



# ANNAPOLIS KARATE CLUB OKINAWAN GOJU RYU

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## Basic Terminology Guide

### Formality:

Onegai-shimasu “please teach me”

- phonetically : oh knee gah she mas
- used when entering the dojo.
- used to greet instructor or fellow students
- used before starting a kata

Arigato-gozaimeshita “thank you very much”

- Phonetically : ar a gah toe go zae mah shee tah
- used when exiting dojo
- used after receiving instruction
- used after completion of a kata

### At the beginning of class:

Shugo	line up
Kiyotsuke	attention
Seiza	kneel
Mokuso	meditation
Mokuso yame	stop meditation
Shomen-ni	face front
Rei	bow
Sensei-Ni	face sensei
Rei	bow (and say “Onegai-Shimasu”)
Shomen-ni	face front
Seiza yame	stop kneeling
Tatte	stand

### At the end of class :

Shugo	line up
Kiyotsuke	attention
Seiza	kneel
Mokuso	meditation
Mokuso yame	stop meditation
Shomen-ni	face front
Rei	bow
Sensei Ni	face sensei
Rei	bow (and say “Arigato-gozaïmashita”)
Otagai-ni	face each other
Rei	bow (and say “Arigato-gozaïmashita”)
Shomen-ni	face front
Seiza yame	stop kneeling
Tatte	stand

### General Vocabulary:

Sensei	Teacher
Sempai/senpai	senior student/mentor
Jodan	upper level
Chudan	middle level
Gedan	lower level
Migi	right
Hidari	left
Shomen	front
Yame	stop
Hajime	begin

### Stances:

Dachi	stance
Heiko dachi	parallel stance
Hachiji dachi	feet shoulder width apart, at 45 degree angle
Shiko dachi	straddle leg stance
Zenkutsu dachi	front stance
Han zenkutsu dachi	half front stance
Neko ashi dachi	cat foot stance

### **Counting:**

Ichi	one
Ni	two
San	three
Shi	four
Go	five
Roku	six
Shichi	seven
Hachi	eight
Ku	nine
Ju	ten

### **Foot Techniques:**

Geru	kick
Mae geri	front kick
Yoko geri	side kick
Mawashi geri	round house kick

### **Hand Techniques:**

Zuki (tsuki)	punch (thrust)
Uchi/ate (“ah tay”)	strike
Hiji ate	elbow strike
Uraken uchi	back fist strike
Gyaku zuki	reverse punch
Shuto uchi	knife hand strike

### **Blocking Techniques:**

Uke	block
Jodan age uke	upper rising block
Chudan soto yoko uke	middle outside block
Gedan harai uke	lower sweeping block

### **Practice Fighting:**

Kumite	sparring
San dan gi	3 step/3 level sparring
Kakie	push hands