

Terminology



STANCES	
Musubi-dachi	Informal Attention St.
Heisoku-dachi	Attention Stance
Shizentai	Natural stance
Kiba-dachi	Horse stance
Zenkutsu-dachi	Front stance
Kokustu-dachi	Back stance
Shiko-dachi	Sumo stance
Neko-ashi-dachi	Cat stance
Fudo-dachi	Rooted stance
PUNCHES	
Kizami-zuki	Jab
Gyaku-zuki	Reverse punch
Oi-zuki	Lunge punch
Kagi-zuki	Hook punch
Ren-zuki	Double punch combination
Sambon-zuki	Triple punch combination
BLOCKS	
Gedan-bari	Lower section block/low Bl.
Age-uke	Rising block / High block
Soto-uke	Mid-section block
Uchi-uke	Inside-out block
Shto-uke	Sword-hand block
Nagashi-uke	Brushing block (parry)
KICKS	
Mae-geri	Front kick
Mawashi-geri	Roundhouse kick
Yoko geri - Keage	Side snap kick
Yokogeri - Kekome	Side Thrust Kick
Hiza-geri	Knee strike
Ushiro geri	Back kick
Ushiro-mawashigeri	Spinning Back Kick
Nidan-geri	Double flying kicks
STRIKES	
Uraken	Backfist strike
Kentsui	Hammerfist strike
Shto uchi	Sword-hand strike
Haito	Ridge-hand strike
Empi	Elbow strike
OTHER	
Yoi	Ready (Get ready)
Yame	Stop / Finished
Mokuso	Called when we meditate
Kihon	Basics
Kata	Formal Rituals (Forms)
Kumite	Sparring
Kihon Kumite	Basic Sparring
Jyu ippon Kumite	Semi-free sparring
Jyu kumite	Free sparring
Bunkai	To receive (applications)
Karate-do	The way of the empty hand
Our Karate style	Shotokan

STUDENT CREED

- I am a martial artist
- I intend to, develop myself, mentally and physically, to the highest level, and to avoid, anything, that would reduce, my health or progress
- I will overcome, any challenges, with patience. and self-discipline, and will never give up on my goals
- I am dedicated, I am motivated, I am a martial artist,
I respect all, and... Fear None

DOJO CODE

Dojo Kun

Seek perfection of character - Be faithful
 Endeavor - Respect others
 Refrain from violent behaviour

(Character, Sincerity, Effort, Etiquette, Self-Control)

It's customary to say 'Oss':

- when you greet your peers in class
- when you bow in or bow out of the dojo
- when you are given a command, whether personally or when you are in a group. (e.g. "20 more push ups" ... *OSS!*)

Counting in Japanese

1. Ichi
2. Ni
3. San
4. Shi
5. Go
6. Roku
7. Shichi
8. Hachi
9. Kyu
10. Jyu