



SHOREI-KAI CANADA GLOSSARY OF WORDS AND INSTRUCTIONS



DOJO ETIQUETTE

- Bow to the front before entering and when leaving dojo.
- Leave your shoes against the wall pointing in, in neat rows.
- No jewelry to be worn on dojo floor.
- No Gum or food on Dojo floor.
- Never lean on walls and never point you legs in front of you when sitting
- Bow to the Black belts when first entering and when leaving.
- Introduce yourself to new black belts.
- Practice your subjects until class is called, No rough play.

BEGINNING AND ENDING

BEGINNING -Onegai shimansu (please teach me)

ENDING - Domo arigato gozaimasu (Thank you very much)

SHUGO.....	Line Up
YASUME.....	Relaxed Position
KIOTSUKE.....	Attention Position
SEIZA.....	Kneeling Position
MOKUSO.....	Meditation
YAME.....	Stop
MOKUSO YAME.....	Meditation Finish
SHOMEN NI REI.....	Bow to the Front
SHIHAN NI REI.....	Bow to the Shihan(s) <i>If Present</i>
SHIHAN DAI NI RE.....	Bow to the Shihan Dai (s) <i>If Present</i>
SENSEI NI REI.....	Bow to Your Sensei
SHIDOI NI REI.....	Bow to the Instructors
OTAGAI NI REI.....	Bow to each other

COUNTING

ICHI.....	ONE	ROKU.....	SIX
NI.....	TWO	SEICHI / NANA.....	SEVEN
SAN.....	THREE	HACHI.....	EIGHT
SHI / YON.....	FOUR	KU.....	NINE
GO.....	FIVE	JU.....	TEN

BEGINNING OF KATA

KOITSUKE.....	Attention
REI.....	Bow
YOI.....	Hands In Front Of Groin
KAMAI.....	Ready Position
KAMAI TE.....	On Guard Position
HAJIME.....	Begin

END OF KATA

NAREI.....	Finish
SEITOM.....	Return To Original Space
REI.....	Bow
YASUME.....	Relaxed Position

STANCES BLOCKS AND STRIKES

JODAN UKE.....	HEAD BLOCK
CHUDAN UKE.....	CHEST BLOCK
GEDAN UKE.....	DOWN BLOCK
JODAN TSUKE.....	HEAD PUNCH
CHUDAN TSUKE.....	CHEST PUNCH
GEDAN TSUKE.....	DOWN PUNCH
KIHON DACHIF.....	BASIC STANCE
ZENKUTSU DACHI.....	LONG STANCE
SHIKO DACHI.....	HORSE STANCE
NEKO ASHI DACHI.....	CAT STANCE
MAI GERI.....	FRONT KICK
KIN GERI.....	SNAP KICK
SOKUTO GERI.....	SIDE KICK TO THE KNEE
YOKO GERI.....	SIDE KICK TO THE WAIST
HIZA GERI.....	KNEE STRIKE
EMPI.....	ELBOW STRIKE
SHUTO.....	CHOP
URAKEN.....	BACK FIST STRIKE
TETSUI.....	HAMMER STRIKE
AGE TSUKI.....	UPPERCUT
ATEMI.....	LIKE UPPERCUT BUT
.....	STRAIGHT OUT TO STOMACH

GENERAL

KATA

A series of techniques put together for ones own practice.

KUMITE

Sparring (Controlled or not)

KIAI

Shout of Spirit

KAN

House

KAI

Association

DOJO

The way place (Training Hall)

SHOREI-KAN

Literally translates to "The House OF Politeness And Respect"

GOJU RYU

Hard Soft Style

KARATE DO

The way of the empty hand

OKINAWA

An island in the south china seas where karate began as a primitive form of unarmed self defence called Okinawa Te or Okinawa Hand, Approximately. 1000 years ago. Later to be more refined and called Tode or China Hand and then Karate or empty hand.