

TERMINOLOGY SHEET

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| <p>1. ICHI _____ One
 2. NI _____ Two
 3. SAN _____ Three
 4. SHI _____ Four
 5. GO _____ Five
 6. ROKU _____ Six
 7. SHICHI _____ Seven
 8. HACHI _____ Eight
 9. KU _____ Nine
 10. JU _____ Ten
 11. GI _____ Uniform
 12. OBI _____ Belt
 14. DOJO _____ School
 15. SENSEI _____ Teacher
 16. SHIHAN _____ Master Teacher
 17. SEMPAI _____ Advanced Student
 18. KYU _____ Boy
 19. DAN _____ Man
 20. KATA _____ Forms
 21. KIAI _____ Battle Cry
 22. KAMAE _____ Posture
 23. KIHON _____ Basic Techniques
 24. REI _____ Bow
 25. KYOSKI _____ Attention
 26. YOI _____ Ready
 27. YOI DACHI _____ Ready Stance
 28. KUMITE _____ Fighting
 29. HAJIME _____ Fight, Begin
 30. MAWATTE _____ Turn
 31. NAOTTE _____ Relax, Basic Stance
 32. YAME _____ Stop, End
 33. OSU _____ Yes, Positive Attitude, A Greeting
 34. TSUKI _____ Punch
 35. SEIKEN _____ Regular Fist
 36. URAKEN _____ Back Fist
 37. GYAKU ZUKI _____ Reverse Punch
 38. SHUTO _____ Sword Hand
 39. NUKITE _____ Spear Hand</p> | <p>40. OI TSUKI _____ Lunge Punch
 41. UKE _____ Block
 42. GEDAN BARAI _____ Low Block
 43. JODAN UKE _____ High Block
 44. CHUDAN UCHI UKE _____ Middle Outward Block
 45. CHUDAN SOTO UKE _____ Middle Inward Block
 46. SHUTO UKE _____ Open Hand, Sword Hand Block
 47. EMPI UKE _____ Elbow Block
 48. MAWASHI UKE _____ Round Block
 49. MOROTE UKE _____ Reinforced Block
 50. DACHI _____ Stance
 51. ZENKUTSU DACHI _____ Forward Stance
 52. KOKUTSU DACHI _____ Back Stance
 53. KIBA DACHI _____ Horse Riding Stance
 54. NEKOASHI DACHI _____ Cat Leg Stance
 55. FUDO DACHI _____ Immovable Stance
 56. HACHIJI DACHI _____ Basic, Yoi Stance
 57. KERI OR GERI _____ Kick
 58. MAE GERI _____ Front Kick
 59. YOKO GERI _____ Side Kick
 60. MAWASHI GERI _____ Round Kick
 61. USHIRO GERI _____ Back Kick (rear)
 62. TOBI GERI _____ Jumping Kick
 63. MIKAZUKI - GERI _____ Crescent Kick
 64. HARA _____ Belly, Lower Abdomen
 65. RENGURI _____ Double Kick
 66. RENTSUKI _____ Double Punch
 67. SANBON RENTSUKI _____ Triple Punch
 68. KIME _____ Point of Focus
 69. JUJI UKE _____ Crossblock
 70. KARATE _____ Empty Hand
 71. KARATE-DO _____ The Way of The Empty Hand
 72. SEIZA _____ Sitting Position
 73. MOKUSA _____ Clear Mind
 74. MIGI _____ Right
 75. HIDARI _____ Left
 76. HEIAN - <i>PERCEFUL MIND</i></p> |
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- 1) TAIKYOKU SHODAN 1) HEIAN SHODAN
 2) TAIKYOKU NIDAN 2) HEIAN NIDAN
 3) TAIKYOKU SANDAN 3) HEIAN SANDAN

- 4) HEIAN YODAN 1) KWAN KU
 5) HEIAN GODAN DAI
 6) BASSAI DAI 7) TEKKI SHO

BOHIDHARMA: Known to the Japanese as "Daruma" is believed to have emigrated from India to China about the year 520 A.D. It is believed Daruma founded all the "ATEMI-WAZA" Arts or Arts of striking techniques. He founded two treatises: one to limber up the body and one to develop the mind. Bohidharma was the 28 successor to Buddha and his major accomplishments were made at a monastery known as Shaolin in Sung Shang.

From China, a martial art known as Kung-Fu emerged and found its way into Okinawa by Chinese merchants... soon to become Okinaw-Te. In the 17th century Japanese bushi attacked and confiscated all weapons considered to be a threat to the government. At this time, "Okinawa-Te", also know as simply "Te", spread quickly as a means of weaponless fighting.

Azato and Itosu taught Funakoshi "Te" between midnight and dawn because the practice was forbidden by law. Funakoshi learned only one kata in a years time, sometimes training in complete darkness.

1903: Japanese recognized "Te" as a very powerful and useful art and authorized it to be taught in schools in Japan. At this time, the work "Karate-Jutsu" replaced "Te" and the first Japanese art of physical contact Karate was recognized in Japan. 1922: Master Gichin Funakoshi was invited to Japan, from his homeland of Okinawa, to demonstrate the art of "Karate Jutsu". 1924: The first Japanese Karate Dojo was founded at Keio University. 1936: Funakoshi officially founded Shotokan. Master Funakoshi is known by many as the "Father of modern day Karate".

Funakoshi teachings of Shotokan was that of non-violence...that karate always begins and ends with courtesy...and karate is to be used for defense only. "Shoto" (pine waves) was Funakoshi pen name, for he was a writer, artist, and a teacher of the Chinese Classics. Funakoshi's family were members of the Samari class and Funakoshi wore a topknot (his hair done up in a knot atop his head) until he became a school teacher. When Gichin Funakoshi reluctantly removed the topnot so he would be allowed to teach public school his family considered it a disgrace.

Nishiyama and Nakayama emphasized the technical side of the art of Karate while Oshima and Egami focused on the mental aspects....these men are four very renown Karate Masters that trained under Master Funakoshi.

CHINA
Kung Fu
Kempo

OKINAWA
Gichin
Funakoshi
Home Land

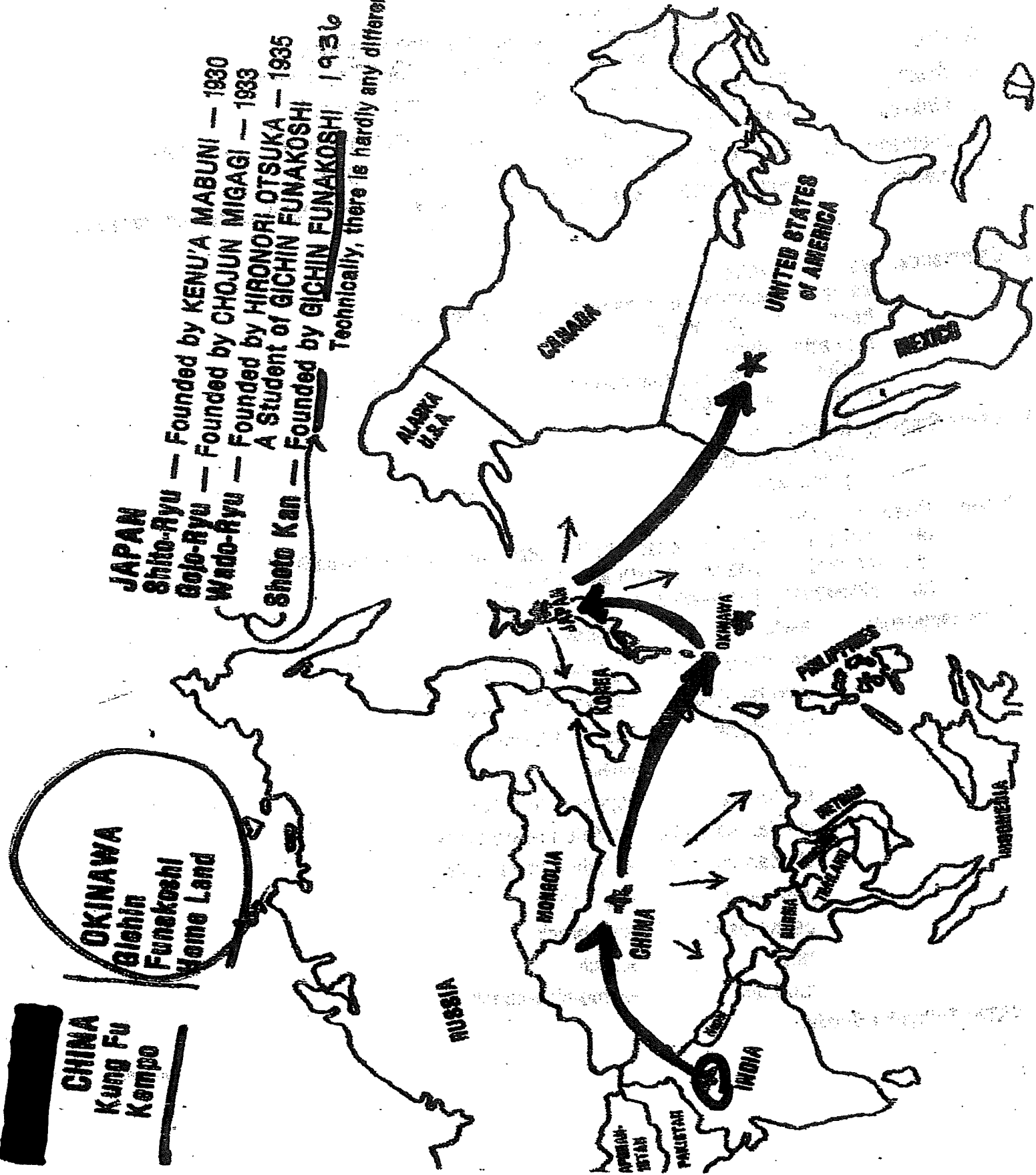
JAPAN

Shito-Ryu -- Founded by KENU'A MABUNI -- 1930
Goju-Ryu -- Founded by CHOJUN MIGAGI -- 1933
Wado-Ryu -- Founded by HIRONORI OTSUKA -- 1935

Shoto Kan -- Founded by GICHIN FUNAKOSHI

1936

Technically, there is hardly any difference.



WHITE BELT EXAM

1. Dojo Etiquette (ceremonial)

- A. Dojo Precepts: *Uphold the principles of propriety and courtesy.
 *Cultivate a spirit of effort.
 *Perfect a mind of patience.
 *Live the way of truth.
 *Do not lose self-control or act in a violent manner.
- B. Osu: A respectful greeting or acceptance, being in agreement.
- C. Seiza: The sitting position in preparation for meditation.
- D. Mokusa: Meditation, clearing mind, putting thoughts toward learning Karate
- E. Shomen-ni-rei: Bow to the front, shows respect to school and art.
- F. Otagai-ni-rei: Bow between instructor and students, with "osu", to show respect for each other.

2. Commands: yoi =attention
 kamaete =command to assume starting position.
 hajime =fight, begin
 mawatte =turn
 naotte =relaxed basic stance
 yame =stop, end

3. Attack Stages: jodan =high
 chudan =middle
 gedan =low

4. Kihon: (basic techniques)

- (a). forward: forward stance with low block, with same-side-punch
 (b). forward: back stance with open hand block
 (c). sideways: horse-back-stance with low block

5. Basic language: dachi =stance
 zenkutsu-dachi =forward-stance
 kokutsu-dachi =back-stance
 kiba-dachi =horse-back-stance
 uke =block
 shuto-uke =open-hand block
 chudan-soto-uke =middle inward block
 chudan-uchi-uke =middle-outward block
 jodan-uke =high block
 gedan-barri =low block
 tsuki =punch
 jun-tsuki =same-side-punch

6. KATA: Taikyoku Shodan