Foreword

This syllabus is unique in its format to Heywood Goju Ryu Karate Club (HGR).

There is nothing new in the syllabus contained within these pages it has simply been put down on paper in order to assist you in your journey through the martial art of Goju Ryu Karate-Do. This is a guide to your study and holds the information as to what is required at each stage of your training.

Information not contained within these pages for example: individual elements of kata and bunkai are best passed on by way of demonstration and application with an instructor.

Karate by its nature can be hard and gruelling and at times repetitive but at the same time rewarding and enjoyable. As the saying goes, you only get out what you put in.

To get the most out of your karate as with anything you wish to excel at practice has to extend beyond the training sessions that you attend. It is essential to practice (if possible) daily with the techniques you are trying to master. It is also beneficial to supplement training with other forms of exercise that will compliment your goju.

To many including myself, goju is not just karate it is a way of life. At the core is a training exercise called Sanchin kata (sanchin meaning three battles) it is unique to goju and is infamous throughout martial arts. If trained properly it brings together the mind body and spirit in an awesome way and is quite a spectacle to see and feel, when performed correctly!

Goju Ryu was developed by its founders from the very origins of karate in Okinawa and from this most of the modern styles of today have been developed. The content of this Goju-Ryu system has been passed down from sensei to student over the past one hundred and thirty plus years. The kata and bunkai along with the warm up, stretching and training drills that help develop a strong mind; body and spirit have remained virtually unchanged. This is why it is so effective as a self-defence system and exercise regime.

Each sensei of course will always have their own input into the dojo and as a result the training patterns may alter as different aspects of health and fitness are preferred, chosen or updated, however I hope the fundamentals will always remain unchanged.

Good luck with your training!
S.Brierley (sensei) 4th Dan
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Karate, a Journey

We consider Karate as a journey because it takes the individual along the path of learning. There are many twists, turns and obstacles along the Karate way in mental, physical and spiritual aspects. It is a personal journey of challenges, self-improvement and self-discovery.

The length of the journey is up to you, it begins the moment you set foot inside the dojo and it could end the same day if you decide Karate is not for you. Or it could be a journey that could last a lifetime, as is the case for many of the Karate masters of today.

Many consider the ‘Black Belt’ to be the end their journey. This is the result of lack of enlightenment from the student and will leave the student with only a fraction of the understanding they could have had.

Like any other form of study, Karate although it has a defined beginning does not have a predetermined end. Personally once I gained the level of Shodan (1st Dan Black Belt), I wasn’t at the end of my study I was actually on the brink of a new path of learning and experiences as a Sensei. I realise now that some of the teachings my sensei gave me in preparation were vital to my being able to pass on the knowledge I had gained to my students.

There are numerous reasons on starting ones journey; exercise, self-defence, being bullied, sport, building confidence etc. There are also numerous reasons on ending ones journey; injury, family matters, school or work commitments - these are all priority. This is not to say that Karate doesn’t require commitment. On the contrary, it requires regular training and dedication increasing at every level.

Remember Karate is not necessarily for everyone - just like boxing, running, swimming, cycling or any other exercise based activity.

So on your journey be mindful of these things and no matter how long your journey you will always be able to take with you the knowledge you have attained along your way.
A Brief History

The founder of Goju Karate was Chojun Miyagi. He was the student of a man by the name of Kanryo Higashionna who had spent many years in China studying at a Shaolin Temple, (Chinese Churches if you like) for the practice of Zen Buddhism. The monks who inhabited these temples were originally weak bodied individuals who had no interest in physical activities outside day to day living as they were spiritual men of religion and abhorred violence! However they were regularly robbed of their crops, as they were known to be weak people who would not put up a fight. So out of necessity and with assistance from a middle eastern man they created a unique and effective fighting system, although originally designed for the purpose of strengthening their feeble bodies they adapted, added to and refined this over centuries this is what many years later would became Goju-Ryu Karate-do.

When Kanryo Higashionna left for his homeland Okinawa in 1882 he took with him Sanchin and another five Kata along with the techniques of a fighting system, which formed the fundamentals of what we know today as Goju Ryu Karate-do.

Kanryo became a legend of Okinawa by teaching his Naha-te method of combat. The name was taken from his hometown of Naha and the word Te meaning hand. His number one student was a man by the name of Chojun Miyagi, who after the death of Kanryo turned Naha-te into a balanced physical and mental discipline; Part hard and part soft, which bore the name hard and soft way empty hand school or, in Japanese, Goju Ryu Karate-do.

The Okinawan people who learned the art from Kanryo Higashionna were a sturdy breed of farmers and fishermen much used to hardship; to these people the severe training regime was seen more of a challenge than an ordeal. Te (hand) or Kara-te (empty hand) was found to be very invigorating and produced a hardness of spirit of physical resilience that was useful to the Okinawan people in their work.

The Okinawan people brought energy and sincerity to all that they did and as a result Karate prospered greatly. It flourished to an extent that in less than a century the art that was once so secretly transmitted from a Chinese monk to his Okinawan student became the property of the world but! Still remains as secret and shielded from public view as it did centuries ago.
Morio Higaonna is our nearest living link to the masters of late, spending much time under instruction from Chojun Miyagi as his favourite pupil.

Sehan (master) Morio Higaonna is still among the highest regarded Goju Ryu masters in the world and is one of the few influences under which we train today not forgetting of course our most immediate and influential instructors Thomas Geoffrey Sullivan and Andrew Sullivan formerly of Heywood Fitness Centre Karate Club where I along with hundreds of others once trained.

Statistics show that approx one in a thousand karateka make it to black belt and uphold their grade, I am one of those few!
YOU could be another!!
The Dojo Code

I. Refrain from impetuous and violent behaviour

II. Respect propriety

III. Cultivate the spirit of Perseverance

IV. Be faithful and sincere

V. Exert oneself in the perfection of character
**Dojo Etiquette**

**Do not enter the dojo unless**

- Hands and feet are clean
- Long hair is tied back
- All jewellery is removed
- Jewellery not removable is covered using surgical tape
- Suit (Gi) properly tied
- Belt (Obi) properly tied
**Entering / leaving the Dojo**

- If you are ill or have an injury do not train! However if it is not a serious issue still do not step on to the mats (Tatami) until you have spoken with your instructor (Sensei)

- Bow (Rei) at the entrance to the training area before stepping on or off the mats (Tatami)

- If you are late stand ready at the entrance to the training area and wait patiently for your instructor to invite you to train indicated by a bow (Rei).

**During training**

- Always line up in grade order unless otherwise instructed

- Refer to your instructor as Sensei

- Acknowledge all instructions with Hai or Oss

- If you need to leave the mat (Tatami) at any time, for safety reasons stay where you are and inform your Sensei at the first available opportunity.
The grading system

What is a grading? A grading is a test of your progress of an achieved level of knowledge, skill and spirit. Coloured belts are worn during training to reflect this to your Sensei and training partners so that they are aware at a glance of your level.

Traditional formal gradings are held on average every three months. These consist usually of three judges and one of your instructors. The judges sit at the table positioned at the top of the Dojo. Your Sensei stands to the right of the table and conducts your grading accordingly.

Before your individual grading takes place all students are taken through a warm up routine. As well as preparing your body for the grading this also calms the nerves.

A minimum of two students are graded together so don’t worry you won’t be on your own.

Your grading starts with basics (Kihon). Once you have worked through these it’s on to bag and pad work followed by form (Kata) and then application (Bunkai).

Takedown techniques (Taoshi Waza) are introduced at green belt (6th Kyu). At brown belt (3rd Kyu) sparing (Kumite) is added. For shodan (1st Dan Black belt) alternative bunkai are added with weapon attacks for adults.

The grading content will vary depending on the individual and student numbers on the day, but rest assured: every student will earn their grade.

NOTE: Do not attempt your grading if you are ill or injured in any way that will hinder your performance! You can always grade next time!
Reasonable grading periods

10th Kyu - 2nd Kyu 3 months between grades: 20 sessions per grade

2nd Kyu - 1st Kyu 6 months

1st Kyu – Shodan 12 months

You will require a minimum of 20 training sessions between grades up to 2nd Kyu brown belt.
After which a minimum of six months training is required to 1st Kyu brown belt.
Then a further twelve months to Shodan.

After attaining your 1st kyu brown belt you will have to train a minimum of twelve months towards Shodan after this period your Sensei will decide if and when you are ready to take your Shodan grading.
This is an invitation only grading. Once you don the black belt of Heywood Goju Ryu you are a representative of HGR and bear the responsibilities that apply.
<table>
<thead>
<tr>
<th>Belt Type</th>
<th>Grade (Kyu)</th>
</tr>
</thead>
<tbody>
<tr>
<td>White belt</td>
<td>10\textsuperscript{th} Kyu</td>
</tr>
<tr>
<td>White/Yellow belt</td>
<td>9\textsuperscript{th} Kyu</td>
</tr>
<tr>
<td>Yellow belt</td>
<td>8\textsuperscript{th} Kyu</td>
</tr>
<tr>
<td>Orange belt</td>
<td>7\textsuperscript{th} Kyu</td>
</tr>
<tr>
<td>Green belt</td>
<td>6\textsuperscript{th} Kyu</td>
</tr>
<tr>
<td>Blue belt</td>
<td>5\textsuperscript{th} Kyu</td>
</tr>
<tr>
<td>Purple belt</td>
<td>4\textsuperscript{th} Kyu</td>
</tr>
<tr>
<td>Triple brown stripe belt</td>
<td>3\textsuperscript{rd} Kyu</td>
</tr>
<tr>
<td>Double brown stripe belt</td>
<td>2\textsuperscript{nd} Kyu</td>
</tr>
<tr>
<td>Brown belt</td>
<td>1\textsuperscript{st} Kyu</td>
</tr>
<tr>
<td>Black belt</td>
<td>Shodan 1\textsuperscript{st} Dan</td>
</tr>
</tbody>
</table>
10th Kyu White Belt

This is your automatically assigned grade upon starting training. Your first belt (Obi) being white is supplied with you first suit (Gi)
9th Kyu white/Yellow Belt
(juniors only)

**Basics (Kihon)**

Stances (Dachi)

1) Han-zenkutsu dachi
2) Mawate

Blocks (Uke)

1) Age uke
2) Uchi uke
3) Gedan uke
4) Soto uke

 Strikes (Tsuki)

1) Chudan tsuki

Kicks (Geri)

1) Mae geri

**Bag / Pad work**

*The techniques in the list that you have learned are to be demonstrated using bags and pads*

**Form (Kata)**

1) Kihon Kata
8th Kyu Yellow Belt

Basics (Kihon)

Stances (Dachi)

1) Heiko dachi
2) Zenkutsu dachi
3) Han-Zenkutsu dachi
4) Sanchin dachi
5) Shiko dachi

Blocks (Uke)

1) Age uke
2) Uchi uke
3) Gedan barai
4) Soto uke

 Strikes (Tsuki)

1) Jodan tsuki
2) Chudan tsuki
3) Gedan tsuki
4) Shuto tsuki
5) Uraken tsuki
6) Mae empi tsuki

Kicks (Geri)

1) Mae geri
2) Mawashi geri

Bag / Pad work

The techniques in the list that you have learned are to be demonstrated using bags and pads

Form (Kata)

1) Kihon Kata jnr
2) Gekisai dai ichi jnr & snr
7th Kyu Orange Belt

Kihon

Dachi

1) Heiko dachi
2) Zenkutsu dachi
3) Han-Zenkutsu dachi
4) Sanchin dachi
5) Shiko dachi
6) Neko ashi dachi

Uke

1) Age uke
2) Uchi uke
3) Gedan barai
4) Hiki uke
5) Soto uke
6) Mawashi uke

Tsuki

1) Jodan tsuki
2) Chudan tsuki
3) Gedan tsuki
4) Morote tsuki
5) Shuto uchi
6) Uraken uchi
7) Mae empi uchi
8) Morote kakuto uchi

Geri

1) Mae geri
2) Mawashi geri
3) Kin geri
4) Kansetsu geri

Bag / Pad work

The techniques in the list that you have learned are to be demonstrated using bags and pads
**Kata**

1) Kihon Kata  
   jnr
2) Gekisai dai ichi  
   jnr & snr

**Bunkai**

1) Gekisai dai ichi  
   1-6  
   jnr & snr
6th Kyu Green Belt

**Kihon**

**Dachi**

1) Heiko dachi  
2) Zenkutsu dachi  
3) Han-Zenkutsu dachi  
4) Sanchin dachi  
5) Shiko dachi  
6) Neko ashi dachi

**Uke**

1) Age uke  
2) Uchi uke  
3) Gedan barai  
4) Hiki uke  
5) Soto uke  
6) Mawashi uke

**Tsuki**

1) Jodan tsuki  
2) Chudan tsuki  
3) Gedan tsuki  
4) Morote tsuki  
5) Shuto uchi  
6) Uraken uchi  
7) Mae empi uchi  
8) Morote kakuto uchi

**Geri**

1) Mae geri  
2) Mawashi geri  
3) Kin geri  
4) Kensetsu geri  
5) Yoko geri

**Bag / Pad work**

_The techniques in the list that you have learned are to be demonstrated using bags and pads_
**Kata**

1) Kihon Kata  
2) Gekisai dai ichi  
3) Gekisai dai ni  
4) Sanchin

**Bunkai**

1) Gekisai dai ichi  
2) Gekisai dai ni

Performed with Takedown techniques (Taoshi Waza)
5th Kyu Blue Belt

**Kihon**

**Dachi**

1) Heiko dachi  
2) Zenkutsu dachi  
3) Han-Zenkutsu dachi  
4) Sanchin dachi  
5) Shiko dachi  
6) Neko ashi dachi

**Uke**

1) Age uke  
2) Uchi uke  
3) Gedan barai  
4) Hiki uke  
5) Soto uke  
6) Mawashi uke  
7) Nagashi uke

**Tsuki**

1) Jodan tsuki  
2) Chudan tsuki  
3) Gedan tsuki  
4) Morote tsuki  
5) Shuto uchi  
6) Uraken uchi  
7) Mae empi uchi  
8) Morote kakuto uchi  
9) Tettsui uchi  
10) Haito uchi

**Geri**

1) Mae geri  
2) Mawashi geri  
3) Kin geri  
4) Kensetsu geri  
5) Yoko geri  
6) Ushiro geri
**Bag / Pad work**

The techniques in the list that you have learned are to be demonstrated using bags and pads.

**Kata**

1) Kihon Kata  
   jnr
2) Gekisai dai ichi  
   jnr & snr
3) Gekisai dai ni  
   jnr & snr
4) Sanchin  
   jnr & snr
5) Saifa  
   snr

**Bunkai**

1) Gekisai dai ichi  
   1-6  
   jnr & snr
2) Gekisai dai ni  
   7+8  
   jnr & snr

(Performed with Taoshi Waza)
4th Kyu Purple Belt

Kihon

Dachi

1) Heiko dachi
2) Zenkutsu dachi
3) Han-Zenkutsu dachi
4) Sanchin dachi
5) Shiko dachi
6) Neko ashi dachi

Uke

1) Age uke
2) Uchi uke
3) Gedan barai
4) Hiki uke
5) Soto uke
6) Mawashi uke
7) Nagashi uke
8) Ko uke

Tsuki

1) Jodan tsuki
2) Chudan tsuki
3) Gedan tsuki
4) Morote tsuki
5) Heiko tsuki
6) Shuto uchi
7) Uraken uchi
8) Mae empi uchi
9) Morote kakuto uchi

Geri

1) Mae geri
2) Mawashi geri
3) Kin geri
4) Kensetsu geri
5) Yoko geri
6) Ushiro geri
Bag / Pad work

The techniques in the list that you have learned are to be demonstrated using bags and pads

Kata

1) Kihon Kata  jnr
2) Gekisai dai ichi  jnr & snr
3) Gekisai dai ni  jnr & snr
4) Sanchin  jnr & snr
5) Saifa  jnr & snr

Bunkai

1) Gekisai dai ichi  1-6  jnr & snr
2) Gekisai dai ni  7+8  jnr & snr
3) Saifa  1-6  snr

(Performed with Taoshi Waza)
3rd Kyu Brown Belt

Kihon

Dachi

1) Heiko dachi
2) Zenkutsu dachi
3) Han-Zenkutsu dachi
4) Sanchin dachi
5) Shiko dachi
6) Neko ashi dachi

Uke

1) Age uke
2) Uchi uke
3) Gedan barai
4) Hiki uke
5) Soto uke
6) Mawashi uke
7) Nagashi uke
8) Ko uke
9) Kuri uke
10) Suki uke
11) Shotei otoshi uke

Tsuki

1) Jodan tsuki
2) Chudan tsuki
3) Gedan tsuki
4) Morote tsuki
5) Heiko tsuki
6) Shuto uchi
7) Uraken uchi
8) Mae empi uchi
9) Morote kakuto uchi
10) Tettsui uchi
11) Nukite
12) Furi uchi
Geri

1) Mae geri
2) Mawashi geri
3) Kin geri
4) Kensetsu geri
5) Yoko geri
6) Ushiro geri

Bag / Pad work

The techniques in the list that you have learned are to be demonstrated using bags and pads

Kata

1) Kihon Kata  jnr
2) Gekisai dai ichi  jnr & snr
3) Gekisai dai ni  jnr & snr
4) Sanchin  jnr & snr
5) Saifa  jnr & snr
6) Seyunchin  snr

Bunkai

1) Gekisai dai ichi  1-6  jnr & snr
2) Gekisai dai ni  7+8  jnr & snr
3) Saifa  1-6  jnr & snr

(Performed with Taoshi Waza)
2nd Kyu Brown Belt

Kihon

Dachi

1) Heiko dachi
2) Zenkutsu dachi
3) Han-Zenkutsu dachi
4) Sanchin dachi
5) Shiko dachi
6) Neko ashi dachi

Uke

1) Age uke
2) Uchi uke
3) Gedan barai
4) Hiki uke
5) Soto uke
6) Mawashi uke
7) Nagashi uke
8) Ko uke
9) Kuri uke
10) Suki uke
11) Shotei otoshi uke

Tsuki

1) Jodan tsuki
2) Chudan tsuki
3) Gedan tsuki
4) Morote tsuki
5) Heiko tsuki
6) Shuto uchi
7) Uraken uchi
8) Mae empi uchi
9) Morote kakuto uchi
10) Tettsui uchi
11) Nukite
12) Furi uchi
Geri

1) Mae geri
2) Mawashi geri
3) Kin geri
4) Kensetsu geri
5) Yoko geri
6) Ushiro geri

Bag / Pad work

*The techniques in the list that you have learned are to be demonstrated using bags and pads*

Kata

1) Kihon Kata jnr
2) Gekisai dai ichi jnr & snr
3) Gekisai dai ni jnr & snr
4) Sanchin jnr & snr
5) Saifa jnr & snr
6) Seyunchin jnr & snr

Bunkai

1) Gekisai dai ichi 1-6 jnr & snr
2) Gekisai dai ni 7+8 jnr & snr
3) Saifa 1-6 jnr & snr
4) Seyunchin 1-12 snr

(Performed with Taoshi Waza)
1st Kyu Brown Belt

Kihon

Dachi

1) Heiko dachi  
2) Zenkutsu dachi  
3) Han-Zenkutsu dachi  
4) Sanchin dachi  
5) Shiko dachi  
6) Neko ashi dachi

Uke

1) Age uke  
2) Uchi uke  
3) Gedan barai  
4) Hiki uke  
5) Soto uke  
6) Mawashi uke  
7) Nagashi uke  
8) Ko uke  
9) Kuri uke  
10) Suki uke  
11) Shotei otoshi uke  
12) Juji uke

Tsuki

1) Jodan tsuki  
2) Chudan tsuki  
3) Gedan tsuki  
4) Morote tsuki  
5) Heiko tsuki  
6) Shuto uchi  
7) Uraken uchi  
8) Mae empi uchi  
9) Morote kakuto uchi  
10) Tettsui uchi  
11) Nukite  
12) Furi uchi
Geri

1) Mae geri
2) Mawashi geri
3) Kin geri
4) Kensetsu geri
5) Yoko geri
6) Ushiro geri

Bag / Pad work

The techniques in the list that you have learned are to be demonstrated using bags and pads

Kata

1) Kihon Kata 
   jnr
2) Gekisai dai ichi  
   jnr & snr
3) Gekisai dai ni  
   jnr & snr
4) Sanchin  
   jnr & snr
5) Saifa  
   jnr & snr
6) Seyunchin  
   jnr & snr
7) Geri waza  
   snr

Bunkai

1) Gekisai dai ichi  1-6  
   jnr & snr
2) Gekisai dai ni  7+8  
   jnr & snr
3) Saifa  1-6  
   jnr & snr
4) Seyunchin  1-12  
   jnr & snr

(Performed with Taoshi Waza)

Kumite

(Meeting of hands)

jnr & snr
Shodan Black Belt

An adult Shodan grading consists of two parts over two consecutive days, with the first part being carried out in private.

Kihon

Dachi

1) Heiko dachi
2) Zenkutsu dachi
3) Han-Zenkutsu dachi
4) Sanchin dachi
5) Shiko dachi
6) Neko ashi dachi

Uke

1) Age uke
2) Uchi uke
3) Gedan barai
4) Hiki uke
5) Soto uke
6) Mawashi uke
7) Nagashi uke
8) Ko uke
9) Kuri uke
10) Suki uke
11) Shotei otoshi uke
Tsuki

1) Jodan tsuki  
2) Chudan tsuki  
3) Gedan tsuki  
4) Morote tsuki  
5) Heiko tsuki  
6) Shuto uchi  
7) Uraken uchi  
8) Mae empi uchi  
9) Morote kakuto uchi  
10) Tettsui uchi  
11) Nukite  
12) Furi uchi  
13) Shotei uchi

Geri

1) Kin geri  
2) Kensetsu geri  
3) Yoko geri  
4) Ushiro geri  
5) Mae geri  
6) Mawashi geri

Bag / Pad work

The techniques in the list that you have learned are to be demonstrated using bags and pads
**Kata**

1) Kihon Kata  
2) Gekisai dai ichi  
3) Gekisai dai ni  
4) Sanchin  
5) Saifa  
6) Seyunchin  
7) Geri waza  
8) Gyaku geikisai  
9) Shisochin

**Weapons Kata**

Gekisai Dai Ichi.  
Seniors only

**Bunkai**

1) Gekisai dai ichi  
2) Gekisai dai ni  
3) Saifa  
4) Seyunchin

(Performed with Taoshi waza)

**Kumite**

jnr & snr

**Alternative Bunkai**
# GOJU-RYU KARATE TERMS AND TRANSLATIONS

## General terms and phrases

<table>
<thead>
<tr>
<th>JAPANESE</th>
<th>PRONUNCIATION</th>
<th>ENGLISH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goju ryu</td>
<td>Goh joo reyoo</td>
<td>Hard and soft style (way)</td>
</tr>
<tr>
<td>Karate do</td>
<td>Kahrah teh doh</td>
<td>Empty hand way</td>
</tr>
<tr>
<td>Dojo</td>
<td>Doh joh</td>
<td>Practice hall</td>
</tr>
<tr>
<td>Karateka</td>
<td>Kahrah teh kah</td>
<td>A practitioner of karate</td>
</tr>
<tr>
<td>Sensei</td>
<td>Sen say</td>
<td>Instructor (teacher)</td>
</tr>
<tr>
<td>Deshi</td>
<td>Deh she</td>
<td>Student</td>
</tr>
<tr>
<td>Gi</td>
<td>Ghee</td>
<td>Uniform</td>
</tr>
<tr>
<td>Obi</td>
<td>Oh bee</td>
<td>Belt</td>
</tr>
<tr>
<td>Narande</td>
<td>Nahrah n deh</td>
<td>Line up</td>
</tr>
<tr>
<td>Kiotseke</td>
<td>Kee oh tsoo kah</td>
<td>Attention</td>
</tr>
<tr>
<td>Rei</td>
<td>Ray</td>
<td>Bow</td>
</tr>
<tr>
<td>Itsu</td>
<td>Ih tsoo</td>
<td>Kneel</td>
</tr>
<tr>
<td>Seiza</td>
<td>Say zah</td>
<td>Sit straight</td>
</tr>
<tr>
<td>Mokuso</td>
<td>Moh koo soh</td>
<td>Meditation (quiet reflection)</td>
</tr>
<tr>
<td>Mokuso yamei</td>
<td>Moh koo soh yah meh</td>
<td>Stop meditation</td>
</tr>
<tr>
<td>Sensei ni rei</td>
<td>Sen say nee ray</td>
<td>Bow to instructor</td>
</tr>
<tr>
<td>Kiritsu</td>
<td>Kih rhit tsoo</td>
<td>Stand</td>
</tr>
<tr>
<td>Otagani</td>
<td>Oh tah gah ee nee</td>
<td>Toward each other</td>
</tr>
<tr>
<td>Yoi</td>
<td>Yoh ee</td>
<td>Get ready (be prepared)</td>
</tr>
<tr>
<td>Mawatte</td>
<td>Mah wah teh</td>
<td>Turn around</td>
</tr>
<tr>
<td>Hai</td>
<td>High</td>
<td>Yes</td>
</tr>
<tr>
<td>Oos</td>
<td>Ohs</td>
<td>Acknowledgement</td>
</tr>
<tr>
<td>Kihon</td>
<td>Kee hohn</td>
<td>Basics</td>
</tr>
<tr>
<td>Kiai</td>
<td>Kee eye</td>
<td>Fighting yell</td>
</tr>
<tr>
<td>Kumite</td>
<td>Koo mee teh</td>
<td>Fighting (sparring)</td>
</tr>
<tr>
<td>Mae</td>
<td>Mah eh</td>
<td>Front</td>
</tr>
<tr>
<td>Ushiro</td>
<td>Uu shee roh</td>
<td>Behind</td>
</tr>
<tr>
<td>Yoko</td>
<td>Yoh koh</td>
<td>Side (sideways)</td>
</tr>
<tr>
<td>Migi</td>
<td>Mee ghee</td>
<td>Right</td>
</tr>
<tr>
<td>Hidari</td>
<td>Hee dah ree</td>
<td>Left</td>
</tr>
<tr>
<td>Mawashi</td>
<td>Mah wah shee</td>
<td>Around</td>
</tr>
<tr>
<td>Ken</td>
<td>Ken</td>
<td>Fist</td>
</tr>
<tr>
<td>Ura</td>
<td>Uu rah</td>
<td>Back (reverse side)</td>
</tr>
<tr>
<td>Kata</td>
<td>Kahtah</td>
<td>Set form</td>
</tr>
<tr>
<td>Taoshi waza</td>
<td>Tah oh shee wah zah</td>
<td>Take-down techniques</td>
</tr>
<tr>
<td>Nage waza</td>
<td>Nah geh waza</td>
<td>Throwing techniques</td>
</tr>
<tr>
<td>Ne waza</td>
<td>Neh wah zah</td>
<td>Ground techniques</td>
</tr>
</tbody>
</table>
### Names of striking areas

<table>
<thead>
<tr>
<th>JAPANESE</th>
<th>PRONUNCIATION</th>
<th>ENGLISH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jodan</td>
<td>Jyoh dahn</td>
<td>Upper (face) level</td>
</tr>
<tr>
<td>Chudan</td>
<td>Chew dahn</td>
<td>Middle (chest stomach) level</td>
</tr>
<tr>
<td>Gedan</td>
<td>Geh dahn</td>
<td>Lower (groin &amp; leg) level</td>
</tr>
<tr>
<td>Ashi</td>
<td>Ah sheh</td>
<td>Ankle</td>
</tr>
</tbody>
</table>

### Names of stances used

<table>
<thead>
<tr>
<th>JAPANESE</th>
<th>PRONUNCIATION</th>
<th>ENGLISH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dachi</td>
<td>Dah chee</td>
<td>Stance</td>
</tr>
<tr>
<td>Musubi dachi</td>
<td>Moosoo bee dah chee</td>
<td>V stance</td>
</tr>
<tr>
<td>Heiko dachi</td>
<td>Hay koh dah chee</td>
<td>Parallel stance</td>
</tr>
<tr>
<td>Shiko dachi</td>
<td>Shee koh dachi</td>
<td>Horse stance</td>
</tr>
<tr>
<td>Sanchin dachi</td>
<td>Sahn cheen dah chee</td>
<td>The immovable stance</td>
</tr>
<tr>
<td>Zenkutsu dachi</td>
<td>Zen koo tsoo dah chee</td>
<td>Forward leaning stance</td>
</tr>
<tr>
<td>Han zenkutsu dachi</td>
<td>Hahn zen koo tsoo dah chee</td>
<td>Half forward leaning stance</td>
</tr>
<tr>
<td>Neko ashi dachi</td>
<td>Nehkoh ah shee dah chee</td>
<td>The cat foot stance</td>
</tr>
<tr>
<td>Kosa dachi</td>
<td>Koh sah dah chee</td>
<td>Crossed leg stance</td>
</tr>
</tbody>
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### Names of blocks used

<table>
<thead>
<tr>
<th>JAPANESE</th>
<th>PRONUNCIATION</th>
<th>ENGLISH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Uke</td>
<td>Uu keh</td>
<td>(a) Block</td>
</tr>
<tr>
<td>Uke waza</td>
<td>Uu keh wah zah</td>
<td>Blocking techniques</td>
</tr>
<tr>
<td>Age uke</td>
<td>Ah geh uu keh</td>
<td>Upward block</td>
</tr>
<tr>
<td>Uchi uke</td>
<td>Chew dahn uu chee uu keh</td>
<td>Inside block</td>
</tr>
<tr>
<td>Gedan barai</td>
<td>Geh dahn bah rah ee</td>
<td>Lower sweeping block</td>
</tr>
<tr>
<td>Morote uke</td>
<td>Moh roh the uu keh</td>
<td>Augmented (two hand block)</td>
</tr>
<tr>
<td>Soto uke</td>
<td>Soh toh uuo keh</td>
<td>Outside block</td>
</tr>
<tr>
<td>Hiki uke</td>
<td>Hee kee uu keh</td>
<td>Pulling/grasping block</td>
</tr>
<tr>
<td>Mawasi uke</td>
<td>Mah wah shee uu keh</td>
<td>Roundhouse block</td>
</tr>
<tr>
<td>Tora guchi</td>
<td>Toh rah goo chee</td>
<td>Two handed round house</td>
</tr>
<tr>
<td>Nagashi uke</td>
<td>Nah gah shee uu keh</td>
<td>Sweeping block</td>
</tr>
<tr>
<td>Ko uke</td>
<td>Koh uu keh</td>
<td>Wrist block</td>
</tr>
<tr>
<td>Hiji uke</td>
<td>Hee jee uu keh</td>
<td>Elbow block</td>
</tr>
<tr>
<td>Shuto uke</td>
<td>Shoo toh uu keh</td>
<td>Knife hand block</td>
</tr>
<tr>
<td>Shotei uke</td>
<td>Shoh tei uu keh</td>
<td>Palm heel block</td>
</tr>
<tr>
<td>Omote kote uke</td>
<td>Oh moh teh koh teh uu keh</td>
<td>Outer forearm block</td>
</tr>
<tr>
<td>Juji uke</td>
<td>Jyuu jee uu keh</td>
<td>Cross block</td>
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### Names of strikes used

<table>
<thead>
<tr>
<th>Tsuki waza</th>
<th>Tsoo kee wha zah</th>
<th>Punching techniques</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seiken tsuki</td>
<td>Say ken tsoo kee</td>
<td>Squared fist strike (regular)</td>
</tr>
<tr>
<td>Shita tsuki</td>
<td>Sh’ta tsoo kee</td>
<td>Upside down punch</td>
</tr>
<tr>
<td>Jodan tsuki</td>
<td>Joh dahn tsoo kee</td>
<td>Upper level (face) punch</td>
</tr>
<tr>
<td>Chudan tsuki</td>
<td>Chew dahn tsoo kee</td>
<td>Middle (chest/stomach) punch</td>
</tr>
<tr>
<td>Gedan tsuki</td>
<td>Gee dahn tsoo kee</td>
<td>Lower level (groin) punch</td>
</tr>
<tr>
<td>Ko geki waza</td>
<td>Koh geki waza</td>
<td>Striking techniques</td>
</tr>
<tr>
<td>Haiito uchi</td>
<td>High toh oo chee</td>
<td>Ridge hand (palm down)</td>
</tr>
<tr>
<td>Shoto uchi</td>
<td>Shoo toh oo chee</td>
<td>Sword hand strike</td>
</tr>
<tr>
<td>Uraken</td>
<td>Uu rah ken</td>
<td>Back fist</td>
</tr>
<tr>
<td>Tettsui uchi</td>
<td>The tsoo ee uu chee</td>
<td>Hammer fist strike</td>
</tr>
<tr>
<td>Empi uchi</td>
<td>Ehm peh oo chee</td>
<td>Elbow strike</td>
</tr>
<tr>
<td>Nuki te</td>
<td>Noo kee teh</td>
<td>Spear hand strike</td>
</tr>
<tr>
<td>Hiza uchi</td>
<td>Hee jah oo chee</td>
<td>Knee strike</td>
</tr>
<tr>
<td>Ura ko uchi</td>
<td>Uu rah koh oo chee</td>
<td>Back wrist strike</td>
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### Names of kicks used

<table>
<thead>
<tr>
<th>Geri waza</th>
<th>Geh ree wah zah</th>
<th>Kicking techniques</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mae geri</td>
<td>Mah eh geh ree</td>
<td>Front kick</td>
</tr>
<tr>
<td>Mawashi geri</td>
<td>Mah wah shee geh ree</td>
<td>Round house kick</td>
</tr>
<tr>
<td>Yoko geri</td>
<td>Yoh koh geh ree</td>
<td>Side kick</td>
</tr>
<tr>
<td>Ushiro geri</td>
<td>Oo shee roh geh ree</td>
<td>Back kick</td>
</tr>
<tr>
<td>Kansetsu geri</td>
<td>Kah she tsoo geh ree</td>
<td>Stomping (knee) joint kick</td>
</tr>
<tr>
<td>Sokuto geri</td>
<td>Soh koo toh geh ree</td>
<td>Blade edge kick</td>
</tr>
<tr>
<td>Kin geri</td>
<td>Kihn geh ree</td>
<td>Groin kick</td>
</tr>
<tr>
<td>Ashi barai</td>
<td>Ah sheh bah rah ee</td>
<td>Ankle sweep</td>
</tr>
</tbody>
</table>
## Names of kata and their meaning

<table>
<thead>
<tr>
<th>Kata Name</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Kihon kata</strong></td>
<td>Basic form</td>
</tr>
<tr>
<td><strong>Gekisai dai ichi</strong></td>
<td>Geh kee sigh die ee chee To attack and destroy (smash and crash) First of a series (number one)</td>
</tr>
<tr>
<td><strong>Gekisai dai ni</strong></td>
<td>Geh kee sigh die nee To attack and destroy (smash and crash) Second of a series (number two)</td>
</tr>
<tr>
<td><strong>Sanchin</strong></td>
<td>Sahn cheen (The) three battles</td>
</tr>
<tr>
<td><strong>Saifa</strong></td>
<td>Sigh fah To smash and tear to pieces</td>
</tr>
<tr>
<td><strong>Seiyunchin</strong></td>
<td>Say yoon cheen Control suppress and pull (Grasping pulling and unbalancing)</td>
</tr>
<tr>
<td><strong>Geri Waza kata</strong></td>
<td>Geh ree wha zha Kicking Techniques form</td>
</tr>
<tr>
<td><strong>Gyaku gekisai</strong></td>
<td>Guy koo geh kee sigh To attack and destroy (Reverse Kata)</td>
</tr>
<tr>
<td><strong>Shisochin</strong></td>
<td>Shee soh cheen Battle in four directions</td>
</tr>
<tr>
<td><strong>Sanseru</strong></td>
<td>Sahn sheh roo Thirty six (hands of movement)</td>
</tr>
<tr>
<td><strong>Sepai</strong></td>
<td>Seh pie Eighteen (hands of movement)</td>
</tr>
<tr>
<td><strong>Kururunfa</strong></td>
<td>Koo roo roon fah Holding on long and striking suddenly (Holding your ground)</td>
</tr>
<tr>
<td><strong>Sesan</strong></td>
<td>Say sahn Thirteen (hands of movement)</td>
</tr>
<tr>
<td><strong>Suparinpei</strong></td>
<td>Suu pah reen pay One hundred and eight (hands of movement)</td>
</tr>
<tr>
<td><strong>Tensho</strong></td>
<td>Tehn sho Turning palms (rotating palms)</td>
</tr>
</tbody>
</table>