

BASIC TERMINOLOGY

DACHI	STANCES
TSUKI	PUNCHES
UCHI	STRIKES
UKE	BLOCKS
GERI	KICKS
JODAN	UPPER LEVEL
CHUDAN	MIDDLE LEVEL
GEDAN	LOWER LEVEL

STANCES (DACHI)

HEISOKU DACHI	FEET TOGETHER
MUSUBI DACHI	90 DEGREES
HEIKO DACHI	FEET PARALLEL
HACHIJI DACHI	FEET OPEN, SHOULDER WIDTH APART
SANCHIN/KIHON DACHI	BASIC/HOURGLASS STANCE
SHIKO DACHI	SQUARE OR HORSE
ZENKUTSU DACHI	LONG FRONT STANCE
NEKO ASHI DACHI	CAT STANCE
RENOJI DACHI	V- STANCE

PUNCHES

(TSUKI)

JODAN TSUKI	HEAD PUNCH
CHUDAN TSUKI	MIDDLE PUNCH
GEDAN TSUKI	DOWN PUNCH
AGE TSUKI	UPPERCUT OR RISING PUNCH
ATEMI TSUKI	PALM UP PUNCH
MOROTE TSUKI	DOUBLE PUNCH
MAWASHI TSUKI	CIRCULAR PUNCH
GYAKU TSUKI	REVERSE PUNCH (e.g. left foot, right punch)

STRIKES

(UCHI)

(1 of 2)

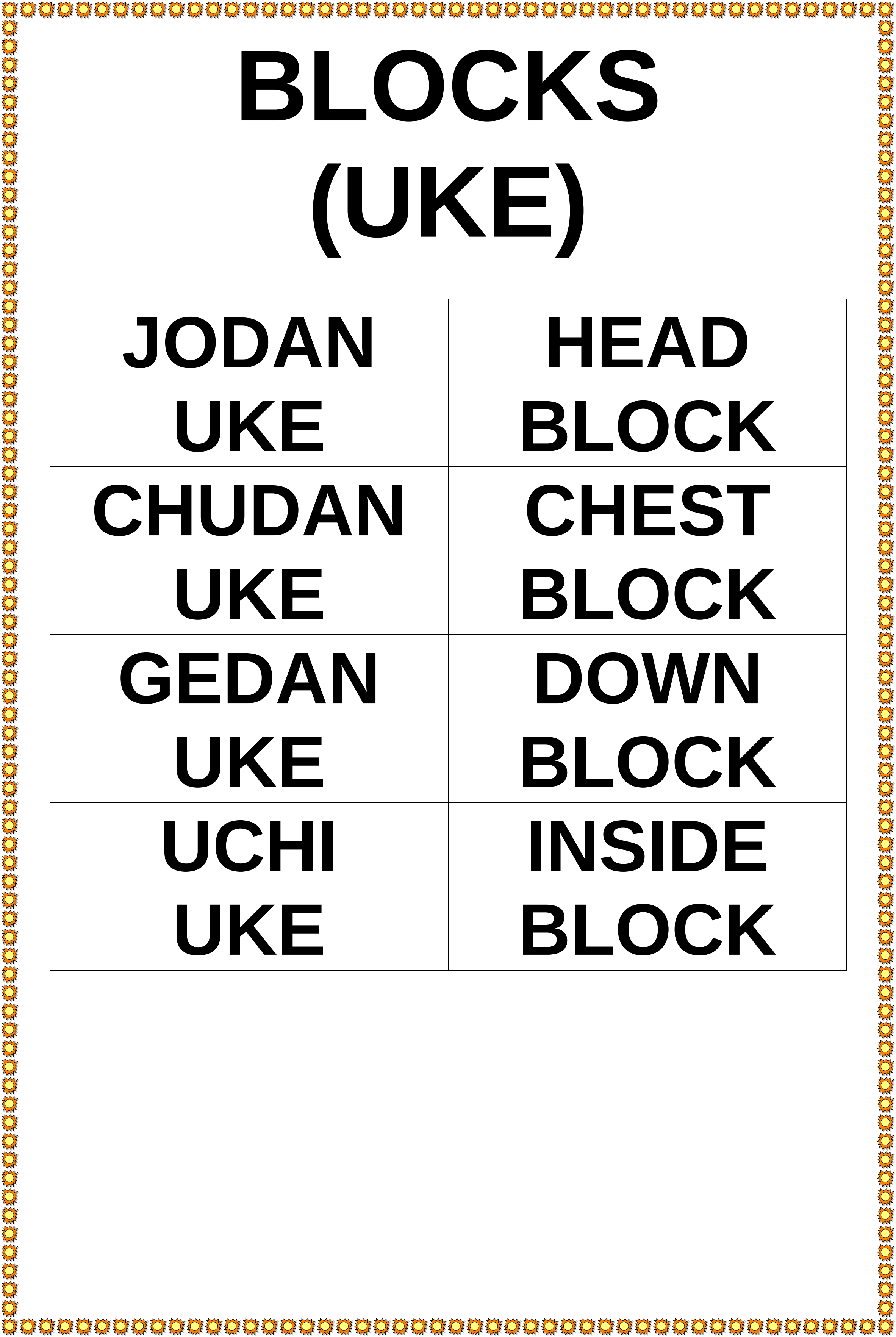
HIJI UCHI	ELBOW STRIKE
HIZA UCHI/GERI	KNEE STRIKE
URAKEN UCHI	BACK FIST STRIKE
KENTSUI UCHI	HAMMER STRIKE
HAITO UCHI	RIDGE HAND STRIKE
SHUTO UCHI	KNIFE-HAND OR CHOP

STRIKES

(UCHI)

(2 of 2)

KEIKOKEN UCHI	INDEX/FIRST FINGER KNUCKLE STRIKE
CHUKOKEN UCHI	MIDDLE FINGER KNUCKLE STRIKE
HIRAKEN UCHI	FOUR KNUCKLE STRIKE



BLOCKS

(UKE)

JODAN UKE	HEAD BLOCK
CHUDAN UKE	CHEST BLOCK
GEDAN UKE	DOWN BLOCK
UCHI UKE	INSIDE BLOCK

KICKS

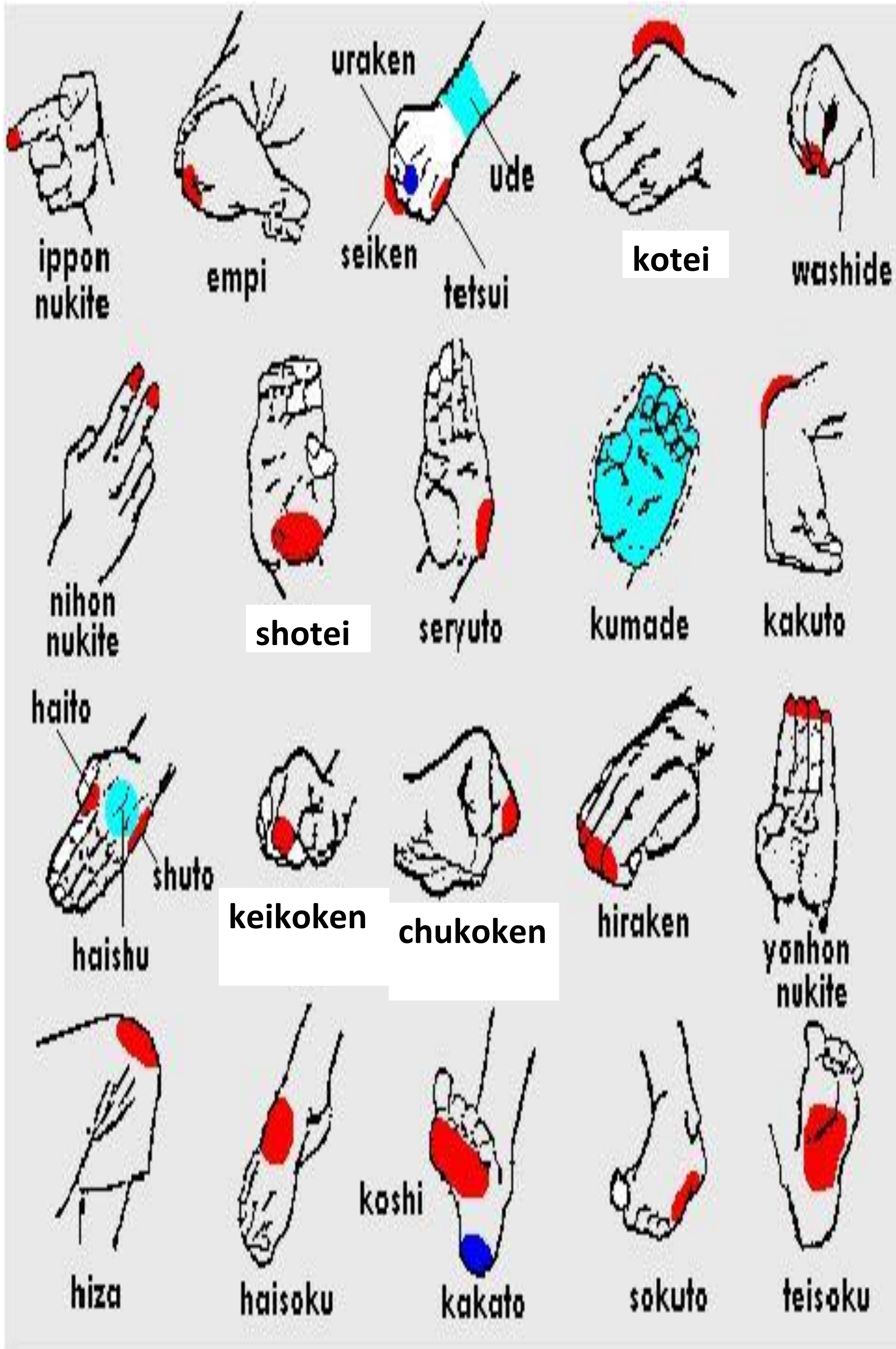
(GERI)

MAE GERI	FRONT KICK
KIN GERI	SNAP KICK
YOKO GERI	SIDE KICK
SOKUTO GERI	EDGE OF FOOT KICK TO KNEE OR FOOT
MAWASHI GERI	ROUNDHOUSE KICK
USHIRO GERI	BACK KICK WITH HEEL
KAKATO GERI	HEEL KICK

VARIOUS

SHOREI-KAN	THE HOUSE OF POLITENESS AND RESPECT
KAN	HOUSE
KAI	ASSOCIATION
KIAI	SHOUT OF SPIRIT
GOJU RYU	HARD SOFT STYLE
MOROTE	DOUBLE
SURIASHI	SLIDE STEP
HIDARI	LEFT
MIGI	RIGHT
WAZA	TECHNIQUE
MAWASHI	ROTATING
HIKI	OPEN
AGE	RISING OR UPWARD

STRIKING SURFACES





COUNTING

1	ICHI
2	NI
3	SAN
4	SHI/YON
5	GO
6	ROKU
7	SEICHI/NANA
8	HACHI
9	KU
10	JU

KATA

(1 of 2)

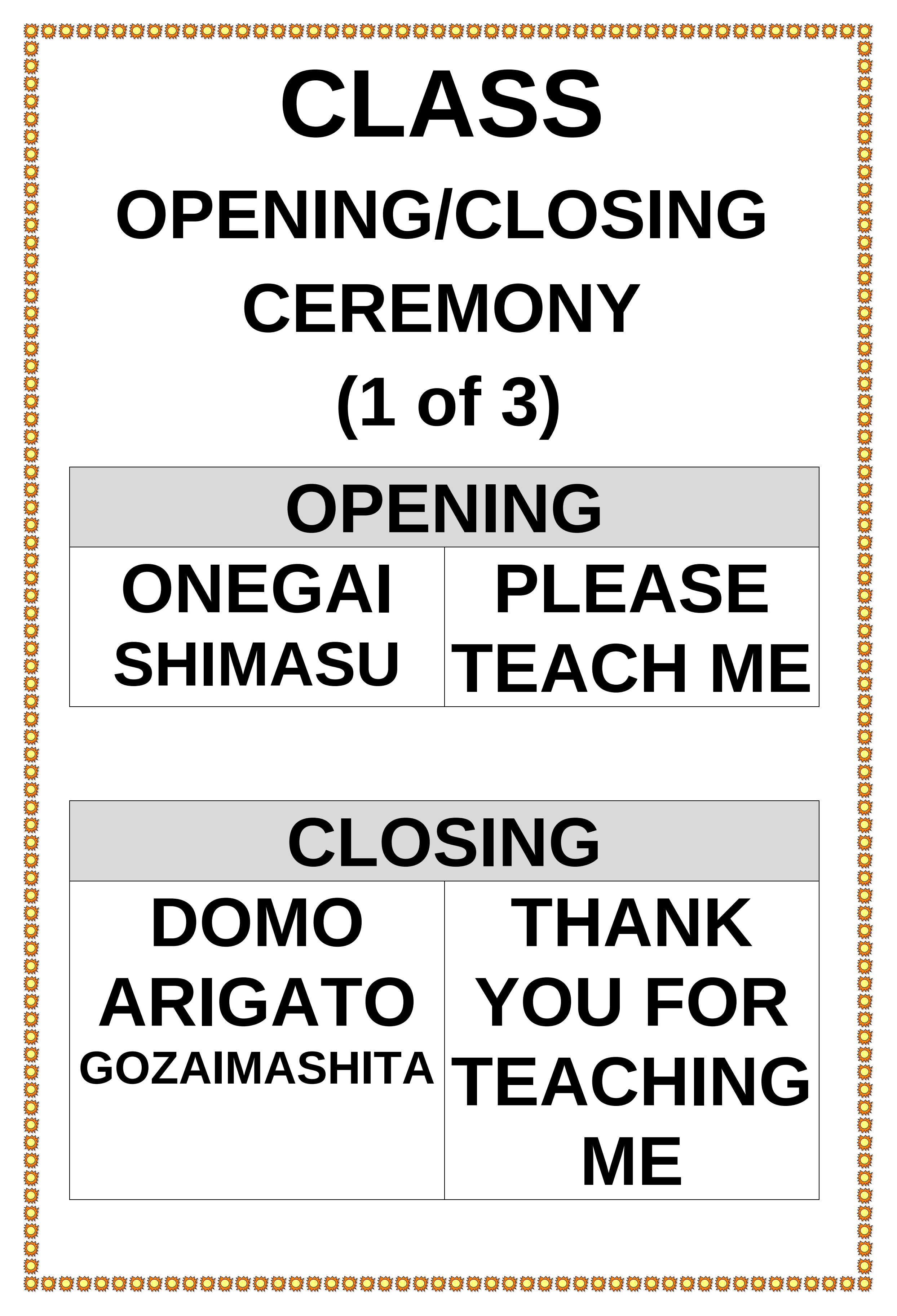
BEGINNING

1	KOITSUKE	ATTENTION
2	REI	BOW
3	ANNOUNCE KATA	
4	YOI	HANDS IN FRONT
5	KAMAE	HANDS TO THE SIDE
6	KAMAE TE	SANCHIN DACHI
7	HAJIME	BEGIN

KATA

(2 of 2)

END		
1	NAORE	FINISH
2	SEITOM	RETURN TO STARTING POSITION
3	REI	BOW
4	YASUME	ASSUME HACHIJI DACHI (FEET APART WITH HANDS BEHIND BACK)



CLASS

OPENING/CLOSING

CEREMONY

(1 of 3)

OPENING

**ONEGAI
SHIMASU**

**PLEASE
TEACH ME**

CLOSING

**DOMO
ARIGATO
GOZAIMASHITA**

**THANK
YOU FOR
TEACHING
ME**

CLASS

OPENING/CLOSING

CEREMONY

(2 of 3)

1	SHUGO	ATTENTION
2	YASUME	HACHIJI DACHI STANCE
3	KIOTSUKE	MUSUBI DACHI STANCE
4	SEIZA	KNEEL
5	MOKUSO	CLOSE EYES MEDITATION
6	MOKUSO YAME	OPEN EYES
7	SHOMEN NI.... REI	BOW TO FRONT



CLASS

OPENING/CLOSING

CEREMONY

(3 of 3)

8	SHIHAN NI.... REI	BOW TO SHIHAN(S)
9	SENSEI NI ... REI	BOW TO SENSEIS
1 0	SHIDOIN NI.... REI	TURN TO LEFT AND BOW TO INSTRUCTORS
1 1	OTAGAI NI.... REI	TURN TOWARDS MIDDLE (where Chief Instructor is) AND BOW TO STUDENTS
1 2	SHOMEN	FACE FRONT