



小林流竜球館空手古武道連盟

RYUKYUKAN INTERNATIONAL

SHORINRYU RYUKYUKAN KARATE AND KOBUDO FEDERATION

TERMINOLOGY

PARTS OF THE BODY:

Atama	Head
Kubi	Neck
Hofu	Collarbone
Kata	Shoulder
Empi	Elbow
Ude	Forearm
Te	Hand
Yubi	Finger or toe
Ken	Closed fist
Seiken	Fore fist
Uraken	Back fist
Kentsui	Hammer fist
Shuto	Sword hand, knife hand
Haito	Ridge, inside edge of hand
Nukite	Spear hand (aka shihon nukite: four-finger spear hand)
Teisho	Heel of the palm
Mune	Chest
Waki	Armpits
Chichi	Nipple
Hara	Mid-section; ribs to pelvis
Tanden	The center of gravity in the lower abdomen, just below the navel
Onaka	Stomach
Koshi	Hips, sides
Gamaku	Okinawan Hogen term for hips. Can apply to hip movement, or the top point on the hip (pelvis bone) where the hand returns in Hiki Te
Ashi	Foot, can also mean leg and foot
Momo	Thigh
Hitai	Forehead
Mata	Groin area, inside of thigh

SABAKI - Movement

Tai Sabaki	Body movement
Ayumi Ashi	Walking foot movement, back foot passes front foot
Tsugi Ashi	Stepping in with the rear foot half way, then advancing with the front foot. Back foot does not pass front foot.
Suri Ashi	Gliding the feet on the ground
Hiki Ayumi Ashi	Front foot pulls back next to back foot, then back foot advances.
Mawashi Ashi	Circle stepping (using yodiashi)
Yori Ashi	Slide stepping, shuffle stepping; lead foot moves first
Oshi Fumikomi	Push stepping
Kawashi Ashi	Switching feet
Kawashi Waza	Techniques that use the opponent's force to redirect, unbalance him or strike him
Kuzushi Waza	Techniques (which make contact

or not) that cause the opponent to react and become unbalanced, vulnerable
Side shifting (using yoriashi)

Hiraki Ashi

DACHIWAZA - Stances

Shizentai	Standing naturally with feet shoulder width, knees relaxed and straight
Heisoku Dachi	Heels and toes together
Heiko Dachi	Feet shoulder width and parallel
Teiji Dachi	T-stance
Zenkutsu Dachi	Forward stance
Kokutsu Dachi	Back stance
Shiko Dachi	Four point stance, wide stance, toes out, knees bent outward
Kosa Dachi	Cross feet stance
Nekoashi Dachi	Cat foot stance
Sagiashi Dachi	Crane stance, one foot stance
Seiza	Kneeling, both knees
Ashi Orishiku Dachi	Kneeling stance, one knee down, (aka laigoshi Dashi)
Kamae	Posture
Hanmi	Half sideways facing

KERIWAZA - Kick Techniques

Hittsui Uchi	Knee strike
Keage	Snapping. Example: Maegeri Keage (front snap kick)
Kekomi	Thrusting. Example: Maegeri Kekome (front thrust kick)
Mikazuki Geri	Crescent moon kick, crescent kick
Ushiro Geri	Back (behind you) kick
Kesa Geri	Diagonal kick, cut kick
Mae Tobi Geri	Flying front kick
Hiza Geri	Kick to knee
Kagi Geri	Hook kick
Otoshi Geri	Dropping down kick, axe kick
Mawashi Ushiro Geri	Spinning back kick

UKEWAZA - Block Techniques

Uchi Uke	Inside, inward block
Soto Uke	Outside, outward block
Jodan Uke	Upper block (neck and above)
Chudan Uke	Middle block (between neck and navel)
Gedan Uke	Lower block (between navel and knees)
Shuto Juji Uke	Sword hand X shaped block (ju, 10 is written like an x)
Morote Uke	Two handed block
Shuto Uke	Sword hand block
Morote Tsukami Uke	Two hand grasping block (as Passai Uke)
Ken Juji Uke	Fist x-block.
Gedan Shuto Uke	Lower sword hand block

Ashi Uke	<i>Foot blocks (Ashi in this case refers to using any part of the leg or foot)</i>	<i>invites Yudansha to Shomen, Sensei is in the middle (Okinawa style)</i>
Nami Gaeshi	<i>Wave counter, foot checks against Keriwaza</i>	<i>When Sensei is ready, he/she nods to the Dai Sempai (most senior student), who calls Kiotsuke (Attention)</i>
Tate Shuto Uke	<i>Sword hand block, fingers vertical</i>	<i>Everyone forms an attention stance, and performs Rei (bow) on the call of Sempai, Sensei returns the Rei</i>
Passai Uke	<i>Refers to two handed blocking system practiced in Passai Kata</i>	

UCHIWAZA - Strike Techniques

Empi Uchi	<i>Elbow strike</i>
Ha-ito Uchi	<i>Ridge hand strike</i>
Shotei	<i>Palm heel strike</i>
Hiza Uchi	<i>Knee strike</i>
Kentsui Uchi	<i>Hammer fist strike</i>
Uraken Uchi	<i>Inverted fist strike, as in Naihanchi</i>
Shi Tsuki	<i>Bird's beak strike (Gojushiho Kata)</i>
Nukite Tsuki	<i>Spear hand thrust</i>
Shuto Uchi	<i>Knife hand strike</i>
Haito Shuto Uchi	<i>Shuto with opposite side of the hand, ridge hand strike</i>

Sempai calls: Seiza! (formal sitting posture), and everyone, including Sensei sits in Seiza facing Shomen (front)

Sempai Calls: Mokuso Hajime (meditation begins) at which time students are asked to close their eyes and think about pure intentions, clear the mind, and get ready for hard work.

Upon Sensei's prompt, Sempai calls: Mokuso Yame, at which time everyone opens their eyes.

Sempai Calls: Shinzen ni Rei (Bow to the shrine of the karate ancestors). Sensei and Deshi perform Zarei (a formal bow) and remain in that position until Sensei turns toward them and says Hai (yes, ok), at which time they straighten up in Seiza.

TSUKIWAZA - Punching Techniques

Note: Tsukiwaza is a sub-group of Uchiwaza

Tsuki	<i>Punch, thrust with one hand.</i>
Choku Tsuki	<i>Simple, regular, straight punch</i>
Seiken Tsuki	<i>Fist thrust, straight punch, knuckles horizontal</i>
Tate Tsuki	<i>Punch with knuckles held in a vertical position</i>
Kizami Tsuki	<i>Lead hand punch, jab</i>
Oi Tsuki	<i>Lunging punch with the forward hand</i>
Gyaku Tsuki	<i>Reverse punch, rear hand</i>
Age Tsuki	<i>Rising punch, uppercut</i>
Kagi Tsuki	<i>Hook punch</i>
Ren Tsuki	<i>Alternate hands punching</i>
Dan Tsuki	<i>Consecutive punches with the same hand</i>
Morote Tsuki	<i>Two handed punch</i>
Yama Tsuki	<i>Mountain punch, wide u-shaped punch, one hand above other</i>
Kazu Tsuki	<i>Square punch, as in Naihanchi</i>
Wari Uke Tsuki	<i>Split block-punch, as in first move of Pinan Shodan</i>
Morote Tsuki	<i>Both hands punch, as in Naihanchi Shodan, first kiai</i>

Sensei usually addresses the group at this time, and then nods to Sempai.

Sempai calls Sensei ni Rei (bow to the teacher). Deshi and Sensei perform Zarei (formal bow), Deshi saying Onigaishimasu (Please may I have) holding their bow until Sensei returns to Seiza and says Hai. Students then return to Seiza.

Sensei hops up, as do Deshi

Junbi Undo Warmup training, a quick warmup led by Sensei

Kihongata Following warmup, Sensei will lead the class in Kihongata (basic form)

Kata Following Kihongata, Sensei will teach Kata (the formal forms of Shorinryu Karate)

Jyu/Jissen Kumite Practice fighting using Karate Skills

Serei Undo End of class warm down, led by Sensei

FORMAL CLASS OPENING

Narande	<i>Order to line up, usually shouted by a Senior student upon Sensei's request</i>
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Deshi (students) line up according to rank facing Shomen (Front); highest ranking students form the line closest to Shomen and to the right. For equal ranks, the younger Deshi usually defers to the elder Deshi, who lines up to their right.

Deshi line up on the person on their right, and directly behind the person in the front row, ensuring straight lines.

Sensei stands at Shomen (Front), facing Deshi. If Sensei

FORMAL END OF CLASS

Sempai calls Narande to line up the class

When everyone is lined up, Sensei nods to Sempai, who calls Seiza: the process is the same as the beginning of class, except Deshi say Domoarigatogozaimasu (thank you very much when they bow to Sensei)