

# Karate Terms & Translations

Gō Jū Ryū Kara Te Dō no Sen Mon Yō Go

剛柔流空手道の専門用語

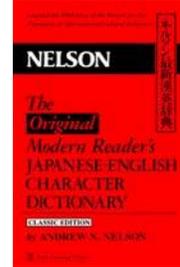


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## Introduction

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 (“ <u>K</u> ah-Rah- <u>T</u> eh” NOT “Kuh-Ra-Tee”) Ichi (“Ee-chee” NOT “It-chi”) <u>U</u> eno (“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 <u>T</u> ed	
<b>O</b> = pronounced “Oh” as in <u>O</u> hi <u>o</u>	
<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	<b>K</b>	Ka	Ki	Ku	Ke	Ko	Kya	Kyu	Kyo	
	<b>S</b>	Sa	Shi	Su	Se	So	Sha	Shu	Sho	
	<b>T</b>	Ta	Chi	Tsu	Te	To	Cha	Chu	Cho	
	<b>N</b>	Na	Ni	Nu	Ne	No	Nya	Nyu	Nyo	
	<b>H</b>	Ha	Hi	Fu	He	Ho	Hya	Hyu	Hyo	
	<b>M</b>	Ma	Mi	Mu	Me	Mo	Mya	Myu	Myo	
	<b>Y</b>	Ya		Yu		Yo				
	<b>R</b>	Ra	Ri	Ru	Re	Ro	Rya	Ryu	Ryo	
	<b>W</b>	Wa				Wo				
	<b>G</b>	Ga	Gi	Gu	Ge	Go	Gya	Gyu	Gyo	
	<b>Z or J</b>	Za	Ji	Zu	Ze	Zo	Ja	Jyu	Jo	
	<b>D or Z</b>	Da	Zi	Dzu	De	Do				
	<b>B</b>	Ba	Bi	Bu	Be	Bo	Bya	Byu	Byo	
	<b>P</b>	Pa	Pi	Pu	Pe	Po	Pya	Pyu	Pyo	
	<b>N</b>	(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	<b>Ka</b>	“Kah” (like the sound of a crow, or corn “Cob”)	<u>K</u> arate or <u>K</u> ake
	<b>Ki</b>	“Kee” (as in the word “key”)	<u>K</u> ihon or <u>Ki</u> -Ai
	<b>Ku</b>	“Koo” (as in the word “cookoo”)	<u>K</u> umite
	<b>Ke</b>	“Keh” (as in the word “kept”)	<u>K</u> en or <u>U</u> ke or <u>K</u> ake
	<b>Ko</b>	“Koh” (as in the word “Cocoa”)	<u>K</u> ohai
	<b>Kya</b>	“Keeyah”	<u>Ky</u> akkō
	<b>Kyu</b>	“Keeyu” (as in the word “Cute”)	<u>Ky</u> ukei
	<b>Kyo</b>	“Keeyoh” (as in the word “Tokyo”)	Tai <u>kyo</u> ku
S-Series	<b>Sa</b>	“Sah” (as in the word “saw”)	<u>S</u> anchin or <u>O</u> sae
	<b>Shi</b>	“Shee” (as in the word “Sheep”)	<u>Shi</u> ko dachi or <u>Shi</u> chi
	<b>Su</b>	“Soo” (as in the girl’s name “Suzie”)	Ebi <u>s</u> u (a place in Tokyo)
	<b>Se</b>	“Seh” (as in the word “Set”)	<u>S</u> eza or <u>S</u> ensei or <u>S</u> empai
	<b>So</b>	“Soh” (as in the word “Sew” or “Sewing”)	Moku <u>s</u> o or Hai <u>s</u> oku
	<b>Sha</b>	“Shaw” (as in the word “Shaman”)	Shori <u>sh</u> a
	<b>Shu</b>	“Shoo” (as in the word “Shoe”)	<u>Sh</u> uto
	<b>Sho</b>	“Shoh” (as in the word “Show”)	Ba <u>sh</u> o or Sho <u>kk</u> en
T-Series	<b>Ta</b>	“Tah” (as in the word “Tick-Tock” or “Talk”)	<u>T</u> ata or O- <u>T</u> agai ni
	<b>Chi</b>	“Chee” (as in “Cheetos” or “Cheese”)	Dachi or Uchi
	<b>Tsu</b>	“Tsoo” (the “TS” sound of “Tse-tse fly”)	Zenkutsu Dachi
	<b>Te</b>	“Teh” (as in “Teddy Bear”)	Karate or Kumite or Nukite
	<b>To</b>	“Toh” (as in “Toad” or “Toe”)	Haito or Kakato or Shuto
	<b>Cha</b>	“Chaw” (as in “Chalk”)	<u>Ch</u> aku
	<b>Chu</b>	“Choo” (as in “Chew” or “Choose”)	<u>Ch</u> udan or Hai <u>ch</u> u
<b>Cho</b>	“Choh” (as in “Chosen” or “Choke”)	<u>Ch</u> otto	

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**Consonant Pronunciation Guide ( Continued )**

Consonant	Pronunciation Guide	Japanese Example	
H-Series	<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
N-Series	<b>Na</b>	“Nah” (as in “ <u>N</u> ominate” or “ <u>N</u> iet <u>N</u> am”)	<u>N</u> ageru
	<b>Ni</b>	“Nee” (as in “ <u>N</u> ee” 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> ya”)	<u>T</u> enya wanya
	<b>Nyu</b>	“NeeYuu” (as in “ <u>N</u> ew”)	<u>N</u> yugakku or <u>G</u> yunyu
	<b>Nyo</b>	“NeeYoh”	<u>N</u> yobo
M-Series	<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> eek”)	<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>D</u> aimyo or <u>M</u> yoban
R-Series	<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>G</u> reed”)	<u>G</u> eri
	<b>Ru</b>	“Roo” (as in “ <u>K</u> angaroo”)	<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>B</u> read”)	<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>B</u> roke”)	<u>U</u> shiro or <u>R</u> oku
	<b>Rya</b>	“ReeYah” (as in “ <u>D</u> iarrhea” )	<u>R</u> yakudatsu
	<b>Ryu</b>	“ReeYuu” (as in <u>R</u> eunion”)	<u>G</u> oju- <u>R</u> yu or <u>R</u> yukyu
	<b>Ryo</b>	“ReeYoh” (as in <u>C</u> urio” or <u>R</u> io De Janeiro)	<u>R</u> yoshin or <u>R</u> yoken
Y-Series	<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>U</u> niverse”)	<u>Y</u> uki
	<b>Yo</b>	“Yoh” (as in “ <u>Y</u> ogurt”)	<u>Y</u> oku
W-Series	<b>Wa</b>	“Wah” (as in “ <u>W</u> atch” or “ <u>W</u> all”)	<u>M</u> awashi-Geri
	<b>Wo</b>	“Woh” (as in “ <u>W</u> oe is Me” or “ <u>W</u> hoa”)	Karate <u>w</u> o manabimasu
G-Series	<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> oof”)	<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	

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**Consonant Pronunciation Guide ( Continued )**

	Consonant	Pronunciation Guide	Japanese Example
Z or J-Series	Za	“Zah” (as in “Zombie”)	Se <u>za</u>
	Ji	“Jee” (as in “Jeep”)	Kan <u>ji</u> or J <u>issai</u>
	Zu	“Zoo” (as in “Zoo” or “Zoom”)	Kanar <u>zu</u> or Z <u>utsu</u>
	Ze	“Zeh” (as in “Zen”)	<u>Zen</u>
	Zo	“Zoh” (as in “Bozo”)	<u>Zosa</u> or <u>Zowai</u>
	Jya (Ja)	“JeeYah” (as in “Jockey” or “John”)	<u>Jyakuten</u> or <u>Jama</u>
	Jyu (Ju)	“JeeYuu” (as in the name “Hugh”)	<u>Judo</u> or <u>Jubun</u> or <u>Gojūryū</u>
	Jyo (Jo)	“JeeYoh” (as in “Joke” “Joan” or “Joe”)	<u>Jodan</u> or <u>Jozu</u>
D or Z - Series	Da	“Dah” (as in “Dominate”)	<u>Damasu</u> or <u>Daraku</u>
	Zi	“Zhee” (as in “Zebra”)	
	Dzu	“D’zoo”	
	De	“Deh” (as in “Destitute”)	<u>Desho</u> or <u>Dento</u>
	Do	“Doh” (as in Homer Simpson’s “Doh!” or “Dough”)	Karate <u>Dō</u> or <u>Dojo</u> or <u>Dōzo</u>
B-Series	Ba	“Bah” (as in Scrooge’s “Bah Humbug” or “Bottom”)	<u>Baka</u> or <u>Basho</u>
	Bi	“Bee” (as in “Bumble Bee” or “Beach”)	<u>Bijin</u> or <u>Bikkuri</u>
	Bu	“Boo” (as in “Boo” or “Boom”)	<u>Budo</u> or <u>Buji</u> or <u>Burei</u>
	Be	“Beh” (as in “Bed” or “Beckon”)	<u>Benkyō</u> or <u>Betsu</u> or <u>Bengoshi</u>
	Bo	“Boh” (as in “Boat” or “Bone”)	<u>Bodai</u> or <u>Sasebo</u> or <u>Bonsai</u>
	Bya	“BeeYah” (as in “Beyond”)	<u>Sanbyaku</u>
	Byu	“BeeYuu” (as in “Beautiful”)	
	Byo	“BeeYoh”	<u>Byōki</u> <u>Byōteki</u> <u>Byōsei</u>
P-Series	Pa	“Pah” (as in “Papa” or “Pajama”)	<u>Chuto-hanpa</u>
	Pi	“Pee” (as in “People” or “Peace”)	<u>Pinto</u>
	Pu	“Poo” (as in “Pool” or “Harpoon”)	<u>Sempuki</u>
	Pe	“Peh” (as in “Pedestrian”)	<u>Peko-peko</u> or <u>Peten</u>
	Po	“Poh” (as in “Postal” or “Pole”)	<u>Sampo</u> or <u>Tampopo</u>
	Pya	“PeeYah”	<u>Happyaku</u>
	Pyu	“PeeYuu” (as in “Pupil” or “Purify”)	
	Pyo	“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	“The Strong and Gentle Way” “The Way of Hard and Soft”
Original Meaning(s) of the Kanji Characters	<i>Strength; Firmness, Rigid, Bravery, Courage, Valor, Hardness, Toughness</i>	<i>Gentleness, Softness, Tender, Graceful, Flexible, Supple</i>	<i>Style, Fashion, School (of Thought), Manner, Way (of Doing), Fashion, Current, Flow</i>	“The Tough but Graceful Style”

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			“Empty Hand” “Open Hand” “Fighting without Weapons”
Original Meaning(s) of the Kanji Characters	道			“The Way (or Path) of the Empty Hand”

Japanese Term	<b>Kata</b>	
Pronunciation	<i>KahTah</i>	
Kanji Character(s)	型	
Original Meaning(s) of the Kanji Characters	<i>Set Form or Format, Set Pattern, Particular Style, Model, Type</i>  <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.	“A set pattern or sequence of defensive and offensive movements and techniques, performed alone against imaginary opponents”

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

## 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”
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>	<i>(Literally: “One who has lived before you”, in other words, “One who has knowledge and experience that you do not yet have.” )</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	<i>Straight, Right, Proper, Correct, Perfectly</i>	<i>Sit Down, Squat, Settle, Seat, Be Stable</i>	

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	<i>Keeping Silence, Saying Nothing</i>	<i>Thought, Idea, Imagination, Consideration</i>	

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	<i>Respectfully Toward Each Other, Mutually to Each Other, Reciprocally</i>	

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

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	<i>Toward or in the direction of the Front (of the Dojo where the Founders Pictures are displayed in the honored stand called the “Kamiza”)</i>	

## 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, 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”
Original Meaning(s) of the Kanji Characters	<i>To Cross, Unite with, Grapple with, Braid Together</i>	<i>Hand or Hands</i>	(Jiyu Kumite = Freestyle Sparring)

## 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”  <i>(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.)</i>
Original Meaning(s) of the Kanji Characters	<i>Outside of, Outward, Away (from)</i>	<i>Stance</i>	

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”  <i>(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.)</i>
Original Meaning(s) of the Kanji Characters	<i>Inside of, Within, Inward, In Toward</i>	<i>Stance</i>	

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”  <i>(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°.)</i>
Original Meaning(s) of the Kanji Characters	<i>Literally “Four Thighs” (In Reference to the Quadriceps Muscles of the Thighs)</i>	<i>Stance</i>	

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”  <i>(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.)</i>
Original Meaning(s) of the Kanji Characters	<i>Three Battles (The Battle of Mastery between the Mind, Body and Spirit)</i>	<i>Stance</i>	

## 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 Dach. 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</i>	<i>Dah Chee</i>
Kanji Character(s)	猫足 立ち	
Original Meaning(s) of the Kanji Characters	<i>Cat Foot</i>	<i>Stance</i>
<p>“(The) Cat Foot Stance”</p> <p>( <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.)</p>		

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

Japanese Term	<b>Ti Ji Dachi</b>	
Pronunciation	<i>Tee Jee</i>	<i>Dah Chee</i>
Kanji Character(s)	T字 立ち	
Original Meaning(s) of the Kanji Characters	<i>T Letter, Character (The Letter T)</i>	<i>Stance</i>
<p>“(The) Inverted ‘T’ Stance”</p> <p>(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]. )</p>		

Japanese Term	<b>Kōsa Dachi</b>	
Pronunciation	<i>Koh Sah</i>	<i>Dah Chee</i>
Kanji Character(s)	交差 立ち	
Original Meaning(s) of the Kanji Characters	<i>Intersection, Crossing</i>	<i>Stance</i>
<p>“(The) Cross-Leg Stance” or “Twist Stance”</p> <p>(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.)</p>		

## Names of Blocks Used in Gōjūryū Karate

Japanese Term	<b>Uke</b>		
Pronunciation	<i>Uu Keh</i>	<i>Uu 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	<b>Uke</b>	<b>Waza</b>	
Pronunciation	<i>Uu Keh</i>	<i>Wah Zah</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	<b>Age</b>	<b>Uke</b>	
Pronunciation	<i>Ah Geh</i>	<i>Uu Keh</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	<b>Jōdan</b>	<b>Uke</b>	
Pronunciation	<i>Joh Dahn</i>	<i>Uu Keh</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 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 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 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 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 Barai</b>	
Pronunciation	<i>Geh Dahn 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 Sweep Out of the Way, Clear Out, Wipe Off, Brush Off, Drive Away, Wield Sideways</i>	

Japanese Term	<b>Harai Otoshi Uke</b>	<b>ENGLISH TRANSLATION(S)</b>
Pronunciation	<i>Hah Rai Oh Toh Shee 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 Dropping, Going Downward Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	“Descending Sweeping Block”

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

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

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

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

Japanese Term	<b>Omote</b>	<b>Kote</b>	<b>Uke</b>	<b>ENGLISH TRANSLATION(S)</b>
Pronunciation	<i>Oh Moh Teh</i>	<i>Koh Teh</i>	<i>Uu Keh</i>	
Kanji Character(s)	表 小手 受け			“Outer Forearm Block”
Original Meaning(s) of the Kanji Characters	<i>Surface, Exterior</i>	<i>Forearm</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	Shō	Tei	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Shoh</i>	<i>Tei</i>	<i>Uu Keh</i>	“Palm Heel Block”  “Heel of the Palm Block”
Kanji Character(s)	掌	底	受け	
Original Meaning(s) of the Kanji Characters	<i>Rule, Administer, Conduct</i>	<i>Bottom, Base, Sole</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

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

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

Japanese Term	Shō	Tei	Otoshi	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Shoh</i>	<i>Teh Ee</i>	<i>Oh Toh Shee</i>	<i>Uu Keh</i>	“Open Hand Dropping Block”
Kanji Character(s)	掌	底	落とし	受け	
Original Meaning(s) of the Kanji Characters	<i>Rule, Administer, Conduct</i>	<i>Bottom Base Sole</i>	<i>Dropping, Going Downward</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	Ko	Ken	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Koh</i>	<i>Ken</i>	<i>Uu Keh</i>	“Arch Fist Block” Or “Chicken Wrist Block”  <i>(Note: Sometimes this is just called “Ko-Uke” [Wrist Block], without using the “Fist” [Ken] character)</i>
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”  <i>(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)</i>
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	<i>Pulling; Influence, Draw, Jerk, Drag, Lead, Haul, Tug</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

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

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	<i>The Elbow</i>	<i>Hit, Strike, Blow</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

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	<i>The Knee or Lap</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>Sune</b>	<b>Uke</b>	
Pronunciation	<i>Suu Neh</i>	<i>Uu Keh</i>	
Kanji Character(s)	脛	受け	“Shin Block”
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>	

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

Japanese Term	<b>Soku</b>	<b>Tei</b>	<b>Uke</b>	<b>ENGLISH TRANSLATION(S)</b>
Pronunciation	<i>Soh Koo</i>	<i>Teh Ee</i>	<i>Uu Keh</i>	
Kanji Character(s)	足	底	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>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	<i>(Note: In some Karate Glossaries, the first two characters “Soku” and “Tei” are sometimes reversed in order to read as “Tei Soku Uke”)</i>

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

## 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>	“Outside downward block (open hand)”
Kanji Character(s)		下段内		
Original Meaning(s) of the Kanji Characters		払い		
		<i>Sweep Out of the</i>		

Japanese Term	Sune	Uke	
Pronunciation	<i>Suu Neh</i>	<i>Uu Keh</i>	“Shin Block”
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>	

Japanese Term	Ura	Uke	
Pronunciation	<i>Uu Rah</i>	<i>Uu Keh</i>	“Backhand Block”
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>	

Japanese Term	Mawashi	Uke	
Pronunciation	<i>Mah Wah Shee</i>	<i>Uu Keh</i>	“Roundhouse Block”
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>	

## 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>	“Augmented (Two-Hand) Block”  <i>(Note: the two characters for “Morote” are also pronounced “Sōshu”, meaning “Both Hands”)</i>
Kanji Character(s)	双	手	受け	
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>	

Japanese Term	Sukui	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Soo Koo Ee</i>	<i>Uu Keh</i>	“Scoop Block”  “Scooping Block”
Kanji Character(s)	すくい	受け	
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>	

Japanese Term	Nagashi	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Nah Gah Shee</i>	<i>Uu Keh</i>	“Sweeping Block”
Kanji Character(s)	流し	受け	
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>	“Cross Block” (Arms crossed at the wrist)
Kanji Character(s)	交差	受け	
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>	“Pressing Block with the Sole of the Foot”  ( Using the sole of the foot to press down hard against the attacker's ankle, as in a yoko geri. )
Character(s) Kanji	足	底	押え	受け	
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>	

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>	“Sole of the Foot Block”  (Foot swung from outside to inside)
Kanji Character(s)	足	底	払い	受け	
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>	

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>	“Instep Block”  (Foot swung from inside to outside)
Character(s) Kanji	背	足	払い	受け	
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>	

Japanese Term	Otoshi	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Oh Toh Shee</i>	<i>Uu Keh</i>	“Dropping Block” Or “Descending Block”
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>	

## 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	
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>	“Hook Block” or “Hooking Block”

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	
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>	“Inside Forearm Block”

Japanese Term	Tettsui	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Teh 'Tsoo Ee</i>	<i>Uu Keh</i>	
Kanji Character(s)	鉄槌	受け	
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>	“Hammerfist Block”

Japanese Term	Osae	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Oh Sah Eh</i>	<i>Uu Keh</i>	
Kanji Character(s)	押え	受け	
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>	“Pressing Block”

## 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	<b>Kō</b>	<b>Geki</b>	<b>Waza</b>	
Pronunciation	<i>Koh</i>	<i>Geh Kee</i>	<i>Wah Zah</i>	
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	<i>Attack, Assault, Offensive</i>	<i>Destroy, Conquer, to Defeat</i>	<i>Technique, Craft, Ability, Feat, Skill, Performance</i>	

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

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

Japanese Term	<b>Shita</b>	<b>Tsuki</b>	
Pronunciation	<i>Sh ' Ta</i>	<i>Tsoo Kee</i>	
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	<i>Down</i>	<i>Thrust, Punch, Strike Against, Poke, Stab, Knock</i>	

Japanese Term	<b>Hai</b>	<b>Tō</b>	<b>Tsuki</b>	
Pronunciation	<i>High</i>	<i>Toh</i>	<i>Tsoo Kee</i>	
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	<i>Back, Back Side, Ridge</i>	<i>Sword, Saber, Knife</i>	<i>Thrust, Punch, Strike Against, Poke, Stab, Knock</i>	

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

Japanese Term	<b>Ura Ken</b>	
Pronunciation	<i>Uu Rah 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	<b>Shu Tō Tsuki</b>	
Pronunciation	<i>Shoo Toh Tsoo 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	<b>Furi Uchi</b>	
Pronunciation	<i>Foo Rhee 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	<b>Tettsui Uchi</b>	
Pronunciation	<i>Teh 'Tsoo Ee 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	<b>Ippon Ken</b>	
Pronunciation	<i>Eep'pohn 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>	“Side Elbow Strike”
Kanji Character(s)	肘	横	打ち	
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</b>	<b>Geri</b>	
Pronunciation	<i>Mah Eh</i>	<i>Geh Ree</i>	
Kanji Character(s)	前	蹴り	“Front Kick” <i>(Toes are pointed up and the ball of the foot is used as the contact point)</i>
Original Meaning(s) of the Kanji Characters	<i>Front, Forward</i>	<i>To Kick</i>	

Japanese Term	<b>Gedan</b>	<b>Geri</b>	
Pronunciation	<i>Geh Dahn</i>	<i>Geh Ree</i>	
Kanji Character(s)	下段	蹴り	“Groin Kick” <i>(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.)</i>
Original Meaning(s) of the Kanji Characters	<i>Lower, Groin-Level</i>	<i>To Kick</i>	

Japanese Term	<b>Soto</b>	<b>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</b>	<b>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	<b>Kata</b>	
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	<b>Tai</b>	<b>Kyoku</b>	<b>ENGLISH TRANSLATION(S)</b>
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><i>(From the "Tai" character in "Tai Chi Chuan")</i></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	<b>Geki</b>	<b>Sai</b>	<b>ENGLISH TRANSLATION(S)</b>
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><i>( The Gekisai katas are geared to destroying the attacker's body.)</i></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”
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>	<i>(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)</i>

Japanese Term	San	Chin	ENGLISH TRANSLATION(S)
Pronunciation	<i>Sahn</i>	<i>Cheen</i>	
Kanji Character(s)	三	戦	“(The) Three Battles”
Original Meaning(s) of the Kanji Characters	<i>Three</i>	<i>Battle or Conflict</i>	<i>(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.)</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”
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>	“Grasping, Pulling and Unbalancing”
				<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.)</i>

## 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>
Original Meaning(s) of the Kanji Characters	<i>Four</i>	<i>Direction</i>	<i>Battle or Conflict</i>	<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>

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>
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>	<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>

Japanese Term	Se Pai	
Pronunciation	<i>Seh Pie</i>	
Kanji Character(s)	十八	<p>(Literally) “Eighteen” “(The) 18 Hands or Movements”</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>	<p><i>(This kata uses many movements that require coordination between the hips and hands, with many varied techniques.)</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	嶮	破	“Holding on Long and Striking Suddenly” “Holding Your Ground”
Original Meaning(s) of the Kanji Characters	<i>Long</i>	<i>Hold, remain, stay behind, detain</i>	<i>Sudden, Abrupt</i>	<i>Tear, Rip, Rend, Frustrate, Defeat, Crush, Destroy, Burst, Rupture, Breakdown, Wear Out.</i>	<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>

Japanese Term	<b>Sei San</b>		
Pronunciation	<i>Say</i>	<i>Sahn</i>	
Kanji Character(s)	十三		(Literally) “Thirteen” “(The) 13 Hands or Movements”
Original Meaning(s) of the Kanji Characters	<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>		(Seisan is believed to be the oldest of all Okinawan Goju-Ryu Kata, and demonstrates the difference between Go (Hard) and Ju (Soft).)

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	霧	八	“108 Hands or Movements”
Original Meaning(s) of the Kanji Characters	<i>One</i>	<i>Hundred</i>	<i>Fog</i>	<i>Eight (8)</i>	<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>
	<i>Again, Chinese-style pronunciation of the characters is used here, rather than the Japanese pronunciation</i>				

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

Japanese Term	Ten	Sho	
Pronunciation	<i>Tehn</i>	<i>Sho</i>	
Kanji Character(s)	転	掌	<p>“Turning Palms” “Rotating Palms”</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>	<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>

## Miscellaneous Terms

Japanese Term	Ji Yū	Kumi	Te	ENGLISH TRANSLATION(S)
Pronunciation	<i>Jee Yuu</i>	<i>Koo Mee</i>	<i>Teh</i>	
Character(s) Kanji	自由	組	手	<p>“Freestyle Sparring” “Freestyle Fighting”</p>
Original Meaning(s) of the Kanji Characters	<p><i>Oneself; Itself</i> <i>Means; Way; Intent</i> <i>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	Yakusoku	Kumi	Te	ENGLISH TRANSLATION(S)
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 KeeYuu</i>	<i>Hoh</i>	
Character(s) Kanji	呼吸	法	“Methods of Breathing”
Original Meaning(s) of the Kanji Characters	<i>Breathe/Breathing, Respiration</i>	<i>Method, Law, Rule, Principle, Technique</i>	

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

Japanese Term	<b>Bu</b>	<b>Shi</b>	<b>Dō</b>	<b>ENGLISH TRANSLATION(S)</b>
Pronunciation	<i>Boo</i>	<i>Shee</i>	<i>Doh</i>	
Character(s) Kanji	武	士	道	“The Way of the Warrior”
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 Warrior’s Way”  “The Samurai Code of Chivalry”

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

## 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>Tataikai</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.)”
Original Meaning(s) of the Kanji Characters	<i>Press Down, Hold Down Suppress</i> <i>Into, Towards, Load</i>	“Osaekomu = (to) Hold”

## Miscellaneous Terms ( Continued )

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

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

Japanese Term	<b>Kamiza</b>	
Pronunciation	<i>Kah Mee Zah</i>	
Character(s) Kanji	上座	“The Seat of Honor”  <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>
Original Meaning(s) of the Kanji Characters	<i>Upper Superior Top Highest</i> <i>Seat</i>	

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

## 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