowledgement, Affirmative</i>	

Japanese Term	<b>lie</b>	
Pronunciation	<i>Ee Ee Eh</i>	
Kanji Character(s)	いいえ	“No” “No Way” “No Sir” “I Don’t Agree”
Original Meaning(s) of the Kanji Characters	<i>No, Not, Negative</i>	

Japanese Term	<b>Kumi</b>	<b>Te</b>	
Pronunciation	<i>Koo Mee</i>	<i>Teh</i>	
Kanji Character(s)	組	手	“Fighting” “Sparring”  (Jiyu Kumite = Freestyle Sparring)
Original Meaning(s) of the Kanji Characters	<i>To Cross, Unite with, Grapple with, Braid Together</i>	<i>Hand or Hands</i>	

## General Terms & Phrases (*Continued*)

Japanese Term	<b>Ki</b>	<b>Hon</b>	
Pronunciation	<i>Kee</i>	<i>Hohn</i>	
Kanji Character(s)	基	本	“Basic” “Basis” “Standard” “Fundamental”
Original Meaning(s) of the Kanji Characters	<i>Origin, Basis, Foundation</i>	<i>Main, True, Real, Regular, Normal, Source, The Root of</i>	

Japanese Term	<b>I</b>	<b>Dō</b>	
Pronunciation	<i>Ee</i>	<i>Doh</i>	
Kanji Character(s)	移	動	“Movement”
Original Meaning(s) of the Kanji Characters	<i>Move, Change, Shift, Drift, Transfer, Divert, Pour into</i>	<i>Stir, Move, Shift, Shake, Set in Motion, Mobilize, Activity, Fluctuate</i>	

Japanese Term	<b>Mae</b>	
Pronunciation	<i>Mah Eh</i>	
Kanji Character(s)	前	“Front” “In Front”
Original Meaning(s) of the Kanji Characters	<i>Front, Before, Ahead, Forepart</i>	

Japanese Term	<b>Ushiro</b>	
Pronunciation	<i>Uu Shee Roh</i>	
Kanji Character(s)	後ろ	“Back” “Behind”
Original Meaning(s) of the Kanji Characters	<i>Back, Rear, Behind</i>	

Japanese Term	<b>Yoko</b>	
Pronunciation	<i>Yoh Koh</i>	
Kanji Character(s)	横	“(to the) Side” “Sideways”
Original Meaning(s) of the Kanji Characters	<i>Side, Flank, Horizontal Direction</i>	

## General Terms & Phrases (*Continued*)

Japanese Term	<b>Migi</b>	
Pronunciation	<i>Mee Ghee</i>	
Kanji Character(s)	右	“(to one’s) Right”    “(the) Right” “(the) Right Side”
Original Meaning(s) of the Kanji Characters	<i>Right, Right-hand, Rightward</i>	

Japanese Term	<b>Hidari</b>	
Pronunciation	<i>Hee Dah Ree</i>	
Kanji Character(s)	左	“(to one’s) Left”    “(the) Left” “(the) Left Side”
Original Meaning(s) of the Kanji Characters	<i>Left, Left-hand, Leftward</i>	

Japanese Term	<b>Mawashi</b>	
Pronunciation	<i>Mah Wah    Shee</i>	
Kanji Character(s)	回し	“Around” “Roundhouse (kick, etc.)”
Original Meaning(s) of the Kanji Characters	<i>To Rotate, Go Around</i>	

Japanese Term	<b>Dai</b>	<b>Ichi</b>	
Pronunciation	<i>Die</i>	<i>Ee Chee</i>	
Kanji Character(s)	第	一	“The First (of a series)”
Original Meaning(s) of the Kanji Characters	<i>Numeral, Number, The (First, Second, etc.), Primary, Foremost, The Greatest</i>	<i>One, First</i>	

Japanese Term	<b>Dai</b>	<b>Ni</b>	
Pronunciation	<i>Die</i>	<i>Nee</i>	
Kanji Character(s)	第	二	“The Second (of a Series)”
Original Meaning(s) of the Kanji Characters	<i>Numeral, Number, The (First, Second, etc.), Primary, Foremost, The Greatest</i>	<i>Two, Second</i>	

## General Terms & Phrases (*Continued*)

Japanese Term	<b>Jō</b>	<b>Dan</b>	
Pronunciation	<i>Jyoh</i>	<i>Dahn</i>	
Kanji Character(s)	上	段	“Upper (Face) Level”
Original Meaning(s) of the Kanji Characters	<i>Up, Upper, Upward, Top</i>	<i>Level, Stage, Degree, Extent, Class, Rank</i>	

Japanese Term	<b>Chū</b>	<b>Dan</b>	
Pronunciation	<i>Chew</i>	<i>Dahn</i>	
Kanji Character(s)	中	段	“Middle (Chest & Stomach) Level”
Original Meaning(s) of the Kanji Characters	<i>Middle, Center, Core</i>	<i>Level, Stage, Degree, Extent, Class, Rank</i>	

Japanese Term	<b>Ge</b>	<b>Dan</b>	
Pronunciation	<i>Geh</i>	<i>Dahn</i>	
Kanji Character(s)	下	段	“Lower (Groin & Leg) Level”
Original Meaning(s) of the Kanji Characters	<i>Lower, Bottom, Downward</i>	<i>Level, Stage, Degree, Extent, Class, Rank</i>	

## Names of Stances Used in Gōjūryū Karate

Japanese Term	<b>Dachi</b>	
Pronunciation	<i>Dah Chee</i>	
Kanji Character(s)	立ち	“Stance”
Original Meaning(s) of the Kanji Characters	<i>Way of Standing, Stance</i>	

Japanese Term	<b>Kamae</b>	
Pronunciation	<i>Kah Mah Eh</i>	
Kanji Character(s)	構え	“(Take a ) Posture” “Pose”
Original Meaning(s) of the Kanji Characters	<i>Posture, Pose, Assume a Stance, Be Ready For</i>	

Japanese Term	<b>Heisoku Dachi</b>	
Pronunciation	<i>Hay Soh Koo Dah Chee</i>	
Kanji Character(s)	閉足 立ち	“(The) Closed Foot Stance” (Placing feet together parallel with no distance between them, with heels and toes and knees close together)
Original Meaning(s) of the Kanji Characters	<i>Closed Feet Stance</i>	

Japanese Term	<b>Musubi Dachi</b>	
Pronunciation	<i>Moo Soo Bee Dah Chee</i>	
Kanji Character(s)	結び 立ち	“(The) V Stance” “(The) Bound Stance” (Placing the balls of both feet out at 45°. Heels remain together. Your feet are in a “V” position. Your knees are straight and instead of being locked are in a natural relaxed position. Used when standing at attention.)
Original Meaning(s) of the Kanji Characters	<i>Joined Together, Bound Together Stance</i>	

Japanese Term	<b>Heikō Dachi</b>	
Pronunciation	<i>Hay Koh Dah Chee</i>	
Kanji Character(s)	平行 立ち	“(The) Parallel Stance” (Your feet are one foot length apart or even better, feet should be placed at about shoulder distance. Knees are straight and instead of being locked are in a naturally relaxed position.)
Original Meaning(s) of the Kanji Characters	<i>Parallel Rows Stance</i>	

## Names of Stances Used in Gōjūryū Karate ( Continued )

Japanese Term	<b>Soto</b>	<b>Dachi</b>	
Pronunciation	<i>Soh Toh</i>	<i>Dah Chee</i>	
Kanji Character(s)	外	立ち	“(The) Outward Stance”  (Starting from the Heikō Dachi [Parallel Stance] Lift the ball of the feet and place your toes 45° outward (this stance is traditionally called <b>Soto Hachi Monji Dachi</b> ). Your knees again are straight and instead of being locked are in a natural relaxed position.)
Original Meaning(s) of the Kanji Characters	Outside of, Outward, Away (from)	Stance	

Japanese Term	<b>Uchi</b>	<b>Dachi</b>	
Pronunciation	<i>Uu Chee</i>	<i>Dah Chee</i>	
Kanji Character(s)	内	立ち	“(The) Inside Stance”  (Traditionally called <b>Uchi Hachi Monji Dachi</b> , this stance is further moved out with the heels but deeper past a parallel stance [heels spread out 45°]. The front of the feet are turned 45° inward.)
Original Meaning(s) of the Kanji Characters	Inside of, Within, Inward, In Toward	Stance	

Japanese Term	<b>Shiko</b>	<b>Dachi</b>	
Pronunciation	<i>Shee Koh</i>	<i>Dah Chee</i>	
Kanji Character(s)	四股	立ち	“(The) Horse Stance” or “Straddle Leg Stance”  (In the standard Shiko Dachi in this posture, the upper legs (thigh area) are bent far past 45° and showing a strong and deep stance. The knees should be directly above the feet and the back should be slightly arched but straight and the hips should be pushed back into a sitting position. In Shiko Dachi the feet are pointed slightly outward to 45°.)
Original Meaning(s) of the Kanji Characters	Literally “Four Thighs” (In Reference to the Quadriceps Muscles of the Thighs)	Stance	

Japanese Term	<b>Sanchin</b>	<b>Dachi</b>	
Pronunciation	<i>Sahn Cheen</i>	<i>Dah Chee</i>	
Kanji Character(s)	三戦	立ち	“(The) Immovable Stance”  (The root and substance to Gōjūryū, the stance absorbs energy from the ground up and into your body and using its energy to your advantage, not just gripping and holding onto the floor. Starting from Heiko Dachi, place the right foot one-foot length ahead of the spot it was at (right heel just on the imaginary line that its toe ended at). Turn the right heel out 45°, next bring the right foot back a bit until the heel rests on the same horizontal line as the toes of the left foot. While grabbing the ground with the feet in a twisting out motion, the knees should be slightly bent inward as to protect the groin area from attack; the buttocks pushed forward, the inside and outside of the thighs tightened. Your center of gravity is located at the point midway between both feet.)
Original Meaning(s) of the Kanji Characters	Three Battles (The Battle of Mastery between the Mind, Body and Spirit)	Stance	

## Names of Stances Used in Gōjūryū Karate ( Continued )

Japanese Term	<b>Zenkutsu Dachi</b>	
Pronunciation	<i>Zen Koo Tsoo Dah Chee</i>	
Kanji Character(s)	前屈 立ち	“(The) Forward Leaning Stance” or “Front Stance”
Original Meaning(s) of the Kanji Characters	<i>Front Bend, Lean Stance</i>	<i>(One of the strongest stances, with the center of gravity being midway between both feet. One way to achieve this position is to start from Shiko Dachi. Turn the right leg straight, without raising the head level, square the hips and shoulders into a linear posture with the left leg that will be considered the front. Bend the left knee so as the front foot cannot be seen if looking down, all the while keeping the right leg (back leg) straight. Keep the back sustained in a straight position perpendicular to the floor. The front foot should be turned slightly inward. Be careful not to place too much weight on the front foot, and the front foot and back foot are not on the same imaginary line they are about four foot lengths in distance apart, and about shoulder width.)</i>

Japanese Term	<b>Kōkutsu Dachi</b>	
Pronunciation	<i>Koh Koo Tsoo Dah Chee</i>	
Kanji Character(s)	後屈 立ち	“(The) Rear Leaning Stance” or “Back Stance”
Original Meaning(s) of the Kanji Characters	<i>Rear Bend, Lean Stance</i>	<i>(This stance begins directly from Zenkutsu Dachi. From this position, turn to the right 90° [as in Sanseiru] on the balls of both feet. Both feet should now be facing to the right of the original direction however the head stays turned in the direction it was originally. Kōkutsu Dachi is also the name of a back stance more often found in the Shotokan style however is performed completely different..)</i>

Japanese Term	<b>Han Zenkutsu Dachi</b>	
Pronunciation	<i>Hahn Zen Koo Tsoo Dah Chee</i>	
Kanji Character(s)	半前屈 立ち	“(The) Half-Forward Leaning Stance” or “Half-Front Stance”
Original Meaning(s) of the Kanji Characters	<i>Half Front Bend, Lean Stance</i>	<i>(Begins from Heiko Dachi. Step out with the right side, Te Obi between one half the distance and one footstep less than Zenkutsu Dachi. This position is close to the same posture of Zenkutsu Dachi. Leg tension shall remain the same as shall back and hip position.)</i>

## Names of Stances Used in Gōjūryū Karate ( Continued )

Japanese Term	<b>Neko Ashi Dachi</b>	
Pronunciation	<i>NehKoh Ah Shee Dah Chee</i>	
Kanji Character(s)	猫足 立ち	“(The) Cat Foot Stance”  ( <i>Neko Ashi Dachi</i> is the essential fighting stance of Gōjūryū, being one of the two major stances [the other being Sanchin Dachi] . Place the right exactly one-foot length forward. Then lift the heel of the front foot off of the ground, and bending the knee of the front leg. Bending the back leg, push the hips back as if to sit down in a chair. 70% to 80% of your weight should be distributed on the back leg while 20% to 30% remains on the front. From the side and front view, this posture resembles that of a cat in combat or of a person sitting in a chair that’s not there.)
Original Meaning(s) of the Kanji Characters	Cat Foot Stance	

Japanese Term	<b>Moto Dachi</b>	
Pronunciation	<i>Moh Toh Dah Chee</i>	
Kanji Character(s)	元 立ち	“(The) Base Stance” or “Rooted Stance”  (This stance has the foot placement similar to Neko Ashi Dachi, but with both feet flat on the ground.)
Original Meaning(s) of the Kanji Characters	Basis, Foundation, Source, Root, Origin	Stance

Japanese Term	<b>Ti Ji Dachi</b>	
Pronunciation	<i>Tee Jee Dah Chee</i>	
Kanji Character(s)	T 字 立ち	“(The) Inverted ‘T’ Stance”  (This stance is in the posture of an inverted “T”. From Heisoku Dachi place the left foot horizontally behind the right foot so as the heel of the right foot is in the center of the left foot [a 90° angle]. )
Original Meaning(s) of the Kanji Characters	T Letter, Character (The Letter T)	Stance

Japanese Term	<b>Kōsa Dachi</b>	
Pronunciation	<i>Koh Sah Dah Chee</i>	
Kanji Character(s)	交差 立ち	“(The) Cross-Leg Stance” or “Twist Stance”  (Used for turning in many items from Kihon Ido to Advanced Kata. The front of your left knee will be fitted into the back of your right knee.)
Original Meaning(s) of the Kanji Characters	Intersection, Crossing	Stance

## Names of Blocks Used in Gōjūryū Karate

Japanese Term	Uke		
Pronunciation	<i>Uu</i>	<i>Keh</i>	
Kanji Character(s)	受 or 受け		“(a) Block” (of a strike, kick, etc.)
Original Meaning(s) of the Kanji Characters	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>		

Japanese Term	Uke	Waza	
Pronunciation	<i>Uu</i>	<i>Keh</i>	
Kanji Character(s)	受け	技	“Blocking Techniques”  “Blocking Skills”
Original Meaning(s) of the Kanji Characters	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	<i>Technique, Craft, Skill, Feat, Performance</i>	

Japanese Term	Age	Uke	
Pronunciation	<i>Ah</i>	<i>Geh</i>	
Kanji Character(s)	上げ	受け	“Upward Block”  “Rising Block”
Original Meaning(s) of the Kanji Characters	<i>Raising, Upward, Rising</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	Jōdan	Uke	
Pronunciation	<i>Joh</i>	<i>Dahn</i>	
Kanji Character(s)	上段	受け	“Upper Level Block”
Original Meaning(s) of the Kanji Characters	<i>Upper Level</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

## Names of Blocks Used in Gōjūryū Karate ( Continued )

Japanese Term	<b>Yoko</b>	<b>Uke</b>	
Pronunciation	<i>Yoh Koh</i>	<i>Uu Keh</i>	
Kanji Character(s)	横	受け	“Middle Block” “Side Block”
Original Meaning(s) of the Kanji Characters	<i>Side, Flank, Horizontal Direction</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	“Sideways Block”

Japanese Term	<b>Chūdan</b>	<b>Uke</b>	
Pronunciation	<i>Chew Dahn</i>	<i>Uu Keh</i>	
Kanji Character(s)	中段	受け	“Middle Block” “Mid-Level Block”
Original Meaning(s) of the Kanji Characters	<i>Middle Level</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	<b>Chūdan Soto</b>	<b>Uke</b>	
Pronunciation	<i>Chew Dahn Soto</i>	<i>Uu Keh</i>	
Kanji Character(s)	中段外	受け	“Middle Outside-In Block”
Original Meaning(s) of the Kanji Characters	<i>Middle Level Outer</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	<b>Chūdan Uchi</b>	<b>Uke</b>	
Pronunciation	<i>Chew Dahn Uu Chee</i>	<i>Uu Keh</i>	
Kanji Character(s)	中段内	受け	“Middle Inside-Out Block”
Original Meaning(s) of the Kanji Characters	<i>Middle Level Inside</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

## Names of Blocks Used in Gōjūryū Karate ( Continued )

Japanese Term	<b>Gedan</b>	<b>Barai</b>	
Pronunciation	<i>Geh Dahn</i>	<i>Bah Rah Ee</i>	
Kanji Character(s)	下段 払い		“Lower Sweeping Block”
Original Meaning(s) of the Kanji Characters	<i>Bottom, Lower Level</i>	<i>Sweep Out of the Way, Clear Out, Wipe Off, Brush Off, Drive Away, Wield Sideways</i>	

Japanese Term	<b>Harai</b>	<b>Otoshi</b>	<b>Uke</b>	<b>ENGLISH TRANSLATION(S)</b>
Pronunciation	<i>Hah Rai</i>	<i>Oh Toh Shee</i>	<i>Uu Keh</i>	
Kanji Character(s)	払 落とし 受け			“Dropping Circular Block”
Original Meaning(s) of the Kanji Characters	<i>Sweep Out of the Way, Clear Out, Wipe Off, Brush Off, Drive Away, Wield Sideways</i>	<i>Dropping, Going Downward</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	“Descending Sweeping Block”

Japanese Term	<b>Soto</b>	<b>Uke</b>	
Pronunciation	<i>Soh Toh</i>	<i>Uuo Keh</i>	
Kanji Character(s)	外 受け		“Outside Block”
Original Meaning(s) of the Kanji Characters	<i>Outside of, Outward, Away (from)</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	“Outside Forearm Block”

Japanese Term	<b>Uchi</b>	<b>Uke</b>	
Pronunciation	<i>Uu Chee</i>	<i>Uu Keh</i>	
Kanji Character(s)	内 受け		“Inside Block”
Original Meaning(s) of the Kanji Characters	<i>Inside of, Within, Inward, In Toward</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	“Inside Forearm Block”

## Names of Blocks Used in Gōjūryū Karate ( Continued )

Japanese Term	Shutō	Uke	
Pronunciation	Shoo Toh	Oo Keh	
Kanji Character(s)	手刀 受け		“Knife Hand Block”
Original Meaning(s) of the Kanji Characters	Hand Knife	Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)	

Japanese Term	Shutō	Jōdan	Uke	ENGLISH TRANSLATION(S)
Pronunciation	Shoo Toh	Jyoh Dahn	Uu Keh	
Kanji Character(s)	手刀 上段 受け			“Upper Knife Hand Block”
Original Meaning(s) of the Kanji Characters	Hand Knife	Up, Upper, Upward, Top	Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)	

Japanese Term	Shutō	Gedan	Uke	ENGLISH TRANSLATION(S)
Pronunciation	Shoo Toh	Geh Dahn	Uu Keh	
Kanji Character(s)	手刀 下段 受け			“Lower Knife Hand Block”
Original Meaning(s) of the Kanji Characters	Hand Knife	Down, Lower Level	Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)	

Japanese Term	Omote	Kote	Uke	ENGLISH TRANSLATION(S)
Pronunciation	Oh Moh Teh	Koh Teh	Uu Keh	
Kanji Character(s)	表 小手 受け			“Outer Forearm Block”
Original Meaning(s) of the Kanji Characters	Surface, Exterior	Forearm	Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)	

## Names of Blocks Used in Gōjūryū Karate ( Continued )

Japanese Term	Shō	Tei	Uke	ENGLISH TRANSLATION(S)
Pronunciation	Shoh	Teh	Uu Keh	
Kanji Character(s)	掌	底	受け	“Palm Heel Block”
Original Meaning(s) of the Kanji Characters	Rule, Administer, Conduct	Bottom, Base, Sole	Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)	“Heel of the Palm Block”

Japanese Term	Shō Tei	Jōdan	Uke	ENGLISH TRANSLATION(S)
Pronunciation	Shoh Teh Ee	Jyoh Dahn	Uu Keh	
Kanji Character(s)	掌底	上段	受け	“Upper Palm Block”
Original Meaning(s) of the Kanji Characters	Rule, Administer, Conduct	Bottom Base Sole	Up, Upper, Upward, Top	Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)

Japanese Term	Shō Tei	Chūdan	Uke	ENGLISH TRANSLATION(S)
Pronunciation	Shoh Teh Ee	Chew Dahn	Uu Keh	
Kanji Character(s)	掌底	中段	受け	“Middle Palm Block”
Original Meaning(s) of the Kanji Characters	Rule, Administer, Conduct	Bottom Base Sole	Middle, Mid-Level	Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)

Japanese Term	Shō Tei	Otoshi	Uke	ENGLISH TRANSLATION(S)
Pronunciation	Shoh Teh Ee	Oh Toh Shee	Uu Keh	
Kanji Character(s)	掌底	落とし	受け	“Open Hand Dropping Block”
Original Meaning(s) of the Kanji Characters	Rule, Administer, Conduct	Bottom Base Sole	Dropping, Going Downward	Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)

## Names of Blocks Used in Gōjūryū Karate ( Continued )

Japanese Term	Ko	Ken	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Koh</i>	<i>Ken</i>	<i>Uu Keh</i>	“Arch Fist Block” Or “Chicken Wrist Block”  (Note: Sometimes this is just called “ <i>Ko-Uke</i> ” [Wrist Block], without using the “Fist” [Ken] character)
Kanji Character(s)	弧	拳	受け	
Original Meaning(s) of the Kanji Characters	<i>Arc, Arch</i>	<i>Fist</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	Hai	Tō	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>High</i>	<i>Toh</i>	<i>Uu Keh</i>	“Ridgehand Block”  (Using the portion of the hand between the knuckles of the index finger to the web of the thumb; not to be confused with “Shuto,” the outer edge of the hand along the little finger and outer palm)
Kanji Character(s)	背	刀	受け	
Original Meaning(s) of the Kanji Characters	<i>Back, Back Side, Ridge</i>	<i>Sword, Saber, Knife</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	Jōdan	Jūji	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Jyoh Dahn</i>	<i>Jyuu Jee</i>	<i>Uu Keh</i>	“Upper Cross Block”
Kanji Character(s)	上段	十字	受け	
Original Meaning(s) of the Kanji Characters	<i>Up, Upper, Upward, Top</i>	<i>Cross, X-Shape</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	Gedan	Jūji	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Geh Dahn</i>	<i>Jyuu Jee</i>	<i>Uu Keh</i>	“Lower Cross Block”
Kanji Character(s)	下段	十字	受け	
Original Meaning(s) of the Kanji Characters	<i>Down, Lower Level</i>	<i>Cross, X-Shape</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

## Names of Blocks Used in Gōjūryū Karate ( Continued )

Japanese Term	Hiki	Uke	
Pronunciation	Hee Kee	Uu Keh	
Kanji Character(s)	引き	受け	“Pulling/Grasping Block”
Original Meaning(s) of the Kanji Characters	Pulling; Influence, Draw, Jerk, Drag, Lead, Haul, Tug	Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)	

Japanese Term	Hiji	Uke	
Pronunciation	Hee Jee	Uu Keh	
Kanji Character(s)	肘	受け	“Elbow Block”
Original Meaning(s) of the Kanji Characters	The Elbow	Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)	

Japanese Term	Hiji	Uchi	Uke	ENGLISH TRANSLATION(S)
Pronunciation	Hee Jee	Uu Chee	Uu Keh	
Kanji Character(s)	肘	打ち	受け	“Elbow Strike Block”
Original Meaning(s) of the Kanji Characters	The Elbow	Hit, Strike, Blow	Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)	

Japanese Term	Hiza	Uke	ENGLISH TRANSLATION(S)
Pronunciation	Hee Zah	Uu Keh	
Kanji Character(s)	膝	受け	“Knee Block”
Original Meaning(s) of the Kanji Characters	The Knee or Lap	Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)	

## Names of Blocks Used in Gōjūryū Karate ( Continued )

Japanese Term	Sune	Uke	
Pronunciation	Suu Neh	Uu Keh	
Kanji Character(s)	脛	受け	
Original Meaning(s) of the Kanji Characters	The Shin, The Lower Front of the Leg	Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)	“Shin Block”

Japanese Term	Yumi	Uke	
Pronunciation	Yoo Mee	Uu Keh	
Kanji Character(s)	弓	受け	
Original Meaning(s) of the Kanji Characters	Bow (for shooting Arrows), Bow-Shape	Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)	“Bow Block”

Japanese Term	Soku	Tei	Uke	ENGLISH TRANSLATION(S)
Pronunciation	Soh Koo	Teh Ee	Uu Keh	
Kanji Character(s)	足	底	受け	“Sole of the Foot Block”
Original Meaning(s) of the Kanji Characters	The Foot, Feet	Bottom, Base, Sole	Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)	(Note: In some Karate Glossaries, the first two characters “Soku” and “Tei” are sometimes reversed in order to read as “Tei Soku Uke”)

Japanese Term	Chūdan	Uchi	Uke	Gedan	Barai	ENGLISH TRANSLATION(S)
Pronunciation	Chew Dahn	Uu Chee	Uu Keh	Geh Dahn	Bah Rah Ee	
Character(s)	中段	内	受け	下段	払い	
Original Meaning(s) of the Kanji Characters	Middle, Mid-Level	Inside, Inward	Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)	Bottom, Lower Level	Sweep Out of the Way, Clear Out, Wipe Off, Brush Off, Drive Away, Wield	“Middle Inside-out Block & Lower Sweeping Block”

## Names of Blocks Used in Gōjūryū Karate ( Continued )

Japanese Term	Gedan	Uchi	Barai	ENGLISH TRANSLATION(S)
Pronunciation	<i>Geh Dahn</i>	<i>Uu Chee</i>	<i>Bah Rah Ee</i>	
Kanji Character(s)		下段 内		
Original Meaning(s) of the Kanji Characters		払い		“Outside downward block (open hand)”
		<i>Sweep Out of the</i>		

Japanese Term	Sune	Uke	
Pronunciation	<i>Suu Neh</i>	<i>Uu Keh</i>	
Kanji Character(s)	脛	受け	
Original Meaning(s) of the Kanji Characters	<i>The Shin, The Lower Front of the Leg</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	“Shin Block”

Japanese Term	Ura	Uke	
Pronunciation	<i>Uu Rah</i>	<i>Uu Keh</i>	
Kanji Character(s)	裏	受け	
Original Meaning(s) of the Kanji Characters	<i>The Back, The Reverse Side</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	“Backhand Block”

Japanese Term	Mawashi	Uke	
Pronunciation	<i>Mah Wah Shee</i>	<i>Uu Keh</i>	
Kanji Character(s)	回し	受け	
Original Meaning(s) of the Kanji Characters	<i>To Rotate, Go Around</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	“Roundhouse Block”

## Names of Blocks Used in Gōjūryū Karate ( Continued )

Japanese Term	Moro	Te	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Moh Roh</i>	<i>Teh</i>	<i>Uu Keh</i>	
Kanji Character(s)	双	手	受け	“Augmented (Two-Hand) Block”
Original Meaning(s) of the Kanji Characters	<i>A Set, A Pair</i>	<i>Hands</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	(Note: the two characters for “Morote” are also pronounced “Sōshu”, meaning “Both Hands”)

Japanese Term	Sukui	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Soo Koo Ee</i>	<i>Uu Keh</i>	
Kanji Character(s)	すくい	受け	“Scoop Block”
Original Meaning(s) of the Kanji Characters	<i>Scoop; Scooping</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	“Scooping Block”

Japanese Term	Nagashi	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Nah Gah Shee</i>	<i>Uu Keh</i>	
Kanji Character(s)	流し	受け	“Sweeping Block”
Original Meaning(s) of the Kanji Characters	<i>Dashing, Shedding, Washing Away, Flowing, Swaying</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	Kōsa	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Koh Sah</i>	<i>Uu Keh</i>	
Kanji Character(s)	交差	受け	“Cross Block” (Arms crossed at the wrist)
Original Meaning(s) of the Kanji Characters	<i>Intersection, Crossing</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

## Names of Blocks Used in Gōjūryū Karate ( Continued )

Japanese Term	Soku	Tei	Osae	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Soh Koo</i>	<i>Teh Ee</i>	<i>Oh Sah Eh</i>	<i>Uu Keh</i>	
Character(s) Kanji	足	底	押え	受け	“Pressing Block with the Sole of the Foot”
Original Meaning(s) of the Kanji Characters	<i>The Foot, Feet</i>	<i>Bottom, Base, Sole</i>	<i>Hold Down, Press Down, Suppress</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	<i>( Using the sole of the foot to press down hard against the attacker's ankle, as in a yoko geri. )</i>

Japanese Term	Soku	Tei	Harai	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Soh Koo</i>	<i>Teh Ee</i>	<i>Hah Rah Ee</i>	<i>Uu Keh</i>	
Kanji Character(s)	足	底	払い	受け	“Sole of the Foot Block”
Original Meaning(s) of the Kanji Characters	<i>The Foot, Feet</i>	<i>Bottom, Base, Sole</i>	<i>Sweep Out of the Way, Clear Out, Wipe Off, Brush Drive Away,</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Off, Blow, Block, Sustain</i>	<i>(Foot swung from outside to inside)</i>

Japanese Term	Hai	Soku	Barai	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>High</i>	<i>Soh Koo</i>	<i>Bah Rah Ee</i>	<i>Uu Keh</i>	
Character(s) Kanji	背	足	払い	受け	“Instep Block”
Original Meaning(s) of the Kanji Characters	<i>Back, Back Side, Ridge</i>	<i>The Foot, Feet</i>	<i>Sweep Out of the Way, Clear Out, Wipe Off, Brush Drive Away,</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Off, Blow, Block, Sustain</i>	<i>(Foot swung from inside to outside)</i>

Japanese Term	Otoshi	Uke	
Pronunciation	<i>Oh Toh Shee</i>	<i>Uu Keh</i>	
Kanji Character(s)	落とし	受け	
Original Meaning(s) of the Kanji Characters	<i>Dropping, Descending, Going Downward</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	“Dropping Block” Or “Descending Block”

## Names of Blocks Used in Gōjūryū Karate ( Continued )

Japanese Term	Kake	Uke	
Pronunciation	<i>Kah Keh</i>	<i>Uu Keh</i>	
Kanji Character(s)	掛け	受け	“Hook Block” or “Hooking Block”
Original Meaning(s) of the Kanji Characters	<i>To Hang On, Trap, Hang up, Play Against, Put On, Hook onto, Catch onto, Snag</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	Uchi	Yoko	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Uu Chee</i>	<i>Yoh Koh</i>	<i>Uu Keh</i>	
Kanji Character(s)	内	横	受け	“Inside Forearm Block”
Original Meaning(s) of the Kanji Characters	<i>Inside, Inward</i>	<i>Side, Sideways</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	Tettsui	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Teh 'Tsoo Ee</i>	<i>Uu Keh</i>	
Kanji Character(s)	鉄槌	受け	“Hammerfist Block”
Original Meaning(s) of the Kanji Characters	<i>Iron, Hammer Steel Mallet</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	Osae	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Oh Sah Eh</i>	<i>Uu Keh</i>	
Kanji Character(s)	押え	受け	“Pressing Block”
Original Meaning(s) of the Kanji Characters	<i>Hold Down, Press Down, Suppress</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

## Names of Blocks Used in Gōjūryū Karate ( Continued )

Japanese Term	Kuri	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Koo Ree</i>	<i>Uu Keh</i>	
Kanji Character(s)	繰り	受け	“Inside-Out Circular Elbow Block”
Original Meaning(s) of the Kanji Characters	<i>Reel, Wind, Spin, Turn</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	Tora	Guchi	
Pronunciation	<i>Toh Rah</i>	<i>Goo Chee</i>	
Kanji Character(s)	虎	口	“Two-Hand Roundhouse Block”  “Double open hand circular block with palm heel strike”
Original Meaning(s) of the Kanji Characters	<i>Tiger</i>	<i>Mouth, Maw</i>	<i>(Tora guchi is very common technique in Okinawan-style karate, with roots from Chinese style fighting arts. It is always performed in neko-ashi dachi (cat stance). Point here is to use your hands in close distance confrontation to block and then strike or grab the opponent's throat and testicles. This is very effective response in close distance.)</i>

## Names of Strikes Used in Gōjūryū Karate ( Continued )

Japanese Term	Kō	Geki	Waza	
Pronunciation	Koh	Geh Kee	Wah Zah	
Kanji Character(s)	攻	撃	技	“Striking Techniques”  (NOTE: The nuance of the word “kogeki” is not simply to “attack” but rather to crush,” “cut down,” or “destroy in a devastating way.”)
Original Meaning(s) of the Kanji Characters	Attack, Assault, Offensive	Destroy, Conquer, to Defeat	Technique, Craft, Ability, Feat, Skill, Performance	

Japanese Term	Tsuki	Waza	
Pronunciation	Tsoo Kee	Wah Zah	
Kanji Character(s)	突き	技	“Punching Techniques”
Original Meaning(s) of the Kanji Characters	Thrust, Punch, Strike Against, Poke, Stab, Knock	Technique, Craft, Ability, Feat, Skill, Performance	

Japanese Term	Sei	Ken	Tsuki	
Pronunciation	Say	Ken	Tsoo Kee	
Kanji Character(s)	正	拳	突き	“Squared Fist Strike” “Full, Regular Fist Strike”
Original Meaning(s) of the Kanji Characters	Straight On, Straightforward, Exactness, Correct, Proper	Fist	Thrust, Punch, Strike Against, Poke, Stab, Knock	

Japanese Term	Shita	Tsuki	
Pronunciation	Sh ' Ta	Tsoo Kee	
Kanji Character(s)	下	突き	“Upside-Down Punch” Or “Reverse Strike”  (Striking fist remains palm up. When contact is made your knuckles should, in a whip like motion, push up and into the opponent's diaphragm then pull back down and out.)
Original Meaning(s) of the Kanji Characters	Down	Thrust, Punch, Strike Against, Poke, Stab, Knock	

Japanese Term	Hai	Tō	Tsuki	
Pronunciation	High	Toh	Tsoo Kee	
Kanji Character(s)	背	刀	突き	“Open Ridge Hand Strike, with palm facing down” (Using the portion of the hand between the knuckles of the index finger to the web of the thumb; not to be confused with “Shuto,” the outer edge of the hand along the little finger and outer palm)
Original Meaning(s) of the Kanji Characters	Back, Back Side, Ridge	Sword, Saber, Knife	Thrust, Punch, Strike Against, Poke, Stab, Knock	

## Names of Strikes Used in Gōjūryū Karate ( Continued )

Japanese Term	Ura	Ken	
Pronunciation	<i>Uu Rah</i>	<i>Ken</i>	
Kanji Character(s)	裏	拳	“Back Fist (Strike)”  ( NOTE: Also referred to as “ <i>Ura Uchi</i> ”[裏打ち] or “Back Strike” )
Original Meaning(s) of the Kanji Characters	<i>The Back, The Reverse Side</i>	<i>Fist</i>	

Japanese Term	Shu	Tō	Tsuki	
Pronunciation	<i>Shoo</i>	<i>Toh</i>	<i>Tsoo</i>	<i>Kee</i>
Kanji Character(s)	手	刀	突き	“Sword Hand Strike” or “Knifehand Strike”  (Palm facing up, with the striking surface being the outside edge of the hand)
Original Meaning(s) of the Kanji Characters	<i>The Hand</i>	<i>Sword, Saber, Knife</i>	<i>Thrust, Punch, Strike Against, Poke, Stab, Knock</i>	

Japanese Term	Furi	Uchi	
Pronunciation	<i>Foo Rhee</i>	<i>Uu Chee</i>	
Kanji Character(s)	振り	打ち	“Swinging Strike” or “Whiplike Strike”  (Using the back of the knuckle as the striking point. )
Original Meaning(s) of the Kanji Characters	<i>Wave, Shake, Wag, Swing</i>	<i>Hit, Strike, Beat, Knock, Smite, Pound in, Punch</i>	

Japanese Term	Tettsui	Uchi	
Pronunciation	<i>Teh</i>	<i>'Tsoo Ee</i>	<i>Uu Chee</i>
Kanji Character(s)	鉄槌	打ち	“Hammer Strike”  (Resembling swinging a hammer, this closed fist technique is executed using the fleshy side of the fist as the striking point.)
Original Meaning(s) of the Kanji Characters	<i>Iron, Steel</i>	<i>Hammer Mallet</i>	<i>Hit, Strike, Beat, Knock, Smite, Pound in, Punch</i>

Japanese Term	Ippon	Ken	
Pronunciation	<i>Eep'pohn</i>	<i>Ken</i>	
Kanji Character(s)	一本	拳	“One Knuckle Fist”  (A fist with one knuckle[the first knuckle] extended beyond the others of the fist.)
Original Meaning(s) of the Kanji Characters	<i>One</i>	<i>Cylindrical Object (Finger)</i>	<i>Fist</i>

## Names of Strikes Used in Gōjūryū Karate ( Continued )

Japanese Term	Ippon	Ken	Naka Daka	ENGLISH TRANSLATION(S)
Pronunciation	<i>Eep 'pohn</i>	<i>Ken</i>	<i>Nah Kah Dah Kah</i>	
Character(s) Kanji	一本	拳	中高	“Middle Knuckle Fist”
Original Meaning(s) of the Kanji Characters	<i>One Cylindrical Object (Finger)</i>	<i>Fist</i>	<i>Middle High (i.e., Extended Higher in the Middle)</i>	<i>(A fist with one middle knuckle extended beyond the others of the fist.)</i>

Japanese Term	Nuki	Te	
Pronunciation	<i>Noo Kee</i>	<i>Teh</i>	
Kanji Character(s)	貫	手	“Spearhand Strike”
Original Meaning(s) of the Kanji Characters	<i>Penetrate, Perforate, Shoot Through, Pierce, Braced</i>	<i>Hand(s)</i>	<i>(The sharp strike of the fingers extended into the soft body parts of your opponent)</i>

Japanese Term	Ippon	Nuki	Te	
Pronunciation	<i>Eep 'pohn</i>	<i>Noo Kee</i>	<i>Teh</i>	
Character(s) Kanji	一本	貫	手	“Single Finger Spearhand Strike”
Original Meaning(s) of the Kanji Characters	<i>One Cylindrical Object (Finger)</i>	<i>Penetrate, Perforate, Shoot Through, Pierce, Braced</i>	<i>Hand(s)</i>	<i>(The sharp strike using only one finger extended into the soft body parts of your opponent)</i>

Japanese Term	Nihon	Nuki	Te	
Pronunciation	<i>Ni Hohn</i>	<i>Noo Kee</i>	<i>Teh</i>	
Character(s) Kanji	二本	貫	手	“Two-Finger Strike”
Original Meaning(s) of the Kanji Characters	<i>Two Cylindrical Object(s) (Fingers)</i>	<i>Penetrate, Perforate, Shoot Through, Pierce, Braced</i>	<i>Hand(s)</i>	<i>(The sharp strike using only two fingers extended into the eyes of your opponent)</i>

## Names of Strikes Used in Gōjūryū Karate ( Continued )

Japanese Term	Ura	Ken	Mawashi	Uchi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Uu Rah</i>	<i>Ken</i>	<i>Mah Wah Shee</i>	<i>Oo Chee</i>	“Flailing Reverse Punch”
Character(s) Kanji	裏	拳	回し	打ち	
Original Meaning(s) of the Kanji Characters	<i>The Back, The Reverse Side</i>	<i>Fist</i>	<i>To Rotate, Go Around</i>	<i>Hit, Strike, Beat, Knock, Smite, Pound in, Punch</i>	

Japanese Term	Ura	Tei	Ago	Uchi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Uu Rah</i>	<i>Teh Ee</i>	<i>Ah Goh</i>	<i>Oo Chee</i>	“Palm Strike to the Jaw”
Character(s) Kanji	裏	底	顎		
Original Meaning(s) of the Kanji Characters	打ち				

Japanese Term	Hiji	Yoko	Uchi	
Pronunciation	<i>Hee Jee</i>	<i>Yoh Koh</i>	<i>Oo Chee</i>	
Kanji Character(s)	肘	横	打ち	“Side Elbow Strike”
Original Meaning(s) of the Kanji Characters	<i>The Elbow</i>	<i>Side, Sideways</i>	<i>Hit, Strike, Beat, Knock, Smite, Pound in, Punch</i>	

Names of Kicks Used in Gōjūryū Karate ( *Continued* )

Japanese Term	<b>Geri</b>	
Pronunciation	<i>Geh Ree</i> <i>Geh Ree</i>	
Kanji Character(s)	蹴 or 蹴り	“Kick(s)” “Kicking”
Original Meaning(s) of the Kanji Characters	<i>To Kick</i>	

Japanese Term	<b>Mae Geri</b>	
Pronunciation	<i>Mah Eh</i> <i>Geh Ree</i>	
Kanji Character(s)	前 蹴り	“Front Kick”  (Toes are pointed up and the ball of the foot is used as the contact point)
Original Meaning(s) of the Kanji Characters	<i>Front, Forward</i> <i>To Kick</i>	

Japanese Term	<b>Gedan Geri</b>	
Pronunciation	<i>Geh Dahn</i> <i>Geh Ree</i>	
Kanji Character(s)	下段 蹴り	“Groin Kick”  (NOTE: Also referred as “Kin Geri” or “Kogen Geri”. The foot and the toes are pointed straight to the ground as the knee and leg are brought up for the kick.)
Original Meaning(s) of the Kanji Characters	<i>Lower, Groin-Level</i> <i>To Kick</i>	

Japanese Term	<b>Soto Geri</b>	
Pronunciation	<i>Soh Toh</i> <i>Geh Ree</i>	
Kanji Character(s)	外 蹴り	“Outside Kick” “Outer Reap Kick”
Original Meaning(s) of the Kanji Characters	<i>Outer, Outside</i> <i>To Kick</i>	

Japanese Term	<b>Yoko Geri</b>	
Pronunciation	<i>Yoh Koh</i> <i>Geh Ree</i>	
Kanji Character(s)	横 蹴り	“Side Snap Kick”
Original Meaning(s) of the Kanji Characters	<i>Side, Sideways</i> <i>To Kick</i>	

Names of Kicks Used in Gōjūryū Karate ( *Continued* )

Japanese Term	<b>Mawashi Geri</b>	
Pronunciation	<i>Mah Wah Shee</i> <i>Geh Ree</i>	
Kanji Character(s)	回し蹴り	“Roundhouse Kick” or “Crescent Kick”
Original Meaning(s) of the Kanji Characters	<i>To Rotate, Go Around</i> <i>To Kick</i>	

Japanese Term	<b>Kansetsu Geri</b>	
Pronunciation	<i>Kahn Seh Tsoo</i> <i>Geh Ree</i>	
Kanji Character(s)	関節蹴り	“Stomping (Knee) Joint Kick”
Original Meaning(s) of the Kanji Characters	<i>Joint (like the knee, elbow, etc.)</i> <i>To Kick</i>	

Japanese Term	<b>Sokutō Geri</b>	
Pronunciation	<i>Soh Koo Toh</i> <i>Geh Ree</i>	
Kanji Character(s)	足刀蹴り	“Blade Edge Kick”  <i>(The snap kick that strikes with the outer edge of the foot )</i>
Original Meaning(s) of the Kanji Characters	<i>Foot Blade The Outer Edge of the Foot</i> <i>To Kick</i>	

Japanese Term	<b>Ushiro Geri</b>	
Pronunciation	<i>Oo Shee Roh</i> <i>Geh Ree</i>	
Kanji Character(s)	後ろ蹴り	“Back Kick” “Backward Kick”
Original Meaning(s) of the Kanji Characters	<i>Back, Backward, Behind</i> <i>To Kick</i>	

## Names of Kata Used in Gōjūryū Karate

Japanese Term	Kata	
Pronunciation	<i>KahTah</i>	
Kanji Character(s)	型	
Original Meaning(s) of the Kanji Characters	<p><i>Set Form or Format, Set Pattern, Particular Style, Model, Type</i></p> <p><b>NOTE:</b> It is interesting to know that the upper portion of the character ( 刑 or Kei ) means "punishment". As it is placed over the other character for "ground", "earth" or "Soil" ( 土 or Doh ), this combined meaning connotes an image of strictly imposed standards, physically demanding practice, or physically punishing routines performed outside on the ground.</p>	<p>"A set pattern or sequence of defensive and offensive movements and techniques, performed alone against imaginary opponents"</p>

Japanese Term	Tai	Kyoku	ENGLISH TRANSLATION(S)
Pronunciation	<i>Tie</i>	<i>Kyoh Kuu</i>	
Kanji Character(s)	太	極	<p>"First Course" "Beginner Series" "Main Grounding" "Maximum" "The Absolute" "The Great Supporting Pillar"</p>
Original Meaning(s) of the Kanji Characters	<p>(From the "Tai" character in "Tai Chi Chuan")</p> <p><i>Large, Big, Fat, Noble, Burly, Deep, Thick, Great, Grand, Primary, Upper (First)</i></p>	<p><i>The Poles, Polar, Polarity, Highest Rank, Extremity, Reach an Extreme, The Acme or Height (of Something), Exceedingly, Very</i></p>	

Japanese Term	Geki	Sai	ENGLISH TRANSLATION(S)
Pronunciation	<i>Geh Kee</i>	<i>Sigh</i>	
Kanji Character(s)	撃	碎	<p>"To Attack &amp; Destroy" "Smash and Crash"</p>
Original Meaning(s) of the Kanji Characters	<p><i>Attack, Defeat, Conquer, Destroy</i></p>	<p><i>Break, Smash, Crush, Pulverize, Crumble</i></p>	<p>( The Gekisai katas are geared to destroying the attacker's body. )</p>

## Names of Kata Used in Gōjūryū Karate (Continued)

Japanese Term	Sai	Fa	ENGLISH TRANSLATION(S)
Pronunciation	<i>Sigh</i>	<i>Fah</i>	
Kanji Character(s)	碎	破	“To Smash and Tear to Pieces”  (The first of the classical combative Kata. Kanryo Higaonna Sensei was taught this Kata, along with the other Kata of Goju-Ryu, while he studied in China)
Original Meaning(s) of the Kanji Characters	<i>Break, Smash, Crush, Pulverize, Crumble</i>	<i>Tear, Rip, Rend, Frustrate, Defeat, Crush, Destroy, Burst, Rupture, Breakdown, Wear Out.</i>	

Japanese Term	San	Chin	ENGLISH TRANSLATION(S)
Pronunciation	<i>Sahn</i>	<i>Cheen</i>	
Kanji Character(s)	三	戦	“(The) Three Battles”  (Sanchin is seen as the corner stone of Gōjūryū Karate, representing a quest of mastery over Mind, Body and Spirit [thus the “three battles”]. Sanchin requires control of both internal and external mechanisms, breath control, muscle control, etc.)
Original Meaning(s) of the Kanji Characters	<i>Three</i>	<i>Battle or Conflict</i>	

Japanese Term	Sei	Yun	Chin	
Pronunciation	<i>Say</i>	<i>Yoon</i>	<i>Cheen</i>	
Kanji Character(s)	制	引	戦	“Control, Suppress and Pull”  “Grasping, Pulling and Unbalancing”
Original Meaning(s) of the Kanji Characters	<i>Control, Regulation, Suppress, Restrain, Hold Back, Limit</i>	<i>Pull, Draw, Tug, Haul, Jerk, Drag, Bend, Catch</i>	<i>Battle or Conflict</i>	(The name Seiyunchin implies the use of techniques to off balance, throw and grapple. Seiyunchin contains close-quartered striking, sweeps, take-downs and throws, but no kicking techniques.)

## Names of Kata Used in Gōjūryū Karate (Continued)

Japanese Term	Shi	So	Chin	
Pronunciation	<i>Shee</i>	<i>Soh</i>	<i>Cheen</i>	
Kanji Character(s)	四	向	戦	<p>“Four Directions of Conflict”</p> <p>“To Destroy in Four Directions”</p> <p><i>(Shisochin means "battle in four directions". It is of Chinese origin, taught to Kanryo Higaonna by RyuRyuko in China. It employs joint locking and close-quarter fighting. Favored by Miyagi Sensei in his later years, Shisochin also translates as "Four Gates of Conflict". The idea of four directions can come from the performance of the four shotei in four directions. It can also represent the four elements represented in Chinese medicine (Acupuncture is one) of Wood, Fire, Metal and Water with man representing Earth. .)</i></p>
Original Meaning(s) of the Kanji Characters	<i>Four</i>	<i>Direction</i>	<i>Battle or Conflict</i>	

Japanese Term	San Se Ru	
Pronunciation	<i>Sahn Sheh Roo</i>	
Kanji Character(s)	三十六	<p>(Literally) “Thirty Six” “(The) 36 Hands or Movements”</p> <p><i>(This kata employs many entry, joint attacks and defenses against kicking. An explanation of this and the other numerically named Kata is that they refer to a systematic method and understanding of certain groupings of vital acupressure points.</i></p> <p><i>It is this science that the martial arts was based upon and developed. Feng Yiquan, who lived during the Ming Dynasty (1522-1567) developed this particular method of using variations of "36" forbidden points to defeat his opponents.)</i></p>
Original Meaning(s) of the Kanji Characters	<p><i>Three Ten Six = Thirty Six (36)</i></p> <p><i>(Note: The pronunciation “Sanseru” is actually closer to the original Chinese language pronunciation than Japanese. In Japanese, this would normally be pronounced as “Sanjyuroku”)</i></p>	

Japanese Term	Se Pai	
Pronunciation	<i>Seh Pie</i>	
Kanji Character(s)	十八	<p>(Literally) “Eighteen” “(The) 18 Hands or Movements”</p> <p><i>(This kata uses many movements that require coordination between the hips and hands, with many varied techniques.)</i></p>
Original Meaning(s) of the Kanji Characters	<p><i>Ten Eight = Eighteen (18) (Note: The pronunciation “Sepai” is actually closer to the original Chinese language pronunciation than Japanese. In Japanese, this would normally be pronounced as “Jyuhachi”)</i></p>	

## Names of Kata Used in Gōjūryū Karate (Continued)

Japanese Term	<b>Ku</b>	<b>Ru</b>	<b>Run</b>	<b>Fa</b>	
Pronunciation	<i>Koo</i>	<i>Roo</i>	<i>Roon</i>	<i>Fah</i>	
Kanji Character(s)	久	留	頃	破	<p>“Holding on Long and Striking Suddenly”</p> <p>“Holding Your Ground”</p>
Original Meaning(s) of the Kanji Characters	Long	Hold, remain, stay behind, detain	Sudden, Abrupt	<p>Tear, Rip, Rend, Frustrate, Defeat, Crush, Destroy, Burst, Rupture, Breakdown, Wear Out.</p> <p><i>(This kata employs a great deal of neko-ashi movements and close-quarter evasive fighting techniques. Kururunfa epitomizes the ideals of Go-"hard" and Ju-"soft". Stance transitions are quick and explosive while the hands techniques are employed using "muchimi" or a heavy, sticky movement. The 4 kanji for "Kururunfa" suggest a strategy of a reception to an attack, a sense of "sucking" the attack in, perhaps to invite an over-extension of the attack, and then suddenly and abruptly, with devastating effect, destroy the opponent with your own counter strike.)</i></p>	

Japanese Term	<b>Sei San</b>	
Pronunciation	<i>Say Sahn</i>	
Kanji Character(s)	十三	<p>(Literally) “Thirteen” “(The) 13 Hands or Movements”</p>
Original Meaning(s) of the Kanji Characters	<p><i>Ten Three = Thirteen (13) (Note: The pronunciation “Seisan” is actually closer to the original Chinese language pronunciation than Japanese. In Japanese, this would normally be pronounced as “Jyusan”)</i></p>	<p>(Seisan is believed to be the oldest of all Okinawan Goju-Ryu Kata, and demonstrates the difference between Go (Hard) and Ju (Soft).)</p>

Japanese Term	<b>Su</b>	<b>Pa</b>	<b>Rin</b>	<b>Pei</b>	
Pronunciation	<i>Suu</i>	<i>Pah</i>	<i>Reen</i>	<i>Pay</i>	
Kanji Character(s)	壹	百	零	八	<p>“108 Hands or Movements”</p>
Original Meaning(s) of the Kanji Characters	One	Hundred	Fog	Eight (8)	<p><i>(The most advanced kata in Gōjūryū Karate, it contains the greatest number of intricate techniques and variations. It is also known by the older name of “Pitchuririn”.)</i></p>

*Again, Chinese-style pronunciation of the characters is used here, rather than the Japanese pronunciation*

## Names of Kata Used in Gōjūryū Karate (Continued)

Japanese Term	<b>Ten</b>	<b>Sho</b>	
Pronunciation	<i>Tehn</i>	<i>Sho</i>	
Kanji Character(s)	転	掌	<p>“Turning Palms” “Rotating Palms”</p> <p><i>(The second "heishu" kata in Goju-Ryu, Tensho is derived from the Chinese form "Rokkishu". Unlike Sanchin, which is almost identical to its Chinese counterpart, Tensho is uniquely Okinawan. From his understanding of the Kata of Goju-Ryu and the "nature of man", Miyagi Sensei developed Tensho to further complete his Goju-Ryu system where Sanchin left off. Tensho has many of the same principles of Sanchin but goes further to include more intricate concepts of the techniques of Goju-Ryu.)</i></p>
Original Meaning(s) of the Kanji Characters	<p><i>Rotate, Turn, Remove, Change, Roll Over, Shift, Transfer</i></p>	<p><i>Palm of the Hand, Hollow of the Hand, to Rule, to Administer, to Conduct</i></p>	

## Miscellaneous Terms

Japanese Term	<b>Ji Yū</b>	<b>Kumi</b>	<b>Te</b>	<b>ENGLISH TRANSLATION(S)</b>
Pronunciation	<i>Jee Yuu</i>	<i>Koo Mee</i>	<i>Teh</i>	
Character(s) Kanji	自 由	組	手	<p>“Freestyle Sparring”</p> <p>“Freestyle Fighting”</p>
Original Meaning(s) of the Kanji Characters	<p><i>Oneself; Means; Itself Way; Intent Freedom, Liberty</i></p>	<p><i>To Cross, Unite with, Grapple with, Braid Together</i></p>	<p><i>Hand or Hands</i></p>	

Japanese Term	<b>Yakusoku</b>	<b>Kumi</b>	<b>Te</b>	<b>ENGLISH TRANSLATION(S)</b>
Pronunciation	<i>YahKoo SohKoo</i>	<i>Koo Mee</i>	<i>Teh</i>	
Character(s) Kanji	約束	組	手	<p>“Pre-Arranged Sparring”</p>
Original Meaning(s) of the Kanji Characters	<p><i>Promise; Agreement</i></p>	<p><i>To Cross, Unite with, Grapple with, Braid Together</i></p>	<p><i>Hand or Hands</i></p>	

## Miscellaneous Terms ( Continued )

Japanese Term	<b>Taoshi</b>	<b>Waza</b>	
Pronunciation	<i>Tah Oh Shee</i>	<i>Wah Zah</i>	
Character(s) Kanji	倒し	技	“Take-Down Techniques”
Original Meaning(s) of the Kanji Characters	<i>Fall, Collapse, Drop, Succumb, Bring down, Throw down, Knock down, Trip up, Defeat, Overthrow</i>	<i>Technique, Craft, Ability, Feat, Skill, Performance</i>	

Japanese Term	<b>Nage</b>	<b>Waza</b>	
Pronunciation	<i>Nah Geh</i>	<i>Wah Zah</i>	
Character(s) Kanji	投げ	技	“Throwing Techniques”
Original Meaning(s) of the Kanji Characters	<i>Throw, Pitch, Heave, Toss, Hurl, Throw Away,</i>	<i>Technique, Craft, Ability, Feat, Skill, Performance</i>	

Japanese Term	<b>Ne</b>	<b>Waza</b>	
Pronunciation	<i>Neh</i>	<i>Wah Zah</i>	
Character(s) Kanji	寝	技	“Ground Techniques”
Original Meaning(s) of the Kanji Characters	<i>Lying Down, Prostrated, Sprawl, Sleeping</i>	<i>Technique, Craft, Ability, Feat, Skill, Performance</i>	

Japanese Term	<b>Gyaku</b>	<b>Waza</b>	
Pronunciation	<i>GeeYahKoo</i>	<i>Wah Zah</i>	
Character(s) Kanji	逆	技	“Reversal Techniques”  “Reversing Techniques”
Original Meaning(s) of the Kanji Characters	<i>Reverse, Inverse, Opposite, Traitorous, Act Contrary to Contrariwise, Visa-Versa</i>	<i>Technique, Craft, Ability, Feat, Skill, Performance</i>	

## Miscellaneous Terms ( Continued )

Japanese Term	<b>Kokyū</b>	<b>Hō</b>	
Pronunciation	<i>Koh</i> <i>KeeYuu</i>	<i>Hoh</i>	
Character(s) Kanji	呼吸	法	
Original Meaning(s) of the Kanji Characters	<i>Breathe/Breathing, Respiration</i>	<i>Method, Law, Rule, Principle, Technique</i>	“Methods of Breathing”

Japanese Term	<b>Heikō</b> (or) <b>Kinkō</b>	ENGLISH TRANSLATION(S)
Pronunciation	<i>Hay</i> <i>Koh</i> <i>Keen</i> <i>Koh</i>	
Character(s) Kanji	平衡    (or)    均衡	
Original Meaning(s) of the Kanji Characters	<i>Level,      Scale, Peaceful    Measuring Rod</i> <i>To Level,      Scale, To Average    Measuring Rod</i>	“Balance”
	<i>Either Term Means: Balance or Equilibrium</i>	

Japanese Term	<b>Bu</b>	<b>Shi</b>	<b>Dō</b>	ENGLISH TRANSLATION(S)
Pronunciation	<i>Boo</i>	<i>Shee</i>	<i>Doh</i>	
Character(s) Kanji	武	士	道	
Original Meaning(s) of the Kanji Characters	<i>Military Arts, Chivalry, Military Power, Military Glory</i>	<i>Samurai, Man, Gentleman, Scholar</i>	<i>Way, Path, Road, Journey, Teachings, Course, Duty, Morality</i>	“The Way of the Warrior”  “The Warrior’s Way”  “The Samurai Code of Chivalry”

Japanese Term	<b>Hisshō</b>	
Pronunciation	<i>Hees</i> <i>Shoh</i>	
Character(s) Kanji	必 勝	
Original Meaning(s) of the Kanji Characters	<i>Certainly, Positively, Invariably</i> <i>Win, Victory Prevail, Surpass</i>	“Certain Victory”  “Certain Success”

## Miscellaneous Terms ( Continued )

Japanese Term	<b>Yoke</b>	
Pronunciation	<i>Yoh Keh</i>	
Character(s) Kanji	避け	“(a) Dodge”
Original Meaning(s) of the Kanji Characters	<i>Avoid, Avert, Keep Aloof From, Stay Away From, Evade, Shirk, Shun</i>	“Evade”

Japanese Term	<b>Aite</b>	
Pronunciation	<i>Eye Teh</i>	
Character(s) Kanji	相手	“(Your) Opponent/Adversary”
Original Meaning(s) of the Kanji Characters	<i>Each Other, Hand(s) Fellow, Together</i>	“The Other Party” “(One’s) Partner/Companion”

Japanese Term	<b>Shime</b>	
Pronunciation	<i>Shee Meh</i>	
Character(s) Kanji	絞め	“(a) Choke (hold)”
Original Meaning(s) of the Kanji Characters	<i>Strangle, Constrict, Wring, Squeeze, Close Tight</i>	“Shimeru = (to) Choke (Someone)”

Japanese Term	<b>Mamori</b>	
Pronunciation	<i>Mah Moh Ree</i>	
Character(s) Kanji	守り	“(a) Defense”
Original Meaning(s) of the Kanji Characters	<i>Protect, Guard, Defense</i>	“(one’s) Guard” “Mamoru = (to) Defend (Yourself)”

## Miscellaneous Terms ( Continued )

Japanese Term	<b>Teki</b>	
Pronunciation	<i>Teh Kee</i>	
Character(s) Kanji	敵	“(one’s) Enemy”
Original Meaning(s) of the Kanji Characters	<i>Enem.; Rival, Opponent</i>	

Japanese Term	<b>Tatakai</b>	
Pronunciation	<i>Tah Tah Kah Ee</i>	
Character(s) Kanji	戦 い	“(a) Fight”
Original Meaning(s) of the Kanji Characters	<i>Battle, Struggle, Fight, Skirmish</i>	

Japanese Term	<b>Kumiuchi</b>	
Pronunciation	<i>Koo Mee Uu Chee</i>	
Character(s) Kanji	組み討ち	“Grappling”
Original Meaning(s) of the Kanji Characters	<i>Grapple or Struggle (with)</i>	

Japanese Term	<b>Osaekomi</b>	
Pronunciation	<i>Oh Sah Eh Koh Mee</i>	
Character(s) Kanji	押さえ込み	“(a) Hold (as in wrestling, etc.)”  “Osaekomu = (to) Hold”
Original Meaning(s) of the Kanji Characters	<i>Press Down, Hold Down Suppress</i> <i>Into, Towards, Load</i>	

## Miscellaneous Terms ( Continued )

Japanese Term	<b>Makiwara</b>		
Pronunciation	<i>Mah Kee</i>	<i>Wah Rah</i>	
Character(s) Kanji	卷 藁		“(a) Punching Board” (Literally, “a
Original Meaning(s) of the Kanji Characters	<i>Roll up , Wind up, Bind Up, A Roll, A Bundle</i>	<i>Straw</i>	Bundle of Tightly Packed Straw” used as a target for striking practice)

Japanese Term	<b>Mushin</b>		
Pronunciation	<i>Muu</i>	<i>Sheen</i>	
Character(s) Kanji	無 心		“(having) No Thought”
Original Meaning(s) of the Kanji Characters	<i>None Absence (of)</i>	<i>Heart, Mind</i>	“(having) No Emotion”

Japanese Term	<b>Kamiza</b>		
Pronunciation	<i>Kah Mee</i>	<i>Zah</i>	
Character(s) Kanji	上 座		“The Seat of Honor”
Original Meaning(s) of the Kanji Characters	<i>Upper Superior Top Highest</i>	<i>Seat</i>	<i>The Kamiza is found at the head of the mat or workout area. The Kamiza can be as simple as a picture the founders (Such as Higaonna Sensei, Miyagi Sensei, Yamaguchi Sensei, etc.), or it can be an elaborate shrine. The Kamiza is not merely a decoration. It is a gentle reminder of the source of our art. When a Karateka is at the dojo there are several times when he or she will face the Kamiza and bow. The bow is a sign of respect to the Founders, and to thank them for what they have passed down to us. The Karateka will bow to the Kamiza when entering the dojo, when stepping onto the mat, at the beginning of class, at the end of class, when stepping off the mat, and when leaving the dojo.</i>

Japanese Term	<b>Shiai</b>		
Pronunciation	<i>Shee</i>	<i>Eye</i>	
Character(s) Kanji	試 合		“Sparring Match”
Original Meaning(s) of the Kanji Characters	<i>Testing, Trial, Ordeal</i>	<i>Meet, Join Together, Match With, Mix, Combine</i>	“Sparring Tournament”
			“Contest” “Game”

## Primary Schools of Japanese Martial Arts

合気道	Aikidō
合気会	Aikikai
昭道館	Shōdōkan
富木流	Tomiki-ryu
養神館	Yōshinkan
合気柔術、合気武術	Aikijūjutsu, Aikibujutsu
大東流	Daitō-ryu
居合道	Iaidō
柔道	Jūdō
講道館	Kōdōkan
柔術	Jūjutsu
双水執流	Sōsuishitsu-ryu
発光流	Hakkō-ryu
古武術	Kobujutsu
空手道	<b>Karatedō</b>
剛柔流	Gōjū-ryu
一心流	Isshin-ryu
極真会	Kyokushinkai
誠道会	Seidōkai
糸東流	Shitō-ryu
尚礼館	Shōreikan
少林寺流	Shōrinji-ryu
松濤館	Shotokan
上地流	Uechi-ryu
和道流	Wadō-ryu
剣道	Kendō
真剣道	Shingendō
拳法	Kenpō
少林寺	Shōrinji
弓道	Kyūdō
薙刀道	Naginatadō
忍術、忍法、体術	Ninjutsu, Ninpō, Taijutsu
武神館	Bujinkan
玄武館	Genbukan
自然館	Jinenkan
忍柔会	Ninjuukai
伊賀流	Iga-ryu
流鏑馬	Yabusame