Welcome to

Arena Kyokushin
Karate Dojo

Sosai Mas Oyama
10th Dan
Founder of Kyokushin
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INTRODUCTION

KARATE literally translated from Japanese means (Kara) – empty (Te) – hand. The style or school of Karate you are about to undertake is a Japanese style incorporating many techniques taken from a number of old Karate systems including Shotokan, Go-Ju Ryu, Shao- lin and Kempo. It is this combination of the best of many systems that produce a style that is both dynamic and popular, and noted for it’s effectiveness.

MAS OYAMA (Masutatsu Oyama, born Young-I-Choi) is the founder of the style and head of the world-wide Kyokushinkai-Kan. His title is Sosai and his rank is 10th Dan. Sosai was born in a village not far from Gunsan, Southern Korea in 1923. The youngest of a large family of the Yanban (nobility) class, he practiced Southern Chinese Kempo (known as Eighteen Hands), Korean Kempo, Judo, Boxing, Okinawan Karate, Goju and Shotokan.

In 1947, he won the karate section of the first Japanese National Martial Arts Championships. With this success, he decide to devote his life to Karate and spent the next few years from human society training in the mountains 12 hours per day, every day. His training included standing under icy waterfalls, pounding at trees to strengthen his hands and weight training with large boulders. With his vigorous training, he fought bulls (that were destined for slaughter) bare handed, during which he dealt death to three, and ripped horns off many more.

In 1952, he went to United States to demonstrate and test himself against professional boxers, wrestlers, and anyone else who would accept the challenge. In all, he fought 270 challengers, defeating every one of them. In 1953, he opened his first dojo, an open air dojo in the burned out ruins in Mejiro, Tokyo. His training methods were very hard and involved pretty much full contact fighting. Due to the intensity and severity of the training, the drop out rates were very high, but eventually he had over 700 students. In 1964 he moved his dojo to Tokyo’s Ikebukuro district, which would serve as the Kyokushin world headquarters.

In 1969, Sosai launched the first All-Japan Full Contact Karate Open Championships which took Japan by storm and Terutomo Yamazaki became the first champion. As the 1970s approached, he launched the first World Full Contact Karate Open Tournament in Tokyo, and in 1977, he attended the first Australian Full-Contact Championships in Sydney. As he aged, he suffered from osteoarthritis but nevertheless stopped training. It was with great sadness that the world saw Sosai passed away of lung cancer (as a non-smoker) on April 26, 1994.
STRETCHING AND SUPPLENESS

A beginner should keep in mind that suppleness is basically a natural condition. There are those who are already supple before they even set foot in a dojo, and there are those that are “as stiff as a board”. Stretching is a long, long process and for those who are naturally stiff it may take many years to improve noticeably. To increase your flexibility, you must be willing to spend at least 1 to 2 hours a day stretching. Unfortunately for those people who are naturally stiff may never become as supple as those people who are gifted with natural suppleness. BUT everyone can improve, the degree depends on the amount of time and effort you are willing to devote to stretching.

One of the most effective ways to stretch is by successively contracting and then stretching the muscles and tendons. You should first make sure that the body is WARMED UP. A cold body does not stretch. All movements must be SLOW. Fast jerky movements are useless. The body has a built in reflex which stops the muscles reaching full extension if a fast jerky movement is made. The only way to override this reflex is to do soft, slow movements.

First, tense a muscle group against an immovable object for about 10-20 seconds, and then immediately after, stretch the same muscle group. You should hold a maximum (but not too painful) stretch for about 30 seconds. This process can be repeated many times. It can also be applied to all of the stretching movements.

You should try to incorporate stretching into your daily routine. For example, instead of sitting in an arm chair watching television or reading a book, sit on a floor and STRETCH.

THE WORD “KIAI”

One of the most common questions a person would ask when entering a karate dojo for the first time is “Why do they shout when they kick and punch?”. The strange thing is that the same person would not ask “Why does a discus thrower shout when he throws his discus?” or “Why does a weight lifter shout when he lifts his weight?”. A roar-like shout is utilised in many sports today.

In Karate we "Kiai" (pronounced Key-i) because of explosive exhaling from the lungs at the right moment help to tense the whole body, thereby adding power to the technique. A powerful Kiai can also have a shock like effect on the opponent's brain, with a result ranging from distraction to temporary freezing the opponent’s ability to react. The Kiai can also have the effect of frightening an opponent at the same time as building up your own courage, much the same as a battle-cry was used when charging the enemy.

The Kiai and the Kime (focus) go hand in hand and form the basis of inner power utilised in Karate.
THE KANJI AND IT’S MEANING IN KYOKUSHIN

Kanji is the representation of the word Kyokushinkai, which is the name of the ryu or style. Translated, "kyoku" means "ultimate", "shin" means "truth" or "reality" and kai means "to join" or "to associate". Kyokushinkai, in essence means "the society of the ultimate truth".

The Kanji is very popular and can be seen in almost any country around the world. Kyokushin is a traditional martial art and is the largest form of Karate in the world. This style became famous for its full contact tournaments (no padding) and the fighters were very strong defeating most opponents. Kyokushin has long been known and tagged with the nickname "The Strongest Karate".

THE KANKU SYMBOL

The Kanku symbol can be seen on your gi and belt. This symbol is based on five circles, which signifies the five continents of the earth. Sosai Mas Oyama ensured that Kyokushin reached all five continents. This is referenced from a senior kata called Kanku (sky glazing).

TECHNIQUES AND TRAINING

Kyokushin training consists of three main elements: technique, forms, and sparring. These are sometimes referred to as the three "K's" after the Japanese words, kihon (basics), kata (forms), and kumite (sparring). Kyokushin has influenced many of the "full-contact" schools of karate, emphasizing realistic combat, physical toughness, and practicality in its training curriculum. Today, there are over 15 million people in the world who do Kyokushin.
THE MEANING OF “OSU”

Osu is a word you’ll hear the most in a Kyokushin dojo or at a Kyokushin tournament. When you enter or leave the dojo, always bow and say "Osu". When you greet a fellow Kyokushin karateka, you say "Osu", instead of "Hello". When you respond to an instruction or question in class, you say "Osu" instead of "Yes" or "I understand". When practicing kumite (sparring) in class and your opponent does a good, hard technique, you say "Osu" to acknowledge your opponent's skill. As a measure of respect, knockdown fighters at a tournament bow and say "Osu" to the front, to the referee and to each other, before and after the fight. Osu is used in many situations and seems to mean a lot of things. But what does it really mean?

The word Osu is a contraction of the words Oshi, meaning "Push", and Shinobu, meaning "to Endure". Combined, "osu" is a pledge to do one's best and endure. The martial arts require a great deal of discipline which involves a great deal of self-reflection, and self-reflection is more concerned with irrefutable truths than with rewards.

Kyokushin training is very demanding. You push yourself until you think you’ve reached your limit. First your body wants to stop, but your mind keeps pushing you. Then when your mind wants to stop, your spirit keeps you going. You endure the pain. You persevere. That is Osu. This strength of character develops in hard training and is known as osu no seishin (the spirit of Osu).

Kyokushin karate is not learned overnight. It takes years to properly learn the fundamentals. The basic techniques are performed thousands of times until they are done by reflex or instinct, without conscious thought. It’s easy to get frustrated by doing the same thing over and over again, especially when progress seems to be slow. To overcome that frustration, continue training. It takes patience and determination.

Osu is a very important word in Kyokushin Karate because it signifies patience, respect and appreciation. That is why we always use the word Osu, to remind ourselves of these indispensable qualities.
DOJO KUN

We will train our hearts and bodies, for a firm unshaking spirit.

We will pursue the true meaning, of the martial way, so that in time, our senses will be alert.

With true vigour, we will seek to cultivate, a spirit of self denial.

We will observe the rules of courtesy, respect our superiors, and refrain from violence.

We will follow our religious principles, and never forget the true virtue of humility.

We will look upwards to wisdom and strength, not seeking other desires.

All our lives, through the discipline of karate, we will seek to fulfill, the true meaning of the Kyokushin way.
DOJO ETIQUETTE

1. Bow on and off before entering and leaving the dojo (training hall). When doing this, always face to the front and say Osu with a big, double cross block.

2. Always take your shoes and socks off when entering the dojo. In Japanese culture, there is a tendency to separate areas into clean and unclean, and the contact between these areas is minimized. For example, the inside of the building is considered clean, whilst the outside is considered unclean.

3. Absolutely no talking, laughing, giggling, lounging, language, or acting inattentively during class.

4. Always remain in Fudo Dachi when awaiting for command, listen carefully for instructor’s directions. If you don’t understand, raise your hand, wait and when an instructor acknowledges you, you may ask a question. Never request a game, activity or ask anything that is non karate related during class.

5. Always address your instructor and assistant instructors by their correct titles (Sempai, Sensei, Shihan, Hanshi, Kancho) inside the dojo. When they speak to you, always acknowledge them with a loud “Osu”. Never address an instructor by their first name in class.

6. For the sake of safety and neatness, no wearing of any form of jewellery including ear rings or watches during training. Also keep toenails and fingernails clean, washed and cut short at all times.

7. Do not eat, chew gum, smoke or drink in the dojo. It is everybody’s responsibility to ensure that the dojo is clean at all times.

8. Do not practice kumite (fighting/sparring) unless an instructor is present. When doing kumite with a higher grade or black belt, do your very best but show respect of their rank. Also, take care when sparring with females and juniors (due to different size and strength). If a higher grade asks you to spar, you should not refuse their request.

9. Uniform/Gi is to be kept clean and tidy at all times. Your belt however is a symbol of your efforts in training that should be aired dry and not washed. Also no adult male karatekas are allowed to wear a t-shirt, or any clothing underneath their Gi.

10. Do not touch your Gi or Belt during training unless being told to do so. If you have to adjust your Gi or Belt, always turn away to your right, away from the front of the class, or from your partner if you are working with someone.
11. Students must be punctual for training sessions. If you’re late to class, kneel facing the back of the class in seiza (formal kneeling position). When being called, bow with a strong Osu and say Shitsurei shimasu (Sorry for being late), then quickly join and line up at the back of the class. You should try to get to the dojo 10-15 minutes before class actually starts.

12. Before training commences it is advised that you go to the toilet. Apart from being rude and interrupting the class, an accidental blow to a full bladder can be extremely dangerous. It is also advised not to eat within one hour before training. It is not good for your body.

13. When told to line up, rearrange lines or return to your original position as quickly as possible. Do not stroll.

14. During a break, no sitting on chairs, leaning against walls or lying down. The dojo is not a place for familiarity and relaxation. Do a technique, a stretch or practice kata rather than waste time.

15. If you’re told to sit down by your instructor at any time, always go to the back of the dojo and kneel in seiza (formal kneeling position). Do not cross your legs unless being told by your instructor. When legs are crossed, your closed fists should be on your hips like in seiza. No leaning against walls, mirrors, or other objects, etc.

16. Do not break rank for any reason unless being told by an instructor. Also you should never walk between rows, or between the instructor and those training. If you must leave your position, walk behind the row you are in to either side of the class and proceed from there.

17. If a drum is used at your dojo, another dojo, seminar or grading to commence training, you should make sure that you are in correct line before the drum beat stops.

18. When you come to class you should be prepared to stay and train until end of class. If necessary you may gain permission to finish early from the instructor prior to class commencing. Always however try to avoid this situation.

19. When shaking hands with a partner, use both hands. You should shake hands with your right hand and your left hand should be open and lightly touch the back of the person’s right hand.

20. When your partner lays a good technique on you in kumite, always acknowledge them with a loud Osu. Don’t stop fighting whilst doing so.

21. If you’re winded or injured from kumite, try to be polite and use the term Osu. Someone will assist you as soon as possible.
TYING THE OBI (BELT)

The left lapel always goes on the outside

Hold the belt with the centre at the hara

Wrap once around body

The knot is tied around both lengths of the belt not just one

Tie an even reef knot so that the ends of the belt fall neatly and evenly, not one up and one down
**GRADING SYSTEM**

The Kyokushin Grading System is based on a Kyu system. Junior grades have a white stripe running through their belts.

- **10th Kyu** — Red Belt
- **9th Kyu** — Red Belt with black tag
- **8th Kyu** — Blue Belt
- **7th Kyu** — Blue Belt with black tag
- **6th Kyu** — Yellow Belt
- **5th Kyu** — Yellow Belt with black tag
- **4th Kyu** — Green Belt
- **3rd Kyu** — Green Belt with black tag
- **2nd Kyu** — Brown Belt
- **1st Kyu** — Brown Belt with black tag
- **Shodan / 1st Dan** — Black Belt with one gold bar
- **Nidan / 2nd Dan** — Black Belt with two gold bars
- **Sandan / 3rd Dan** — Black Belt with three gold bars …and so on

**ORDER OF BOW-IN**

- **Musubi Dachi** — Heels touching, both feet facing 45 degrees
- **Seiza** — Kneeling Position
- **Shinzen Ni Rei** — Bow to Shrine
- **Mokuso** — Eyes Closed
- **Mokuso Yame** — Eyes Open
- **Sosai Ni Rei** — Bow to the Founder
- **Sensei/Sempai Ni Rei** — Bow to Teacher/Senior Student

**ORDER OF BOW-OUT**

- **Musubi Dachi** — Heels touching, both feet facing 45 degrees
- **Seiza** — Kneeling Position
- **Shinzen Ni Rei** — Bow to Shrine
- **Mokuso** — Eyes Closed
- **Mokuso Yame** — Eyes Open
- **Sosai Ni Rei** — Bow to the Founder
- **Sensei/Sempai Ni Arigato Gozaimashita** — Thankyou to the Teacher
- **Otagai Ni Arigato Gozaimashita** — Thankyou to Everyone
TERMINOLOGY

KARATE: “KARA” empty. “TE” hand
KYOKUSHINKAI: Way of the ultimate truth
SOSAI: Mas Oyama (Founder of the style, 10th Dan)
KANCHO: President of the Organization
SHIHAN: Master, 5th Dan and above
SENSEI: Teacher, 3rd and 4th Dan
SEMPAI: Senior student, 1st and 2nd Dan

ANATOMY

Head and Neck

Ago- Chin Komekami- Temple
Atama- Head Kubi- Neck
Gammen- Face Me- Eye(s)
Hana- Nose Mimi- Ear(s)
Kao- Face Nodo- Throat

Torso

Abara bone- Rib(s) Mizo ochi- Solar plexus
Hara- Stomach; Abdomen Mune- Chest
Hizo- Spleen Rokkotsu- Rib(s)
Johanshin- Upper Body Sakotsu- Clavicle; Collarbone
Kata- Shoulder Senaka- Back
Kintama- Testicles; Groin Shinzo- Heart
Kohaikin- Latissimus Dorsi Sokei- Groin
Koshi- Hips

Arms

Hiji- Elbow Tekubi- Wrist
Kansetsu- Joint (any) Ude- Arm
Kobushi- Fist Wanto- Forearm
Kote- Forearm (Topside) Yubi- Finger(s)
Te- Hand

Legs

Ashi- Foot; Leg Kansetsu- Joint (any)
Ashikubi- Ankle Kokansetsu- Hip joint
Ashiyubi- Toe(s) Momo- Thigh(s)
Futo Momo- Thigh(s) Sune- Shin(s)
Hiza- Knees Tsumasaki- Tips of the Toe
Kahanshin- Lower body
DIRECTIONS

General

Age- Rising
Chudan- Middle level; Torso area
Enkei- Circular
Gedan- Lower level; Groin and below
Gyaku- Reverse
Jodan- Upper level; Neck and above
Juji- Crossed
Jun- Straight off shoulder
Mawashi- Circular; Turning
Morote- Both Hands

Naname- Diagonal(ly)
O i- Lunging
Oroshi- Descending
Sayu- Left & Right
Shita- Underneath, Low angle
Shomen- Front
Soto- Outside
Tobi- Jump
Uchi- Inside
Yoko- Side

Happo – Eight Directions from where all movement generates

Mae- Front
Ushiro- Back
Migi- Right
Hidari- Left
Migi Mae- Right Forward
Migi Ushiro- Right Back
Hidari Mae- Left Forward
Hidari Ushiro- Left Back
Namae- Diagonal(ly)

Levels

Chudan- Middle level; Torso area
Gedan- Lower level; Groin and below
Jodan- Upper level; Neck and above
Johanshin- Upper body; above waist
Kahanshin- Lower body; from groin down
CLASS TERMINOLOGY

Ashi o fuite    Shake your feet
Chikara irete  With tension, with power
Fuite           Shake (hands or feet)
Fumikonde       Move (Step) across floor
Hajime          Start; Go
Hantai          Opposite side
Ibuki           Forced tension breathing
Idokihon        Moving basics
Ido Geiko       Moving basics
Kaiten          Turning around; Revolving
Kamaete         On guard; Take position
Kiai            Primal Tell; gut scream
Kihon           Basics
Kime            Focus
Kumite          Sparring
Yakusoku kumite Prearranged sparring
Ipon kumite     One step sparring
Sanbon kumite   Three step sparring
Jiyu kumite     Free sparring
Jis sen kumite  Full contact
Mawatte         Turn around
Ma ai           Interval, gap between opponents
Mokuso          Eyes Closed for Meditation
Mugorei         To your own count
Naore           Return to start
Nogare 1 & 2    Deep breathing techniques
Osu             I understand; Term of respect and acknowledgement to others
Otagai (ni)     To each other
Rei             Bow
Sagari          Return without turning around
Seiza           Kneeling Position
Te o fuite      Shake your hands
Ura             In reverse; Backwards
Yakusoku       Prearranged
Yame            Stop; Finish
Yasume          Rest; at ease
Yoi             Ready
Yuk kuri        Slowly
EXERCISES

Gassho
Hai
Junan Taiso
Junbi Taiso
Kaikyaku Undo
Ken tate
Kokansetsu Nobashiundo
Neri
Shotei zuke
Ude tate
Zako geri

Wrist stretch with palms pressed together
Crawling (walking exercise)
Stretching exercises
Preparatory exercises
Splits
Knuckle pushups
Hip joint stretching exercises
Walking exercises which develop overall body strength
Leg stretch with palms to floor
Pushups
Kicks in squatting position

NUMBERS

Ichi- 1
Ni- 2
San- 3
Chi/Yon- 4
Go- 5
Roku- 6
Shichi/Nana- 7
Hachi- 8
Ku/Kyu- 9
Ju- 10
Niju- 20
Sanju- 30
Yonju- 40
Goju- 50
Hyaku- 100
Do- Degrees

Hyaku Hachiju Do- 180 Degrees
Kyuju Do- 90 Degrees
Yonjugo Do- 45 Degrees
Kai- Times
Ikkai- Once
Nikai- Twice
Sankai- Three Times
Yonkai- Four Times
Gokai- Five Times
Rokkai- Six Times
Nanakai- Seven Times
Hakkai- Eight Times
Kyukai- Nine Times
Jukkai- Ten Times
Gojukkai- 50 Times
Hyakkai- 100 Times
**EXTRA TERMINOLOGY**

<table>
<thead>
<tr>
<th>Term</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aikido</td>
<td>Way of harmonizing ki, or spirit</td>
</tr>
<tr>
<td>Atemi</td>
<td>Method of attacking vital points of the body</td>
</tr>
<tr>
<td>Aite</td>
<td>Partner</td>
</tr>
<tr>
<td>Bo</td>
<td>Six foot staff</td>
</tr>
<tr>
<td>Bokken</td>
<td>Wooden sword</td>
</tr>
<tr>
<td>Budo</td>
<td>The Martial Way</td>
</tr>
<tr>
<td>Bunkai</td>
<td>The practical application of kata techniques and movements</td>
</tr>
<tr>
<td>Bushi</td>
<td>Warrior</td>
</tr>
<tr>
<td>Bushido</td>
<td>Way of the warrior</td>
</tr>
<tr>
<td>Chikara</td>
<td>Strength, with tension, power</td>
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<tr>
<td>Deshi</td>
<td>Pupil, student, disciple</td>
</tr>
<tr>
<td>Dogi</td>
<td>Training uniform</td>
</tr>
<tr>
<td>Dohai / Dokyusei</td>
<td>Student of equal rank</td>
</tr>
<tr>
<td>Dojo</td>
<td>Training hall, sacred place of training</td>
</tr>
<tr>
<td>Gokui</td>
<td>Secret mysteries of an art</td>
</tr>
<tr>
<td>Goshin jutsu</td>
<td>Techniques of self defence</td>
</tr>
<tr>
<td>Heiho</td>
<td>Principles of warfare; Way of strategy</td>
</tr>
<tr>
<td>Honbu</td>
<td>Headquarters</td>
</tr>
<tr>
<td>Iai do</td>
<td>Art of drawing and striking with the Japanese sword</td>
</tr>
<tr>
<td>Iryoku</td>
<td>Will power</td>
</tr>
<tr>
<td>Johanshin</td>
<td>Upper body</td>
</tr>
<tr>
<td>Jo</td>
<td>Four foot staff</td>
</tr>
<tr>
<td>Ju Jitsu</td>
<td>Martial Art combining kicks and strikes with throws, locks, dislocations and so on</td>
</tr>
<tr>
<td>Kahanshin</td>
<td>Lower body</td>
</tr>
<tr>
<td>Kai (Kyokushin Kai)</td>
<td>Society, School</td>
</tr>
<tr>
<td>Kaikan</td>
<td>Hall</td>
</tr>
<tr>
<td>Kancho</td>
<td>President</td>
</tr>
<tr>
<td>Karate</td>
<td>Empty hand</td>
</tr>
<tr>
<td>Karate do</td>
<td>Art of empty (bare) handed fighting</td>
</tr>
<tr>
<td>Karate gi</td>
<td>Karate uniform</td>
</tr>
<tr>
<td>Karate ka</td>
<td>Karate practitioner / student</td>
</tr>
<tr>
<td>Kayoi no deshi</td>
<td>Student who commutes to and from the dojo for training, unlike the uchi-deshi, who live in</td>
</tr>
<tr>
<td>Ki (Ch'i)</td>
<td>Life force, Energy</td>
</tr>
<tr>
<td>Kempo</td>
<td>Fist art. Chinese fighting art similar to karate</td>
</tr>
<tr>
<td>Kendo</td>
<td>Way of the sword</td>
</tr>
<tr>
<td>Kohai</td>
<td>Junior student</td>
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<tr>
<td>Kohai</td>
<td>Junior student</td>
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<tr>
<td>Kokyu</td>
<td>Breathing</td>
</tr>
<tr>
<td>Kokyu ho</td>
<td>Breathing techniques</td>
</tr>
<tr>
<td>Konjo</td>
<td>Fighting spirit</td>
</tr>
<tr>
<td>Kyokushinkai</td>
<td>Society of the Ultimate Truth</td>
</tr>
<tr>
<td>Term</td>
<td>Translation</td>
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<tr>
<td>--------------------</td>
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</tr>
<tr>
<td>Kyudo</td>
<td>Way of the bow</td>
</tr>
<tr>
<td>Makiwara</td>
<td>Padded striking board used to harden hands and feet, strengthen body and increase power</td>
</tr>
<tr>
<td>Mushin</td>
<td>No-mindedness</td>
</tr>
<tr>
<td>Misogi</td>
<td>Spiritual training under icy waterfalls, exposed to the elements</td>
</tr>
<tr>
<td>Osu no Seishin</td>
<td>The spirit of Osu</td>
</tr>
<tr>
<td>Ryu</td>
<td>School, style</td>
</tr>
<tr>
<td>Seishin</td>
<td>Spirit, heart</td>
</tr>
<tr>
<td>Seishin ryoku</td>
<td>Spiritual strength, will-power</td>
</tr>
<tr>
<td>Sempai</td>
<td>Senior student</td>
</tr>
<tr>
<td>Sensei</td>
<td>Teacher</td>
</tr>
<tr>
<td>Shidoin</td>
<td>Instructor</td>
</tr>
<tr>
<td>Shihan</td>
<td>Master</td>
</tr>
<tr>
<td>Shinsa</td>
<td>Grading</td>
</tr>
<tr>
<td>Shodan Shinsa</td>
<td>Grading for Dan</td>
</tr>
<tr>
<td>Shokyu Shinsa</td>
<td>Grading for Kyu</td>
</tr>
<tr>
<td>Sosai</td>
<td>Founder</td>
</tr>
<tr>
<td>Tairyoku</td>
<td>Physical</td>
</tr>
<tr>
<td>Tameshiwari</td>
<td>Breaking techniques / practice</td>
</tr>
<tr>
<td>Zanshin</td>
<td>State of perfect awareness</td>
</tr>
</tbody>
</table>
STANCES Tachikata

- **Heisoku Dachi**
  - Closed Stance
  - Weight Distribution: 50-50

- **Musubi Dachi**
  - Open Toe Stance
  - Weight Distribution: 50-50

- **Uchi Hachiji Dachi**
  - Pigeon Toed Stance
  - Weight Distribution: 50-50

- **Heiko Dachi**
  - Open Parallel Stance
  - Weight Distribution: 50-50

- **Fudo Dachi**
  - Stable; Prepared Stance
  - Weight Distribution: 50-50

- **Sanchin Dachi**
  - Three Way Battle Stance
  - Weight Distribution: 50-50

- **Kiba Dachi**
  - Straddle Stance
  - Weight Distribution: 50-50

- **Shiko Dachi**
  - Sumo Stance
  - Weight Distribution: 50-50
Zenkutsu Dachi
Forward Leaning Stance
Weight Distribution
60 Front, 40 Rear

Moroashi Dachi
Fighting Stance
Weight Distribution
50-50

Kokutsu Dachi
Back Leaning Stance
Weight Distribution
30 Front, 70 Rear

Nekoashi Dachi
Cat Stance
Weight Distribution
10 Front, 90 Rear

Kake Dachi
Hooked Stance
Weight Distribution
90 Front, 10 Rear

Tsuruashi Dachi
Crane Stance
All weight on one foot
# TECHNIQUES

## General

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<td>Tsuki</td>
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<td>Uchi</td>
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<tr>
<td>Uchikomi</td>
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<td>Uke</td>
<td>Block</td>
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<tr>
<td>Uke waza</td>
<td>Blocking techniques</td>
</tr>
<tr>
<td>Waza</td>
<td>Technique</td>
</tr>
</tbody>
</table>
Advanced

Atemi
 Attacks to the vital nerve points of the body

Harai-te
 Parrying hands

Hasami
 Scissor

Hikkake
 Hook and Pull

Irimi
 Entering

Joge
 High and Low

Jihyo
 Antenna, arms used in extended position so as to feel intent of opponent

Kaishu
 Open hand

Kawashi
 Dodge and Parry technique

Kosaho
 Combined block and attack

Kote gaeshi
 Wrist throw

Kuzushi
 Trapping

Mukae-te
 Meeting hand, method of entering into opponent's range as he attacks

Maebane
 Forewing, arms when used in an extended swinging motion

Muso uchi
 Strike without premeditation

Osae
 Holding down, pushing away

Osae uke
 Suppressing block, forcing opponent's guard down or aside

Ryusui
 Flowing water, dodge tactic

Sashi-te
 Extending hand, defensive move where one simultaneously blocks, enters into the opponent's range, and attacks

Sukui
 Scooping

Sukui-uke
 Scooping block, where opponent's leg is scooped up and thrown

Suri-ashi
 Sliding step

Tai-sabaki
 Body moving, pivoting, turning and shifting of the body involved in the performance of techniques

Tenkan
 Turning from line of attack and leading opponent off balance

Tsugi ashi
 Shuffle step

Yumi uke
 Bow block, simultaneously blocking upward with shuto hooking technique and striking into the opponent's groin. Resembles drawing of a bow
BASIC TECHNIQUES – NAMES

The names of the basic techniques can be easily formulated by combining the target area (or level), the direction, body weapon, and type of technique. For example:

<table>
<thead>
<tr>
<th>Level</th>
<th>Direction</th>
<th>Weapon</th>
<th>Technique</th>
</tr>
</thead>
<tbody>
<tr>
<td>Middle</td>
<td>Forward</td>
<td>Forefist</td>
<td>Punch</td>
</tr>
<tr>
<td>Chudan</td>
<td>Mae</td>
<td>Seiken</td>
<td>Tsuki</td>
</tr>
</tbody>
</table>

Another example:

<table>
<thead>
<tr>
<th>Level</th>
<th>Direction</th>
<th>Weapon</th>
<th>Technique</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upper</td>
<td>Sideways</td>
<td>Foot edge</td>
<td>Kick</td>
</tr>
<tr>
<td>Jodan</td>
<td>Yoko</td>
<td>Sokuto</td>
<td>Geri</td>
</tr>
</tbody>
</table>

As a side kick is usually done with Sokuto, it may be discarded, leaving Jodan Yoko Geri.

List of Basic Techniques

<table>
<thead>
<tr>
<th>Technique</th>
<th>Weapon</th>
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<tr>
<td>Seiken</td>
<td>Forefist</td>
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<tr>
<td>Seiken Chudan Tsuki</td>
<td>Middle level punch</td>
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<tr>
<td>Seiken Jodan Tsuki</td>
<td>Upper level punch</td>
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<tr>
<td>Seiken Gedan Tsuki</td>
<td>Lower level punch</td>
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<tr>
<td>Seiken Ago Uchi</td>
<td>Chin strike</td>
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<tr>
<td>Uraken</td>
<td>Backfist</td>
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<tr>
<td>Uraken Shomen Uchi</td>
<td>Backfist strike to front</td>
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<tr>
<td>Uraken Sayu Uchi</td>
<td>Backfist strike to side</td>
</tr>
<tr>
<td>Uraken Hizo Uchi</td>
<td>Backfist strike to spleen (ribs)</td>
</tr>
<tr>
<td>Uraken Mawashi Uchi</td>
<td>Roundhouse backfist strike</td>
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<tr>
<td>Shita Tsuki</td>
<td>Rip to pit of stomach</td>
</tr>
<tr>
<td>Uke</td>
<td>Block</td>
</tr>
<tr>
<td>Jodan Uke</td>
<td>Upper block</td>
</tr>
<tr>
<td>Chudan Soto Uke</td>
<td>Middle outside block</td>
</tr>
<tr>
<td>Chudan Uchi Uke</td>
<td>Middle inside block</td>
</tr>
<tr>
<td>Gedan Barai</td>
<td>Lower parry</td>
</tr>
<tr>
<td>Chudan Uchi Uke Gedan Barai</td>
<td>Combined Middle inside block and Lower parry</td>
</tr>
<tr>
<td>Jodan Juji Uke</td>
<td>Upper crossed block</td>
</tr>
<tr>
<td>Gedan Juji Uke</td>
<td>Lower crossed block</td>
</tr>
<tr>
<td>Hiji</td>
<td>Elbow</td>
</tr>
<tr>
<td>Jodan Hiji Ate</td>
<td>Elbow to head</td>
</tr>
<tr>
<td>Hiji Age Uchi</td>
<td>Rising elbow strike</td>
</tr>
<tr>
<td>Hiji Oroshi Uchi</td>
<td>Descending elbow strike</td>
</tr>
<tr>
<td>Hiji Yoko Uchi</td>
<td>Elbow strike to side</td>
</tr>
<tr>
<td>Hiji Ushiro Uchi</td>
<td>Elbow strike to rear</td>
</tr>
<tr>
<td>Hiji Mae Ate</td>
<td>Elbow strike to front</td>
</tr>
</tbody>
</table>
Shuto Knifehand
Shuto Gammen Uchi Knifehand strike to head
Shuto Sakotsu Uchi Knifehand strike to collarbone
Shuto Sakotsu Uchi Driving knifehand strike to collarbone
Shuto Kubi Uchi Knifehand strike to neck
Shuto Hizo Uchi Knifehand strike to spleen

Tettsui Hammerfist
Tettsui Kome Kami Hammerfist strike to temple
Tettsui Oroshi Gammen Uchi Descending hammerfist strike to head
Tettsui Hizo Uchi Hammerfist strike to spleen
Jodan Tettsui Yoko Uchi Upper level hammerfist strike to side
Chudan Tettsui Yoko Uchi Middle level hammerfist strike to side
Gedan Tettsui Yoko Uchi Lower level hammerfist strike to side

Geri Kick
Uchi Mawashi Geri Inside crescent kick
Soto Mawashi Geri Outside crescent kick
Mae Keage Rising front kick
Hiza Geri Knee kick
Kin Geri Groin kick
Mae Geri Front kick
Mawashi Geri Roundhouse kick
Yoko Keage Rising side kick
Yoko Geri Side kick
Kansetsu Geri Joint kick
Ushiro Geri Back kick
TOURNAMENT TERMINOLOGY

Aka
Aka no Kachi
Awasete Ippon
Chui
Churyo-kyu
Encho-sen
Fukushin
Genten
Hajime
Hansoku Chui
Hansoku Kachi
Hantei
Hantei Onegaishimasu
Hata
Ik-kai sen
Ippon
Jo-gai
Jo-nai
Jun-jun kesso-sen
Jun kesso-sen
Jun-Yusho
Juryo-kyu
Kachi
Keiryo-kyu
Kessho-sen
Ni-in
Nikai sen
San-in
Sankai sen

Red
Red victory
Points totalling Ippon
Warning for illegal technique
Middleweight division
Extension bout
Corner judge
Minus point for fouls
Start
Official warning
Win by default after opponent disqualified for fouls
Decision
Judges decision please
Flag
First round match
Full point
Outside fighting area
Inside the fighting area
Quarter finals
Semi finals
Runner-up
Heavyweight division
Victory
Lightweight division
Final
Second place
Second round match
Third place
Third round match
Sekai Taikai  World Championships
Shiai  Tournament
Shiai-jo  Fighting area
Shik-kaku  Disqualification
Shinpan(-in)  Judge, referee
Shiro  White
Shiro no kachi  White victory
Shushin  Centre referee
Taiju  Weight
Taikai  Tournament
Tameshiwari  Board breaking
Waza-ari  Half point
Yame  Stop
Yusei kachi  Win by superiority
Yusho  First place
Zenkoku Taikai  National Championships
Zoko  Continue fighting
WEAPONS OF THE BODY

Hiji- Elbow

Haisho- Backhand

Haito- Inner Knife Hand

Hitosashiyubi Ippon Ken- Forefinger Knuckle Fist

Haisho- Backhand

Keiko- Chicken Beak Hand

Kote- Forearm

Haisho- Backhand

Koken- Wrist Top

Nukite- Spearhand

Hiraken- Flat fist

Nihon Nukite- Two Finger Spearhand

Koken- Wrist Top

Nakayubi Ippon Ken- Middle Finger Knuckle Fist

Oyayubi Ippon Ken- Thumb Knuckle Fist

Ryuto Ken- Dragon’s Head Fist

Ippon Nukite- Single Finger Spearhand
Seiken- Forefist

Uraken- Back Fist

Shotei- Palm of Hand

Toho- Sword Peak Hand

Tettsui- Hammer Fist

Haisoku- Instep

Sokuto- Foot Edge

Chusoku- Ball of Foot

Sune- Shin

Kakato- Heel

Teisoku- Arch of Foot