

Terminology

Club name

Shizendo (she-zen-doh)

Translation – to remain natural and in accordance with nature's intended way

Martial Art

Karate (kah-rah-teh)

Translation – empty hand

Style of karate

Wado-ryu (wah-doh-roo)

Translation – the way of peace

Founder – Hironori Ohtsuka

Other influences

Chinese

Quan Fa – Kempo (kem-poh) in Japanese

Translation – fist method

Okinawan

Gojo-ryu (go-joh-roo)

Translation – hard-soft

Founder – Chojun Miyagi

Forms – Kata: (kah-tah)

Te-geri-waza (tay-geh-ree-wah-zah)

Uke-waza (oo-kay-wah-zah)

Uke-tsuki-waza: oo-kay-wah-zah

Empi-waza (en-pee-wah-zah)

Sanchin (san-chin)**

Tensho (ten-sho)**

Naihanchi (ny-han-chee)*

Kushanku (koo-shan-koo)*

Seishan (say-shan)*

Chinto (chin-toe)*

* Four major wado-ryu katas

** Two core Gojo-ryu katas

Numbers - Kazu: (kah-zoo)

One: Ichi (ee-chee)

Two: Ni (nee)

Three: San (sahn)

Four: Shi (she)

Five: Go (go)

Six: Roku (roke)

Seven: Shichi (shih-chee)

Eight: Hachi (hah-chee)

Nine: Ku (koo)

Ten: Ju (joo)

Commands

Seiza (sigh-zah): Kneeling position

Sensei-ni-Rei (sen-say-nee-ray): Bow to the teacher

Otagai-ni-Rei (oh-tah-gah-ee-nee-ray): Bow to each other

Mokuso (moh-koo-so): Meditation

Norei (Noh-ray): Feet together

Rei (ray): Bow

Yoi (yoy): Ready

Hajime (hah-jee-may): Begin

Yame (yah-may): Stop

Mawatte (mah-wah-tay): Turn

Hidari (he-dah-ree): Left

Migi (me-gee): Right

Basic Techniques – Kihon : (key-hohn)

Front centre punch on the spot: Sonoba-zuki (soh-no-bah-zoo-key)
Outside centre block: Soto-uke (so-toh oo-kay)
Inside centre block: Uchi-uke (oo-chee oo-kay)
Upward block: Jodan-uke (joe-dahn oo-kay)
Downward block: Gedan-barai (geh-dahn bah-rye)

Attacking methods – Semekata : (seh-meh-kah-tah)

Front punch: Tobikomi-zuki: toh-bee-koh-me-zoo-key)
Reverse punch: Gyaku-zuki (gya-koo zoo-key)
Angle punch: Nagashi-zuki (nah-gah-she zoo-key)
Back fist: Uraken (oo-ra-ken)
Overhand punch: Yamazuki (yah-mah-zoo-key)
Uppercut: Age-zuki (ah-geh zoo-key)
Elbow strike: Empi (em-pee)
Spear hand: Nukite (noo-key-teh)
Knife hand: Shuto (shoo-toh)

Kicking methods – Kerikata (key-ree-kah-tah)

Front kick: Mae-geri (my-geh-ree)
Angle kick: Mawashi-geri (mah-wha-she-geh-ree)
Back kick: Ushiro-geri (oo-she-row-geh-reh)
Side kick: Sokuto-geri (soh-koo-tow geh-ree)
Foot sweep: Ashi-Barai (ah-she bah-rye)
Stamping kick: Fumikomi (foo-me-koh-me)
Crescent kick: Mikazukigeri (me-kah-zoo-key-geh-ree)

Standing methods (Stances) – Tachikata: (tah-chee-kah-tah)

Natural: shizentai (she-zen-tie)
Sparring posture: Kamae (kah-may):

Front leg weighted:
Zenkutsu-dachi (zen-koo-tsue-dah-chee)
Sanchin-dachi (san-chin-dah-chee)

Rear leg weighted:
Nekoashi-dachi (neh-koh-ah-she-dah-chee)
Kokutsu-dachi (koe-koo-tsu-dah-chee)
Fudo-dachi (foo-doe-dah-chee)

Evenly weighted:
Shiko-dachi (she-koh-dah-chee)
Naihanchi-dachi (nai-han-chee-dah-chee)

Techniques – Waza: (wah-zah)

Kansetsu-waza (kan-set-soo-wah-zah): Joint locking techniques
Nage-waza (nah-geh-wah-zah): Throwing techniques
Ukemi-waza (oo-keh-me-wah-zah): Breakfall techniques

Miscellaneous terms

Bunkai (boon-kai): Application of kata techniques
Dojo (doe-joe): Training area
Gi (ghee): Karate uniform
Karateka (kah-rah-tay-kah): Karate student
Kumite (koo-meh-tay): Sparring
Jiyu-kumite (gee-you koo-me-teh): Free sparring
Taisabaki (tye sah-bah-key): Body movement
Kobudo (koh-boo-doh): Weapon art system

Kata (kah-tah): Form
Ki (key): Mind, Spirit, Energy
Kiai (key-aye): Focusing shout
Kime (key-may): Focus of power
Kyu (kyew): Ranks below black belt
Obi (oh-bee): Karate belt
Sensei (sehn-say): Teacher
Dan (dahn): Black belt rank