

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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Source:

The Modern Reader's Japanese-English Character Dictionary
by Andrew Nelson, Ph.D.

(1)



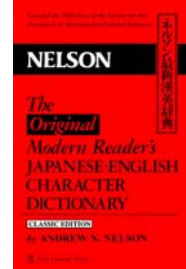
Table of Contents

Introduction & Pronunciation Guide	3
General Terms & Phrases	7
Names of Stances	16
Names of Blocks	20
Names of Strikes	33
Names of Kicks	37
Names of Kata	39
Miscellaneous Terms	43
Names of Schools of Japanese Martial Arts	49



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.

A = pronounced “Ah” as in <u>f</u> ather	Some Vowel pronunciation examples: Karate (“ <u>K</u> ah- <u>R</u> ah- <u>T</u> eh” <i>NOT</i> “Kuh-Ra-Tee”) Ichi (“Ee-chee” <i>NOT</i> “It-chi”) Ueno (“Oo-Eh-Noh” --- a place in Tokyo)
I = pronounced “Ee” as in <u>e</u> at or <u>e</u> ach	
U = pronounced “Oo” as in <u>f</u> ood or <u>z</u> oo	
E = pronounced “Eh” as in <u>g</u> et or <u>T</u> ed	
O = pronounced “Oh” as in <u>O</u> hio	
YA = pronounced “Yah” as in <u>Y</u> ahoo	
YU = pronounced “Yuu” as in “ <u>Y</u> ou” or “ <u>U</u> niverse”	
YO = 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	K	Ka	Ki	Ku	Ke	Ko	Kya	Kyu	Kyo
	S	Sa	Shi	Su	Se	So	Sha	Shu	Sho
	T	Ta	Chi	Tsu	Te	To	Cha	Chu	Cho
	N	Na	Ni	Nu	Ne	No	Nya	Nyu	Nyo
	H	Ha	Hi	Fu	He	Ho	Hya	Hyu	Hyo
	M	Ma	Mi	Mu	Me	Mo	Mya	Myu	Myo
	Y	Ya		Yu		Yo			
	R	Ra	Ri	Ru	Re	Ro	Rya	Ryu	Ryo
	W	Wa				Wo			
	G	Ga	Gi	Gu	Ge	Go	Gya	Gyu	Gyo
	Z or J	Za	Ji	Zu	Ze	Zo	Ja	Jyu	Jo
	D or Z	Da	Zi	Dzu	De	Do			
	B	Ba	Bi	Bu	Be	Bo	Bya	Byu	Byo
	P	Pa	Pi	Pu	Pe	Po	Pya	Pyu	Pyo
N	(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	Ka	“Kah” (like the sound of a crow, or corn “ <u>C</u> ob”)	<u>K</u> arate or <u>K</u> ake
	Ki	“Kee” (as in the word “ <u>k</u> ey”)	<u>K</u> ihon or <u>K</u> i-Ai
	Ku	“Koo” (as in the word “ <u>coo</u> koo”)	<u>K</u> umite
	Ke	“Keh” (as in the word “ <u>k</u> ept”)	<u>K</u> en or <u>U</u> ke or <u>K</u> ake
	Ko	“Koh” (as in the word “ <u>C</u> ocoa”)	<u>K</u> ohai
	Kya	“Keeyah”	<u>K</u> yakkō
	Kyu	“Keeyu” (as in the word “ <u>C</u> ute”)	<u>K</u> yukei
	Kyo	“Keeyoh” (as in the word “ <u>T</u> okyo”)	Tai <u>k</u> yoku
S-Series	Sa	“Sah” (as in the word “ <u>s</u> aw”)	<u>S</u> anchin or <u>O</u> sae
	Shi	“Shee” (as in the word “ <u>S</u> heep”)	<u>S</u> hiko dachi or <u>S</u> hichi
	Su	“Soo” (as in the girl’s name “ <u>S</u> uzie”)	Ebi <u>s</u> u (a place in Tokyo)
	Se	“Seh” (as in the word “ <u>S</u> et”)	<u>S</u> eza or <u>S</u> ensei or <u>S</u> empai
	So	“Soh” (as in the word “ <u>S</u> ew” or “ <u>S</u> ewing”)	Moku <u>s</u> o or Haisoku
	Sha	“Shaw” (as in the word “ <u>S</u> haman”)	Shori <u>s</u> ha
	Shu	“Shoo” (as in the word “ <u>S</u> hoe”)	<u>S</u> huto
	Sho	“Shoh” (as in the word “ <u>S</u> how”)	Ba <u>s</u> ho or <u>S</u> hokken
T-Series	Ta	“Tah” (as in the word “Tick- <u>T</u> ock” or “ <u>T</u> alk”)	<u>K</u> ata or O- <u>T</u> agai ni
	Chi	“Chee” (as in “ <u>C</u> heetos” or “ <u>C</u> heese”)	Dachi or <u>U</u> chi
	Tsu	“Tsoo” (the “ <u>T</u> S” sound of “ <u>T</u> se-tse fly”)	Zenkuts <u>u</u> Dachi
	Te	“Teh” (as in “ <u>T</u> eddy Bear”)	<u>K</u> arate or <u>K</u> umite or <u>N</u> ukite
	To	“Toh” (as in “ <u>T</u> oad” or “ <u>T</u> oe”)	Haito or <u>K</u> akato or <u>S</u> huto
	Cha	“Chaw” (as in “ <u>C</u> halk”)	<u>C</u> haku
	Chu	“Choo” (as in “ <u>C</u> hew” or “ <u>C</u> hoose”)	<u>C</u> hudan or Haichu
Cho	“Choh” (as in “ <u>C</u> hosen” or “ <u>C</u> hoke”)	<u>C</u> hotto	

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Consonant Pronunciation Guide (Continued)

Consonant	Pronunciation Guide	Japanese Example	
H-Series	Ha	“Hah” (as in laughing “Ha”)	<u>H</u> achi or <u>H</u> aito
	Hi	“Hee” (as in “ <u>H</u> eat” or “ <u>H</u> eat”)	<u>H</u> ira-Ken or <u>H</u> iza
	Fu	“Foo” (actually a softer sound closer to “Huu”)	<u>F</u> umi-komi
	He	“Heh” (as in “ <u>H</u> em” or “ <u>H</u> emlock”)	<u>H</u> eisoku Dachi
	Ho	“Hoh” (as in “ <u>H</u> oe” or “ <u>H</u> ope”)	<u>H</u> okkaido (place in Japan)
	Hya	“HeeYah”	<u>H</u> yaku
	Hyu	“HeeYuu” (as in the name “ <u>H</u> ugh”)	<u>H</u> yuga
	Hyo	“HeeYoh”	<u>H</u> yoka or <u>H</u> yoron
N-Series	Na	“Nah” (as in “ <u>N</u> ominate” or “ <u>N</u> iet <u>N</u> am”)	<u>N</u> ageru
	Ni	“Nee” (as in “ <u>N</u> ee” or “ <u>N</u> eed”)	<u>N</u> ihon <u>N</u> ippon
	Nu	“Nuu” (as in “ <u>N</u> ew” or “ <u>N</u> ew”)	<u>N</u> ukite
	Ne	“Neh” (as in “ <u>N</u> et”)	<u>N</u> eko Ashi Dachi
	No	“Noh” (as in “ <u>N</u> o” or “ <u>N</u> ow”)	<u>N</u> omu
	Nya	“NeeYah” (as in “ <u>N</u> ya”)	<u>T</u> en <u>y</u> a <u>w</u> an <u>y</u> a
	Nyu	“NeeYuu” (as in “ <u>N</u> ew”)	<u>N</u> yugakku or <u>G</u> yun <u>y</u> u
	Nyo	“NeeYoh”	<u>N</u> yobo
M-Series	Ma	“Mah” (as in “ <u>M</u> om” or “ <u>M</u> ama”)	<u>M</u> awashi Geri
	Mi	“Mee” (as in “ <u>M</u> e” or “ <u>M</u> eek”)	<u>M</u> iyagi
	Mu	“Moo” (as in “ <u>M</u> ove”)	<u>M</u> uri
	Me	“Meh” (as in “ <u>M</u> en” or “ <u>M</u> ental”)	<u>M</u> eiso
	Mo	“Moh” (as in “ <u>M</u> ow” or “ <u>M</u> otion”)	<u>M</u> okuso
	Mya	“MeeYah”	<u>M</u> yaku
	Myu	“MeeYuu” (as in “ <u>M</u> usic”)	
	Myo	“MeeYoh”	<u>D</u> aim <u>y</u> o or <u>M</u> yoban
R-Series	Ra	“Rah” (as in “ <u>R</u> od” or “ <u>R</u> aw”)	<u>R</u> amen
	Ri	“Ree” (as in “ <u>R</u> eed” or “ <u>G</u> reed”)	<u>G</u> eri
	Ru	“Roo” (as in “ <u>K</u> angaroo”)	<u>R</u> uiji or <u>R</u> ujiten
	Re	“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
	Ro	“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
	Rya	“ReeYah” (as in “ <u>D</u> iarrhea”)	<u>R</u> yakudatsu
	Ryu	“ReeYuu” (as in <u>R</u> eunion”)	<u>G</u> oju- <u>R</u> yu or <u>R</u> yukyu
	Ryo	“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	Ya	“Yah” (as in “ <u>Y</u> ard”)	<u>Y</u> amato
	Yu	“Yoo” (as in “ <u>Y</u> ou” or “ <u>U</u> niverse”)	<u>Y</u> uki
	Yo	“Yoh” (as in “ <u>Y</u> ogurt”)	<u>Y</u> oku
W-Series	Wa	“Wah” (as in “ <u>W</u> atch” or “ <u>W</u> all”)	<u>M</u> awashi-Geri
	Wo	“Woh” (as in “ <u>W</u> oe is Me” or “ <u>W</u> hoa”)	Karate <u>w</u> o manabimasu
G-Series	Ga	“Gah” (as in “ <u>G</u> od” or “ <u>G</u> ot”)	<u>G</u> akusei or <u>G</u> anbaru
	Gi	“Ghee” (as in <u>G</u> uitar”)	Karate <u>G</u> i or <u>G</u> iri or <u>G</u> ishiki
	Gu	“Goo” (as in “ <u>G</u> oop” or “ <u>G</u> oof”)	<u>G</u> untai or <u>G</u> ushiken
	Ge	“Gheh” (as in “ <u>G</u> et”)	<u>G</u> entei or <u>G</u> eta
	Go	“Goh” (as in “ <u>G</u> oat” or “ <u>G</u> o”)	<u>G</u> ojuryu
	Gya	“GeeYah” (as in	<u>G</u> yaku
	Gyu	“GeeYuu” (as in	<u>G</u> yunikku
	Gyo	“GeeYoh” (as in	<u>N</u> ing <u>y</u> o

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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”)	Z <u>en</u>
	Zo	“Zoh” (as in “Bozo”)	Z <u>osa</u> or Z <u>owai</u>
	Jya (Ja)	“JeeYah” (as in “Jockey” or “John”)	J <u>yakuten</u> or J <u>ama</u>
	Jyu (Ju)	“JeeYuu” (as in the name “Hugh”)	J <u>udo</u> or J <u>ubun</u> or G <u>ojuryu</u>
	Jyo (Jo)	“JeeYoh” (as in “Joke” “Joan” or “Joe”)	J <u>odan</u> or J <u>ozu</u>
D or Z-Series	Da	“Dah” (as in “Dominate”)	D <u>amasu</u> or D <u>araku</u>
	Zi	“Zhee” (as in “Zebra”)	
	Dzu	“D’zoo”	
	De	“Deh” (as in “Destitute”)	D <u>esho</u> or D <u>ento</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”)	San <u>byaku</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”)	Ch <u>uto-hanpa</u>
	Pi	“Pee” (as in “People” or “Peace”)	<u>Pinto</u>
	Pu	“Poo” (as in “Pool” or “Harpoon”)	S <u>empuki</u>
	Pe	“Peh” (as in “Pedestrian”)	<u>Peko-peko</u> or <u>Peten</u>
	Po	“Poh” (as in “Postal” or “Pole”)	S <u>ampo</u> or T <u>ampopo</u>
	Pya	“PeeYah”	H <u>appyaku</u>
	Pyu	“PeeYuu” (as in “Pupil” or “Purify”)	
	Pyo	“PeeYoh”	H <u>appyo</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	Gō	Jū	Ryū	ENGLISH TRANSLATION(S)
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	Kara	Te	Dō	ENGLISH TRANSLATION(S)
Pronunciation	<i>KahRah</i>	<i>Teh</i>	<i>Doh</i>	
Kanji Character(s)	空	手	道	“Empty Hand” “Open Hand” “Fighting without Weapons” “The Way (or Path) of the Empty Hand”
Original Meaning(s) of the Kanji Characters	<i>Empty, Sky, Open, Vacant, Hollow</i>	<i>Hand(s)</i>	<i>Way, Path, Road, Journey, Teachings, Course, Duty, Morality</i>	

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

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



General Terms & Phrases (Continued)

Japanese Term	Sen	Sei	ENGLISH TRANSLATION(S)
Pronunciation	<i>Sen</i>	<i>Say</i>	“Instructor” “Teacher” “Schoolmaster” “Master” “Doctor” <i>(Literally: “One who has lived before you”, in other words, “One who has knowledge and experience that you do not yet have.”)</i>
Kanji Character(s)	先	生	
Original Meaning(s) of the Kanji Characters	<i>Preceding, Beyond, Prior, Earlier than, Head (of a line, etc.), The First</i>	<i>Birth, Live, Life, Existence, Cultivation, To Create, To Produce</i>	

Japanese Term	De	Shi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Deh</i>	<i>Shee</i>	“Pupil” “Student” “Disciple” “Follower” “Apprentice”
Kanji Character(s)	弟	子	
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	Sen	Pai	ENGLISH TRANSLATION(S)
Pronunciation	<i>Sen (or Sem)</i>	<i>Pie</i>	“(One’s) Senior or Elder” “(a) Senior Student” “One who Out-Ranks You”
Kanji Character(s)	先	輩	
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	Kō	Hai	ENGLISH TRANSLATION(S)
Pronunciation	<i>Koh</i>	<i>High</i>	“(One’s) Junior or Subordinate” “(a) Junior Student” “One who is Below your Rank”
Kanji Character(s)	後	輩	
Original Meaning(s) of the Kanji Characters	<i>Rear, Back, Successor, Following</i>	<i>Fellow, Companion, Man</i>	

Japanese Term	Rei	Shiki	ENGLISH TRANSLATION(S)
Pronunciation	<i>Ray</i>	<i>SheeKee (or Shkee)</i>	“(Bowing) Ceremony” “(a) Rite”
Kanji Character(s)	礼	式	
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	Sei	Za	ENGLISH TRANSLATION(S)
Pronunciation	<i>Say</i>	<i>Zah</i>	
Kanji Character(s)	正	座	“Sit Straight” “Sit Correctly” “Sit Quietly”
Original Meaning(s) of the Kanji Characters	<i>Straight, Right, Proper, Correct, Perfectly</i>	<i>Sit Down, Squat, Settle, Seat, Be Stable</i>	“Be Seated”

Japanese Term	Moku	Sō	ENGLISH TRANSLATION(S)
Pronunciation	<i>Moh Koo</i>	<i>Soh</i>	
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	O Tagai ni	ENGLISH TRANSLATION(S)
Pronunciation	<i>Oh Tah Gah Ee Nee</i>	
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	Rei	ENGLISH TRANSLATION(S)
Pronunciation	<i>Ray</i>	
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	Shōmen ni Taishite	ENGLISH TRANSLATION(S)
Pronunciation	<i>Shoh Men Ni Tai Shee Teh</i>	
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	Sensei ni Taishite	ENGLISH TRANSLATION(S)
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	Yō i	ENGLISH TRANSLATION(S)
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</i> <i>Will, Intention, Thought, Idea, Desire</i>	

Japanese Term	Hajime (or Haijimeru)	ENGLISH TRANSLATION(S)
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	Yame (or Yameru)	ENGLISH TRANSLATION(S)
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	Narande	ENGLISH TRANSLATION(S)
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	Sei	Retsu	ENGLISH TRANSLATION(S)
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	Mawatte	ENGLISH TRANSLATION(S)
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	Ki	Ai	ENGLISH TRANSLATION(S)
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	Kara	Te	Ka	ENGLISH TRANSLATION(S)
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	Shi	Han	ENGLISH TRANSLATION(S)
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	Gi	ENGLISH TRANSLATION(S)
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	Obi	ENGLISH TRANSLATION(S)
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	Hai	ENGLISH TRANSLATION(S)
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	lie	ENGLISH TRANSLATION(S)
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	Kumi	Te	ENGLISH TRANSLATION(S)
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	Ki	Hon	ENGLISH TRANSLATION(S)
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	I	Dō	ENGLISH TRANSLATION(S)
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	Mae	ENGLISH TRANSLATION(S)
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	Ushiro	ENGLISH TRANSLATION(S)
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	Yoko	ENGLISH TRANSLATION(S)
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	Migi	ENGLISH TRANSLATION(S)
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	Hidari	ENGLISH TRANSLATION(S)
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	Mawashi	ENGLISH TRANSLATION(S)
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	Dai	Ichi	ENGLISH TRANSLATION(S)
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	Dai	Ni	ENGLISH TRANSLATION(S)
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	Jō	Dan	ENGLISH TRANSLATION(S)
Pronunciation	<i>Jyoh</i>	<i>Dahn</i>	“Upper (Face) Level”
Kanji Character(s)	上	段	
Original Meaning(s) of the Kanji Characters	<i>Up, Upper, Upward, Top</i>	<i>Level, Stage, Degree, Extent, Class, Rank</i>	

Japanese Term	Chū	Dan	ENGLISH TRANSLATION(S)
Pronunciation	<i>Chew</i>	<i>Dahn</i>	“Middle (Chest & Stomach) Level”
Kanji Character(s)	中	段	
Original Meaning(s) of the Kanji Characters	<i>Middle, Center, Core</i>	<i>Level, Stage, Degree, Extent, Class, Rank</i>	

Japanese Term	Ge	Dan	ENGLISH TRANSLATION(S)
Pronunciation	<i>Geh</i>	<i>Dahn</i>	“Lower (Groin & Leg) Level”
Kanji Character(s)	下	段	
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	Dachi	ENGLISH TRANSLATION(S)
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	Kamae	ENGLISH TRANSLATION(S)
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	Heisoku Dachi	ENGLISH TRANSLATION(S)
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	Musubi Dachi	ENGLISH TRANSLATION(S)
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	Heikō Dachi	ENGLISH TRANSLATION(S)
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	Soto	Dachi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Soh Toh</i>	<i>Dah Chee</i>	<p>“(The) Outward Stance”</p> <p><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 Soto Hachi Monji Dachi). Your knees again are straight and instead of being locked are in a natural relaxed position.)</i></p>
Kanji Character(s)	外	立ち	
Original Meaning(s) of the Kanji Characters	<i>Outside of, Outward, Away (from)</i>	<i>Stance</i>	

Japanese Term	Uchi	Dachi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Uu Chee</i>	<i>Dah Chee</i>	<p>“(The) Inside Stance”</p> <p><i>(Traditionally called Uchi Hachi Monji Dachi, 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></p>
Kanji Character(s)	内	立ち	
Original Meaning(s) of the Kanji Characters	<i>Inside of, Within, Inward, In Toward</i>	<i>Stance</i>	

Japanese Term	Shiko	Dachi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Shee Koh</i>	<i>Dah Chee</i>	<p>“(The) Horse Stance” or “Straddle Leg Stance”</p> <p><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></p>
Kanji Character(s)	四股	立ち	
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	Sanchin	Dachi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Sahn Cheen</i>	<i>Dah Chee</i>	<p>“(The) Immovable Stance”</p> <p><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></p>
Kanji Character(s)	三戦	立ち	
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	Zenkutsu Dachi	ENGLISH TRANSLATION(S)
Pronunciation	Zen Koo Tsoo Dah Chee	<p>“(The) Forward Leaning Stance” or “Front Stance”</p> <p><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></p>
Kanji Character(s)	前屈 立ち	
Original Meaning(s) of the Kanji Characters	Front Bend, Lean Stance	

Japanese Term	Kōkutsu Dachi	ENGLISH TRANSLATION(S)
Pronunciation	Koh Koo Tsoo Dah Chee	<p>“(The) Rear Leaning Stance” or “Back Stance”</p> <p><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></p>
Kanji Character(s)	後屈 立ち	
Original Meaning(s) of the Kanji Characters	Rear Bend, Lean Stance	

Japanese Term	Han Zenkutsu Dachi	ENGLISH TRANSLATION(S)
Pronunciation	Hahn Zen Koo Tsoo Dah Chee	<p>“(The) Half-Forward Leaning Stance” or “Half-Front Stance”</p> <p><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></p>
Kanji Character(s)	半前屈 立ち	
Original Meaning(s) of the Kanji Characters	Half Front Bend, Lean Stance	



Names of Stances Used in Gōjūryū Karate (Continued)

Japanese Term	Neko Ashi	Dachi	ENGLISH TRANSLATION(S)
Pronunciation	<i>NehKoh Ah Shee</i>	<i>Dah Chee</i>	<p>“(The) Cat Foot Stance”</p> <p><i>(Neko Ashi Dachi 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.)</i></p>
Kanji Character(s)	猫足	立ち	
Original Meaning(s) of the Kanji Characters	<i>Cat Foot</i>	<i>Stance</i>	

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

Japanese Term	Ti Ji	Dachi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Tee Jee</i>	<i>Dah Chee</i>	<p>“(The) Inverted ‘T’ Stance”</p> <p><i>(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].)</i></p>
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>	

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



Names of Blocks Used in Gōjūryū Karate

Japanese Term	Uke		ENGLISH TRANSLATION(S)
Pronunciation	<i>Uu Keh</i>	<i>Uu Keh</i>	“(a) Block” (of a strike, kick, etc.)
Kanji Character(s)	受 or 受け		
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	Uke	Waza	ENGLISH TRANSLATION(S)
Pronunciation	<i>Uu Keh</i>	<i>Wah Zah</i>	“Blocking Techniques” “Blocking Skills”
Kanji Character(s)	受け	技	
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	Age	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Ah Geh</i>	<i>Uu Keh</i>	“Upward Block” “Rising Block”
Kanji Character(s)	上げ	受け	
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	Jōdan	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Joh Dahn</i>	<i>Uu Keh</i>	“Upper Level Block”
Kanji Character(s)	上段	受け	
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	Yoko	Uke	ENGLISH TRANSLATION(S)
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	Chūdan	Uke	ENGLISH TRANSLATION(S)
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	Chūdan Soto	Uke	ENGLISH TRANSLATION(S)
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	Chūdan Uchi	Uke	ENGLISH TRANSLATION(S)
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	Gedan	Barai	ENGLISH TRANSLATION(S)
Pronunciation	<i>Geh Dahn</i>	<i>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</i>	<i>Sweep Out of the Way, Clear Out, Wipe Off, Brush Off, Drive Away, Wield Sideways</i>	

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

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

Japanese Term	Uchi	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Uu Chee</i>	<i>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</i>	<i>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	Shutō	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Shoo Toh</i>	<i>Oo Keh</i>	“Knife Hand Block”
Kanji Character(s)	手刀	受け	
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	Shutō	Jōdan	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Shoo Toh</i>	<i>Jyoh Dahn</i>	<i>Uu Keh</i>	“Upper Knife Hand Block”
Kanji Character(s)	手刀	上段	受け	
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	Shutō	Gedan	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Shoo Toh</i>	<i>Geh Dahn</i>	<i>Uu Keh</i>	“Lower Knife Hand Block”
Kanji Character(s)	手刀	下段	受け	
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	Omote	Kote	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Oh Moh Teh</i>	<i>Koh Teh</i>	<i>Uu Keh</i>	“Outer Forearm Block”
Kanji Character(s)	表	小手	受け	
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	ENGLISH TRANSLATION(S)
Pronunciation	Hee Kee	Uu Keh	
Kanji Character(s)	引き	受け	
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>	“Pulling/Grasping Block”

Japanese Term	Hiji	Uke	ENGLISH TRANSLATION(S)
Pronunciation	Hee Jee	Uu Keh	
Kanji Character(s)	肘	受け	
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>	“Elbow Block”

Japanese Term	Hiji	Uchi	Uke	ENGLISH TRANSLATION(S)
Pronunciation	Hee Jee	Uu Chee	Uu Keh	
Kanji Character(s)	肘	打ち	受け	
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>	“Elbow Strike Block”

Japanese Term	Hiza	Uke	ENGLISH TRANSLATION(S)
Pronunciation	Hee Zah	Uu Keh	
Kanji Character(s)	膝	受け	
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>	“Knee Block”



Names of Blocks Used in Gōjūryū Karate (Continued)

Japanese Term	Sune	Uke	ENGLISH TRANSLATION(S)
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	Yumi	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Yoo Mee</i>	<i>Uu Keh</i>	“Bow Block”
Kanji Character(s)	弓	受け	
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	Soku	Tei	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Soh Koo</i>	<i>Teh Ee</i>	<i>Uu Keh</i>	“Sole of the Foot Block” <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>
Kanji Character(s)	足	底	受け	
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>	

Japanese Term	Chūdan	Uchi	Uke	Gedan	Barai	ENGLISH TRANSLATION(S)
Pronunciation	<i>Chew Dahn</i>	<i>Uu Chee</i>	<i>Uu Keh</i>	<i>Geh Dahn</i>	<i>Bah Rah Ee</i>	“Middle Inside-out Block & Lower Sweeping Block”
Kanji Character(s)	中段	内	受け	下段	払い	
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 Sideways</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	払い	
Original Meaning(s) of the Kanji Characters	<i>Bottom, Lower Level</i>	<i>Inside, Inward</i>	<i>Sweep Out of the Way, Clear Out, Wipe Off, Brush Off, Drive Away, Wield Sideways</i>	

Japanese Term	Sune	Uke	ENGLISH TRANSLATION(S)
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	ENGLISH TRANSLATION(S)
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	ENGLISH TRANSLATION(S)
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” <i>(Using the sole of the foot to press down hard against the attacker's ankle, as in a yoko geri.)</i>
Kanji Character(s)	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” <i>(Foot swung from outside to inside)</i>
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 Off, Drive Away, Wield Sideways</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</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” <i>(Foot swung from inside to outside)</i>
Kanji Character(s)	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 Off, Drive Away, Wield Sideways</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</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	ENGLISH TRANSLATION(S)
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	ENGLISH TRANSLATION(S)
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	Kō	Geki	Waza	ENGLISH TRANSLATION(S)
Pronunciation	<i>Koh</i>	<i>Geh Kee</i>	<i>Wah Zah</i>	<p>“Striking Techniques”</p> <p>(NOTE: The nuance of the word “kogeki” is not simply to “attack” but rather to crush,” “cut down,” or “destroy in a devastating way.”)</p>
Kanji Character(s)	攻	撃	技	
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	Tsuki	Waza	ENGLISH TRANSLATION(S)
Pronunciation	<i>Tsoo Kee</i>	<i>Wah Zah</i>	<p>“Punching Techniques”</p>
Kanji Character(s)	突き	技	
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	Sei	Ken	Tsuki	ENGLISH TRANSLATION(S)
Pronunciation	<i>Say</i>	<i>Ken</i>	<i>Tsoo Kee</i>	<p>“Squared Fist Strike”</p> <p>“Full, Regular Fist Strike”</p>
Kanji Character(s)	正	拳	突き	
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	Shita	Tsuki	ENGLISH TRANSLATION(S)
Pronunciation	<i>Sh ' Ta</i>	<i>Tsoo Kee</i>	<p>“Upside-Down Punch”</p> <p>Or “Reverse Strike”</p> <p>(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.)</p>
Kanji Character(s)	下	突き	
Original Meaning(s) of the Kanji Characters	<i>Down</i>	<i>Thrust, Punch, Strike Against, Poke, Stab, Knock</i>	

Japanese Term	Hai	Tō	Tsuki	ENGLISH TRANSLATION(S)
Pronunciation	<i>High</i>	<i>Toh</i>	<i>Tsoo Kee</i>	<p>“Open Ridge Hand Strike, with palm facing down”</p> <p>(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)</p>
Kanji Character(s)	背	刀	突き	
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	Ura	Ken	ENGLISH TRANSLATION(S)
Pronunciation	<i>Uu Rah</i>	<i>Ken</i>	
Kanji Character(s)	裏	拳	“Back Fist (Strike)” (NOTE: Also referred to as “Ura Uchi”[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	Shu	Tō	Tsuki	ENGLISH TRANSLATION(S)
Pronunciation	<i>Shoo</i>	<i>Toh</i>	<i>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	Furi	Uchi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Foo Rhee</i>	<i>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	Tettsui	Uchi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Teh 'Tsoo Ee</i>	<i>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 Hammer Mallet</i>	<i>Hit, Strike, Beat, Knock, Smite, Pound in, Punch</i>	

Japanese Term	Ippon	Ken	ENGLISH TRANSLATION(S)
Pronunciation	<i>Eep'pohn</i>	<i>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 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>	<p>“Middle Knuckle Fist”</p> <p>(A fist with one middle knuckle extended beyond the others of the fist.)</p>
Kanji Character(s)	一本	拳	中高	
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>	

Japanese Term	Nuki	Te	ENGLISH TRANSLATION(S)
Pronunciation	<i>Noo Kee</i>	<i>Teh</i>	<p>“Spearhand Strike”</p> <p>(The sharp strike of the fingers extended into the soft body parts of your opponent)</p>
Kanji Character(s)	貫	手	
Original Meaning(s) of the Kanji Characters	<i>Penetrate, Perforate, Shoot Through, Pierce, Braced</i>	<i>Hand(s)</i>	

Japanese Term	Ippon	Nuki	Te	ENGLISH TRANSLATION(S)
Pronunciation	<i>Eep 'pohn</i>	<i>Noo Kee</i>	<i>Teh</i>	<p>“Single Finger Spearhand Strike”</p> <p>(The sharp strike using only one finger extended into the soft body parts of your opponent)</p>
Kanji Character(s)	一本	貫	手	
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>	

Japanese Term	Nihon	Nuki	Te	ENGLISH TRANSLATION(S)
Pronunciation	<i>Ni Hohn</i>	<i>Noo Kee</i>	<i>Teh</i>	<p>“Two-Finger Strike”</p> <p>(The sharp strike using only two fingers extended into the eyes of your opponent)</p>
Kanji Character(s)	二本	貫	手	
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>	



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”
Kanji Character(s)	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”
Kanji Character(s)	裏	底	顎	打ち	
Original Meaning(s) of the Kanji Characters	<i>The Back, The Reverse Side</i>	<i>Bottom, Base, Sole</i>	<i>Chin, Jaw</i>	<i>Hit, Strike, Beat, Knock, Smite, Pound in, Punch</i>	

Japanese Term	Hiji	Yoko	Uchi	ENGLISH TRANSLATION(S)
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	Geri	ENGLISH TRANSLATION(S)
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	Mae Geri	ENGLISH TRANSLATION(S)
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	Gedan Geri	ENGLISH TRANSLATION(S)
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	Soto Geri	ENGLISH TRANSLATION(S)
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	Yoko Geri	ENGLISH TRANSLATION(S)
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	Mawashi Geri	ENGLISH TRANSLATION(S)
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	Kansetsu Geri	ENGLISH TRANSLATION(S)
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	Sokutō Geri	ENGLISH TRANSLATION(S)
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	Ushiro Geri	ENGLISH TRANSLATION(S)
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	Kata	ENGLISH TRANSLATION(S)
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>NOTE: 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	Tai	Kyoku	ENGLISH TRANSLATION(S)
Pronunciation	<i>Tie</i>	<i>Kyoh Kuu</i>	
Kanji Character(s)	太	極	
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>	<p>"First Course" "Beginner Series" "Main Grounding" "Maximum" "The Absolute" "The Great Supporting Pillar"</p>

Japanese Term	Geki	Sai	ENGLISH TRANSLATION(S)
Pronunciation	<i>Geh Kee</i>	<i>Sigh</i>	
Kanji Character(s)	撃	碎	
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>"To Attack & Destroy" "Smash and Crash"</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	ENGLISH TRANSLATION(S)
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	ENGLISH TRANSLATION(S)
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	ENGLISH TRANSLATION(S)
Pronunciation	<i>Sahn Sheh Roo</i>	
Kanji Character(s)	三十六	<p>(Literally) “Thirty Six”</p> <p>“(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	ENGLISH TRANSLATION(S)
Pronunciation	<i>Seh Pie</i>	
Kanji Character(s)	十八	<p>(Literally) “Eighteen”</p> <p>“(The) 18 Hands or Movements”</p>
Original Meaning(s) of the Kanji Characters	<p><i>Ten Eight = Eighteen (18)</i></p> <p><i>(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	Ku	Ru	Run	Fa	ENGLISH TRANSLATION(S)
Pronunciation	<i>Koo</i>	<i>Roo</i>	<i>Roon</i>	<i>Fah</i>	
Kanji Character(s)	久	留	頓	破	“Holding on Long and Striking Suddenly” “Holding Your Ground”
Original Meaning(s) of the Kanji Characters	Long	Hold, remain, stay behind, detain	Sudden, Abrupt	Tear, Rip, Rend, Frustrate, Defeat, Crush, Destroy, Burst, Rupture, Breakdown, Wear Out.	<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	Sei San	ENGLISH TRANSLATION(S)
Pronunciation	<i>Say 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)</i> <i>(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	Su	Pa	Rin	Pei	ENGLISH TRANSLATION(S)
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	One	Hundred	Fog	Eight (8)	<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 “Pitchurrin”.)</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	ENGLISH TRANSLATION(S)
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>	
Kanji Character(s)	自由	組	手	<p>“Freestyle Sparring” “Freestyle Fighting”</p>
Original Meaning(s) of the Kanji Characters	<p><i>Oneself; Itself</i> <i>Freedom, Liberty</i></p>	<p><i>Means; Way; Intent</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>	
Kanji Character(s)	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	Taoshi	Waza	ENGLISH TRANSLATION(S)
Pronunciation	<i>Tah Oh Shee</i>	<i>Wah Zah</i>	“Take-Down Techniques”
Kanji Character(s)	倒し	技	
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	Nage	Waza	ENGLISH TRANSLATION(S)
Pronunciation	<i>Nah Geh</i>	<i>Wah Zah</i>	“Throwing Techniques”
Kanji Character(s)	投げ	技	
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	Ne	Waza	ENGLISH TRANSLATION(S)
Pronunciation	<i>Neh</i>	<i>Wah Zah</i>	“Ground Techniques”
Kanji Character(s)	寝	技	
Original Meaning(s) of the Kanji Characters	<i>Lying Down, Prostrated, Sprawl, Sleeping</i>	<i>Technique, Craft, Ability, Feat, Skill, Performance</i>	

Japanese Term	Gyaku	Waza	ENGLISH TRANSLATION(S)
Pronunciation	<i>GeeYahKoo</i>	<i>Wah Zah</i>	“Reversal Techniques” “Reversing Techniques”
Kanji Character(s)	逆	技	
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	Kokyū	Hō	ENGLISH TRANSLATION(S)
Pronunciation	<i>Koh KeeYuu</i>	<i>Hoh</i>	
Kanji Character(s)	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	Heikō (or) Kinkō	ENGLISH TRANSLATION(S)
Pronunciation	<i>Hay Koh Keen Koh</i>	
Kanji Character(s)	平衡 (or) 均衡	“Balance”
Original Meaning(s) of the Kanji Characters	<i>Level, Scale, Peaceful Measuring Rod</i>	<i>To Level, To Average Scale, Measuring Rod</i>
	<i>Either Term Means: Balance or Equilibrium</i>	

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

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



Miscellaneous Terms (Continued)

Japanese Term	Yoke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Yoh Keh</i>	
Kanji Character(s)	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	Aite	ENGLISH TRANSLATION(S)
Pronunciation	<i>Eye Teh</i>	
Kanji Character(s)	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	Shime	ENGLISH TRANSLATION(S)
Pronunciation	<i>Shee Meh</i>	
Kanji Character(s)	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	Mamori	ENGLISH TRANSLATION(S)
Pronunciation	<i>Mah Moh Ree</i>	
Kanji Character(s)	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	Teki	ENGLISH TRANSLATION(S)
Pronunciation	<i>Teh Kee</i>	
Kanji Character(s)	敵	“(one’s) Enemy”
Original Meaning(s) of the Kanji Characters	<i>Enem.; Rival, Opponent</i>	

Japanese Term	Tataikai	ENGLISH TRANSLATION(S)
Pronunciation	<i>Tah Tah Kah Ee</i>	
Kanji Character(s)	戦い	“(a) Fight”
Original Meaning(s) of the Kanji Characters	<i>Battle, Struggle, Fight, Skirmish</i>	

Japanese Term	Kumiuchi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Koo Mee Uu Chee</i>	
Kanji Character(s)	組み討ち	“Grappling”
Original Meaning(s) of the Kanji Characters	<i>Grapple or Struggle (with)</i>	

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

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

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

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



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	Karatedō
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

