

Karate Terms & Translations

Gō Jū Ryū Kara Te Dō no Sen Mon Yō Go

剛柔流空手道の専門用語

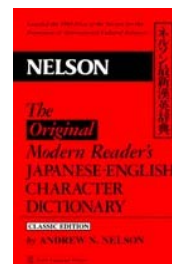


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Introduction

This compilation has been carefully researched and prepared to help you learn basic terms used in Gōjūryū Karate, the nuances and meanings behind the original Japanese terms, and to aid your correct pronunciation of the Japanese terms. For translating the Chinese (or kanji) characters of the Japanese terms and defining the root meanings of the characters, the excellent dictionary, *The Modern Reader's Japanese-English Character Dictionary* by Andrew Nelson, Ph.D. was used for its thoroughness and conciseness in explaining Japanese words and the meaning of the kanji characters. For those who are interested in studying Japanese words and the kanji characters, there is no finer reference than “Nelson’s Dictionary”. In addition, the terms were also reviewed for accuracy with native Japanese speakers, and proofread by Sensei Cornell Watson (Shihan) of the Cornell Watson Martial Arts Center. Therefore the resulting compilation is believed to be an accurate and authoritative representation of the correct terms, and will be a great supplement to your study of Gōjūryū Karate. You can also make these into flash cards to review and memorize. It is hoped that this guide will become a source to which you will refer often, and help you to gain a deeper appreciation for the richness, eloquence, nuances and context of the Japanese language as used in Gōjūryū Karate.



Japanese Pronunciation Guide

This section will explain the basics of correctly pronouncing Japanese words. Spoken Japanese consists of simple syllables, generally consisting of a vowel, or a consonant plus a vowel. There are few complex consonant clusters. All vowels and consonants have consistent pronunciation. Consonants are crisply pronounced. Care should be taken when pronouncing Japanese words, as one “slip of the tongue” may result in saying a word incorrectly as gibberish, or perhaps saying an entirely different Japanese word altogether. Throughout this guide, both the literal English transliteration of the Japanese pronunciation is provided, along with a more “phonetic” spelling of the Japanese pronunciation to ensure that you pronounce the words correctly.

JAPANESE VOWELS (Ah-Ee-Uu-Eh-Oh)

Vowels are always pronounced the same way; long vowels (usually marked in English transliteration with a bar over the vowel (for example, ī) or as two vowels (**ou**) are simply longer in duration (actually two full syllables), but the sound itself doesn’t change.

A = pronounced “Ah” as in <u>f</u> ather	Some Vowel pronunciation examples: Karate (“ <u>Kah-Rah-Teh</u> ” NOT “Kuh-Ra-Tee”) Ichi (“Ee-chee” NOT “It-chi”) Ueno (“Oo-Eh-Noh” --- a place in Tokyo)
I = pronounced “Ee” as in <u>e</u> at or <u>e</u> ach	
U = pronounced “Oo” as in <u>f</u> ood or <u>z</u> oo	
E = pronounced “Eh” as in <u>g</u> et or <u>T</u> ed	
O = pronounced “Oh” as in <u>O</u> hio	
YA = pronounced “Yah” as in <u>Y</u> ahoo	
YU = pronounced “Yuu” as in “ <u>Y</u> ou” or “ <u>U</u> niverse”	
YO = pronounced “Yoh” as in “ <u>Y</u> olk”	

CONSONANTS (WITH VOWEL COMBINATIONS)

There are about 16 basic consonant types in Japanese which are combined with 8 vowels to create over 88 different sounds in Japanese. The basic consonants in Japanese are fairly straightforward, with only a few exceptions. Pronunciation should always be done clearly. The consonant sounds with the corresponding vowels are shown below:

		Basic Vowel Sounds							
		A	I	U	E	O	-YA	-YU	-YO
Basic Consonant Sounds	K	Ka	Ki	Ku	Ke	Ko	Kya	Kyu	Kyo
	S	Sa	Shi	Su	Se	So	Sha	Shu	Sho
	T	Ta	Chi	Tsu	Te	To	Cha	Chu	Cho
	N	Na	Ni	Nu	Ne	No	Nya	Nyu	Nyo
	H	Ha	Hi	Fu	He	Ho	Hya	Hyu	Hyo
	M	Ma	Mi	Mu	Me	Mo	Mya	Myu	Myo
	Y	Ya		Yu		Yo			
	R	Ra	Ri	Ru	Re	Ro	Rya	Ryu	Ryo
	W	Wa				Wo			
	G	Ga	Gi	Gu	Ge	Go	Gya	Gyu	Gyo
	Z or J	Za	Ji	Zu	Ze	Zo	Ja	Jyu	Jo
	D or Z	Da	Zi	Dzu	De	Do			
	B	Ba	Bi	Bu	Be	Bo	Bya	Byu	Byo
	P	Pa	Pi	Pu	Pe	Po	Pya	Pyu	Pyo
	N	(No combinations, just an ending “n” sound, same sound as the “n” in “New”)							

Consonant Pronunciation Guide

The following are some common consonant sounds with actual examples in Japanese speech.

Consonant		Pronunciation	Japanese Example
K-Series	Ka	“Kah” (like the sound of a crow, or corn “ <u>Cob</u> ”)	Karate or <u>Kake</u>
	Ki	“Kee” (as in the word “ <u>key</u> ”)	<u>Kihon</u> or <u>Ki-Ai</u>
	Ku	“Koo” (as in the word “ <u>cookoo</u> ”)	<u>Kumite</u>
	Ke	“Keh” (as in the word “ <u>kept</u> ”)	<u>Ken</u> or <u>Uke</u> or <u>Kake</u>
	Ko	“Koh” (as in the word “ <u>Cocoa</u> ”)	<u>Kohai</u>
	Kya	“Keeyah”	<u>Kyakkō</u>
	Kyu	“Keeyu” (as in the word “ <u>Cute</u> ”)	<u>Kyukei</u>
	Kyo	“Keeyoh” (as in the word “ <u>Tokyo</u> ”)	<u>Taikyoku</u>
S-Series	Sa	“Sah” (as in the word “ <u>saw</u> ”)	<u>Sanchin</u> or <u>Osae</u>
	Shi	“Shee” (as in the word “ <u>Sheep</u> ”)	<u>Shiko dachi</u> or <u>Shichi</u>
	Su	“Soo” (as in the girl’s name “ <u>Suzie</u> ”)	<u>Ebisu</u> (a place in Tokyo)
	Se	“Seh” (as in the word “ <u>Set</u> ”)	<u>Seza</u> or <u>Sensei</u> or <u>Sempai</u>
	So	“Soh” (as in the word “ <u>Sew</u> ” or “ <u>Sewing</u> ”)	<u>Mokuso</u> or <u>Haisoku</u>
	Sha	“Shaw” (as in the word “ <u>Shaman</u> ”)	<u>Shorisha</u>
	Shu	“Shoo” (as in the word “ <u>Shoe</u> ”)	<u>Shuto</u>
	Sho	“Shoh” (as in the word “ <u>Show</u> ”)	<u>Basho</u> or <u>Shokken</u>
T-Series	Ta	“Tah” (as in the word “ <u>Tick-Tock</u> ” or “ <u>Talk</u> ”)	<u>Kata</u> or <u>O-Tagai ni</u>
	Chi	“Chee” (as in “ <u>Cheetos</u> ” or “ <u>Cheese</u> ”)	<u>Dachi</u> or <u>Uchi</u>
	Tsu	“Tsoo” (the “TS” sound of “ <u>Tse-tse fly</u> ”)	<u>Zenkutsu Dachi</u>
	Te	“Teh” (as in “ <u>Teddy Bear</u> ”)	<u>Karate</u> or <u>Kumite</u> or <u>Nukite</u>
	To	“Toh” (as in “ <u>Toad</u> ” or “ <u>Toe</u> ”)	<u>Haito</u> or <u>Kakato</u> or <u>Shuto</u>
	Cha	“Chaw” (as in “ <u>Chalk</u> ”)	<u>Chaku</u>
	Chu	“Choo” (as in “ <u>Chew</u> ” or “ <u>Choose</u> ”)	<u>Chudan</u> or <u>Haichu</u>
	Cho	“Choh” (as in “ <u>Chosen</u> ” or “ <u>Choke</u> ”)	<u>Chotto</u>

Consonant Pronunciation Guide (Continued)

Consonant	Pronunciation Guide	Japanese Example
H-Series	Ha “Hah” (as in laughing “Ha”)	<u>H</u> achi or <u>H</u> aito
	Hi “Hee” (as in “ <u>H</u> eat” or “ <u>H</u> eam”)	<u>H</u> ira-Ken or <u>H</u> iza
	Fu “Foo” (actually a softer sound closer to “Huu”)	Fumi-komi
	He “Heh” (as in “ <u>H</u> em” or “ <u>H</u> emlock”)	<u>H</u> eisoku Dachi
	Ho “Hoh” (as in “ <u>H</u> oe” or “ <u>H</u> ope”)	<u>H</u> okkaido (place in Japan)
	Hya “HeeYah”	<u>H</u> yaku
	Hyu “HeeYuu” (as in the name “ <u>H</u> ugh”)	<u>H</u> yuga
	Hyo “HeeYoh”	<u>H</u> yoka or <u>H</u> yoron
N-Series	Na “Nah” (as in “ <u>N</u> ominate” or “ <u>N</u> iet Nam”)	<u>N</u> ageru
	Ni “Nee” (as in “ <u>N</u> ee” or “ <u>N</u> eed”)	<u>N</u> ihon <u>N</u> ippon
	Nu “Nuu” (as in “ <u>N</u> ew” or “ <u>N</u> ew”)	<u>N</u> ukite
	Ne “Neh” (as in “ <u>N</u> et”)	<u>N</u> eko Ashi Dachi
	No “Noh” (as in “ <u>N</u> o” or “ <u>N</u> ow”)	<u>N</u> omu
	Nya “NeeYah” (as in “ <u>N</u> enya”)	<u>T</u> enya <u>w</u> anya
	Nyu “NeeYuu” (as in “ <u>N</u> ew”)	<u>N</u> yugakku or <u>G</u> yunyū
	Nyo “NeeYoh”	<u>N</u> yobo
M-Series	Ma “Mah” (as in “ <u>M</u> om” or “ <u>M</u> ama”)	<u>M</u> awashi Geri
	Mi “Mee” (as in “ <u>M</u> e” or <u>M</u> eeK”)	<u>M</u> iyagi
	Mu “Moo” (as in “ <u>M</u> ove”)	<u>M</u> uri
	Me “Meh” (as in “ <u>M</u> en” or “ <u>M</u> ental”)	<u>M</u> eiso
	Mo “Moh” (as in “ <u>M</u> ow” or “ <u>M</u> otion”)	<u>M</u> okuso
	Mya “MeeYah”	<u>M</u> yaku
	Myu “MeeYuu” (as in “ <u>M</u> usic”)	
	Myo “MeeYoh”	<u>D</u> aimyo or <u>M</u> yoban
R-Series	Ra “Rah” (as in “ <u>R</u> od” or “ <u>R</u> aw”)	<u>R</u> amen
	Ri “Ree” (as in “ <u>R</u> eed” or “ <u>G</u> reed”)	Geri
	Ru “Roo” (as in “ <u>K</u> angaroo”)	<u>R</u> uiji or <u>R</u> ujiten
	Re “Reh” (as in “ <u>R</u> ed” or <u>R</u> ent” or “ <u>B</u> read”)	<u>R</u> ei or <u>R</u> enshu
	Ro “Roh” (as in “ <u>R</u> oad” or “ <u>R</u> ope” or “ <u>B</u> roke”)	<u>U</u> shiro or <u>R</u> oku
	Rya “ReeYah” (as in “ <u>D</u> iarrhea”)	<u>R</u> yakudatsu
	Ryu “ReeYuu” (as in <u>R</u> eunion”)	<u>G</u> oju- <u>R</u> yū or <u>R</u> yukyu
	Ryo “ReeYoh” (as in <u>C</u> urio” or <u>R</u> io De Janeiro)	<u>R</u> yoshin or <u>R</u> yoken
Y-Series	Ya “Yah” (as in “ <u>Y</u> ard”)	<u>Y</u> amato
	Yu “Yoo” (as in “ <u>Y</u> ou” or “ <u>U</u> niverse”)	<u>Y</u> uki
	Yo “Yoh” (as in “ <u>Y</u> ogurt”)	<u>Y</u> oku
W-Series	Wa “Wah” (as in “ <u>W</u> atch” or “ <u>W</u> all”)	<u>M</u> awashi-Geri
	Wo “Woh” (as in “ <u>W</u> oe is Me” or “ <u>W</u> hoa”)	Karate <u>w</u> o manabimasu
G-Series	Ga “Gah” (as in “ <u>G</u> od” or “ <u>G</u> ot”)	<u>G</u> akusei or <u>G</u> anbaru
	Gi “Ghee” (as in <u>G</u> uitar”)	Karate <u>G</u> i or <u>G</u> iri or <u>G</u> ishiki
	Gu “Goo” (as in “ <u>G</u> oop” or “ <u>G</u> oof”)	<u>G</u> untai or <u>G</u> ushiken
	Ge “Gheh” (as in “ <u>G</u> et”)	<u>G</u> entei or <u>G</u> eta
	Go “Goh” (as in “ <u>G</u> oat” or “ <u>G</u> o”)	<u>G</u> ojuryu
	Gya “GeeYah” (as in	<u>G</u> yaku
	Gyu “GeeYuu” (as in	<u>G</u> yunikku
	Gyo “GeeYoh” (as in	<u>N</u> ingyo

Consonant Pronunciation Guide (Continued)

Consonant	Pronunciation Guide	Japanese Example
Z or J-Series	Za “Zah” (as in “ <u>Z</u> ombie”)	Se <u>iz</u> a
	Ji “Jee” (as in “ <u>J</u> eeP”)	Kan <u>j</u> i or Jissai
	Zu “Zoo” (as in “ <u>Z</u> oo” or “ <u>Z</u> oom”)	Kanar <u>az</u> u or <u>Z</u> utsu
	Ze “Zeh” (as in “ <u>Z</u> en”)	<u>Z</u> en
	Zo “Zoh” (as in “ <u>B</u> o <u>z</u> o”)	<u>Z</u> osa or <u>Z</u> owai
	Jya (Ja) “JeeYah” (as in “ <u>J</u> ockey” or “ <u>J</u> ohn”)	<u>J</u> yakuten or <u>J</u> ama
	Jyu (Ju) “JeeYuu” (as in the name “ <u>H</u> ugh”)	<u>J</u> udo or <u>J</u> ubun or <u>G</u> ojuryu
	Jyo (Jo) “JeeYoh” (as in “ <u>J</u> oke” “ <u>J</u> oan” or “ <u>J</u> oe”)	<u>J</u> odan or <u>J</u> ozu
D or Z - Series	Da “Dah” (as in “ <u>D</u> ominate”)	<u>D</u> amasu or <u>D</u> araku
	Zi “Zhee” (as in “ <u>Z</u> ebra”)	
	Dzu “D’zoo”	
	De “Deh” (as in “ <u>D</u> estitute”)	<u>D</u> esho or <u>D</u> ento
	Do “Doh” (as in Homer Simpson’s “ <u>D</u> oh!” or “ <u>D</u> ough”)	Karate <u>D</u> ō or <u>D</u> ojo or <u>D</u> ōzo
B-Series	Ba “Bah” (as in Scrooge’s “ <u>B</u> ah Humbug” or “ <u>B</u> ottom”)	Ba <u>k</u> a or Ba <u>sh</u> o
	Bi “Bee” (as in “Bumble <u>B</u> ee” or “Bea <u>ch</u> ”)	Bijin or Bikkuri
	Bu “Boo” (as in “ <u>B</u> oo” or “ <u>B</u> oom”)	Budo or Bu <u>j</u> i or Bu <u>r</u> ei
	Be “Beh” (as in “ <u>B</u> ed” or “ <u>B</u> eckon”)	Benkyō or Be <u>s</u> u or Bengoshi
	Bo “Boh” (as in “ <u>B</u> oat” or “ <u>B</u> one”)	Bodai or Sase <u>b</u> o or Bon <u>s</u> ai
	Bya “BeeYah” (as in “ <u>B</u> eyond”)	Sanby <u>ak</u> u
	Byu “BeeYuu” (as in “ <u>B</u> eautiful”)	
	Byo “BeeYoh”	Byōki Byōteki Byōsei
P-Series	Pa “Pah” (as in “ <u>P</u> apa” or “ <u>P</u> ajama”)	Chuto-han <u>p</u> a
	Pi “Pee” (as in “ <u>P</u> eople” or “ <u>P</u> eace”)	<u>P</u> into
	Pu “Poo” (as in “ <u>P</u> ool” or “ <u>H</u> arpoon”)	Semp <u>u</u> ki
	Pe “Peh” (as in “ <u>P</u> edestrian”)	Peko- <u>p</u> eko or <u>P</u> eten
	Po “Poh” (as in “ <u>P</u> ostal” or “ <u>P</u> ole”)	Sampo or Tamp <u>o</u> po
	Pya “PeeYah”	Happy <u>ak</u> u
	Pyu “PeeYuu” (as in “ <u>P</u> upil” or “ <u>P</u> urify”)	
	Pyo “PeeYoh”	Happy <u>o</u>

Notes:

All syllables receive the same amount of stress or emphasis (that means pronouncing Japanese without any stress or emphasis.)

Examples:

- “gō-jū-ryū” *NOT* “go-JU-ryu”
- “zen-ku-tsu-da-chi” *NOT* “zen-KU-tsu-DA-chi”
- “ka-ra-te” *NOT* “Ka-RA-te”
- “ne-ko-a-shi-da-chi” *NOT* “NE-ko-a-SHI-DA-chi”

You can almost always divide the syllables after a vowel. (exception: some syllables end in “n” (shinbun = newspaper) (Nihon = Japan); sometimes a consonant is doubled (Roppongi – Tokyo place; or Hatchōbori – Tokyo place), which actually represents two syllables (pronounced with a slight pause– Rop’pon-gi; Hat’chou-bo-ri).



General Terms & Phrases

Japanese Term	Gō	Jū	Ryū	ENGLISH TRANSLATION(S)
Pronunciation	<i>Goh</i>	<i>Joo</i>	<i>Reeyoo</i>	
Kanji Character(s)	剛	柔	流	<p>“The Strong and Gentle Way”</p> <p>“The Way of Hard and Soft”</p> <p>“The Tough but Graceful Style”</p>
Original Meaning(s) of the Kanji Characters	<p><i>Strength; Firmness, Rigid, Bravery, Courage, Valor, Hardness, Toughness</i></p>	<p><i>Gentleness, Softness, Tender, Graceful, Flexible, Supple</i></p>	<p><i>Style, Fashion, School (of Thought), Manner, Way (of Doing), Fashion, Current, Flow</i></p>	

Japanese Term	Kara	Te	Dō	ENGLISH TRANSLATION(S)
Pronunciation	<i>KahRah</i>	<i>Teh</i>	<i>Doh</i>	
Kanji Character(s)	空	手	道	<p>“Empty Hand”</p> <p>“Open Hand”</p> <p>“Fighting without Weapons”</p> <p>“The Way (or Path) of the Empty Hand”</p>
Original Meaning(s) of the Kanji Characters	<p><i>Empty, Sky, Open, Vacant, Hollow</i></p>	<p><i>Hand(s)</i></p>	<p><i>Way, Path, Road, Journey, Teachings, Course, Duty, Morality</i></p>	

Japanese Term	Kata	ENGLISH TRANSLATION(S)
Pronunciation	<i>KahTah</i>	
Kanji Character(s)	型	
Original Meaning(s) of the Kanji Characters	<p><i>Set Form or Format, Set Pattern, Particular Style, Model, Type</i></p> <p>NOTE: It is interesting to know that the upper portion of the character (刑 or Kei) means “punishment”. As it is placed over the other character for “ground”, “earth” or “Soil” (土 or Doh), this combined meaning connotes an image of strictly imposed standards, physically demanding practice, or physically punishing routines performed outside on the ground.</p>	<p>“A set pattern or sequence of defensive and offensive movements and techniques, performed alone against imaginary opponents”</p>

Japanese Term	Dō	Jō	ENGLISH TRANSLATION(S)
Pronunciation	<i>Doh</i>	<i>Joh</i>	
Kanji Character(s)	道	場	<p>“(Practice) Hall”</p> <p>“Gymnasium”</p> <p>“Arena”</p> <p>(Literally: “A Place for Learning The Way”)</p>
Original Meaning(s) of the Kanji	<p><i>Way, Path, Road, Journey, Teachings, Course, Duty, Morality</i></p>	<p><i>Place, Grounds, Ring, Site, Space, Scene</i></p>	



Characters	<i>Gōjūryū Karate Terms & Translations</i>	剛柔流空手道の専門用語
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General Terms & Phrases (Continued)

Japanese Term	Sen	Sei	ENGLISH TRANSLATION(S)
Pronunciation	<i>Sen</i>	<i>Say</i>	
Kanji Character(s)	先	生	“Instructor” “Teacher” “Schoolmaster” “Master” “Doctor”
Original Meaning(s) of the Kanji Characters	<i>Preceding, Beyond, Earlier than, Head (of a line, etc.), The First</i>	<i>Birth, Live, Life, Prior, Existence, Cultivation, To Create, To Produce</i>	<i>(Literally: “One who has lived before you”, in other words, “One who has knowledge and experience that you do not yet have.”)</i>

Japanese Term	De	Shi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Deh</i>	<i>Shee</i>	
Kanji Character(s)	弟	子	“Pupil” “Student” “Disciple” “Follower” “Apprentice”
Original Meaning(s) of the Kanji Characters	<i>Younger Brother, Faithful Service to those who are Older, Brotherly Affection</i>	<i>Child, Offspring, The Young, A Youngster, Small</i>	

Japanese Term	Sen	Pai	ENGLISH TRANSLATION(S)
Pronunciation	<i>Sen (or Sem)</i>	<i>Pie</i>	
Kanji Character(s)	先	輩	“(One’s) Senior or Elder” “(a) Senior Student” “One who Out-Ranks You”
Original Meaning(s) of the Kanji Characters	<i>Preceding, Beyond, Prior, Earlier than, Head (of a line, etc.), The First</i>	<i>Fellow, Companion, Man</i>	

Japanese Term	Kō	Hai	ENGLISH TRANSLATION(S)
Pronunciation	<i>Koh</i>	<i>High</i>	
Kanji Character(s)	後	輩	“(One’s) Junior or Subordinate” “(a) Junior Student” “One who is Below your Rank”
Original Meaning(s) of the Kanji Characters	<i>Rear, Back, Successor, Following</i>	<i>Fellow, Companion, Man</i>	

Japanese Term	Rei	Shiki	ENGLISH TRANSLATION(S)
Pronunciation	<i>Ray</i>	<i>SheeKee (or Shkee)</i>	
Kanji Character(s)			“(Bowling) Ceremony”



Original Meaning(s) of the Kanji Characters	<div data-bbox="501 232 592 322">礼</div> <div data-bbox="443 340 649 434"><i>Salute, Bow, Show Courtesy, Appreciation, Propriety, Etiquette, Manners</i></div>	<div data-bbox="740 232 831 322">式</div> <div data-bbox="721 362 842 412"><i>Ceremony, Rite, Function</i></div> <div data-bbox="1091 219 1219 255">“(a) Rite”</div>
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General Terms & Phrases (Continued)

Japanese Term	Sei	Za	ENGLISH TRANSLATION(S)
Pronunciation	Say	Zah	
Kanji Character(s)	正	座	“Sit Straight” “Sit Correctly” “Sit Quietly” “Be Seated”
Original Meaning(s) of the Kanji Characters	<i>Straight, Right, Proper, Correct, Perfectly</i>	<i>Sit Down, Squat, Settle, Seat, Be Stable</i>	

Japanese Term	Moku	Sō	ENGLISH TRANSLATION(S)
Pronunciation	Moh Koo	Soh	
Kanji Character(s)	黙	想	“Closing One’s Eyes in Silent Meditation” “Quiet Reflection”
Original Meaning(s) of the Kanji Characters	<i>Keeping Silence, Saying Nothing</i>	<i>Thought, Idea, Imagination, Consideration</i>	

Japanese Term	O Tagai ni	ENGLISH TRANSLATION(S)
Pronunciation	Oh Tah Gah Ee Nee	
Kanji Character(s)	お互いに	“Toward Each Other” “Mutually” “Together”
Original Meaning(s) of the Kanji Characters	<i>Respectfully Toward Each Other, Mutually to Each Other, Reciprocally</i>	

Japanese Term	Rei	ENGLISH TRANSLATION(S)
Pronunciation	Ray	
Kanji Character(s)	礼	“(to) Respectfully Bow (towards)”
Original Meaning(s) of the Kanji Characters	<i>Salute, Bow, Show Courtesy, Appreciation, Show Respect, Propriety, Etiquette, Manners</i>	

Japanese Term	Shōmen ni Taishite	ENGLISH TRANSLATION(S)
Pronunciation	Shoh Men Ni Tai Shee Teh	



Kanji Character(s)	正面に対して	“(Please) Face (toward) the Front”
Original Meaning(s) of the Kanji Characters	<i>Toward or in the direction of the Front (of the Dojo where the Founders Pictures are displayed in the honored stand called the “Kamiza”)</i>	



General Terms & Phrases (*Continued*)

Japanese Term	Sensei ni Taishite	ENGLISH TRANSLATION(S)
Pronunciation	<i>Sen Say Nee Tai Shee Teh</i>	
Kanji Character(s)	先生に対して	“(Please) Face (toward) the Teacher”
Original Meaning(s) of the Kanji Characters	<i>Toward (in the direction of) the Teacher or Instructor</i>	

Japanese Term	Yō i	ENGLISH TRANSLATION(S)
Pronunciation	<i>Yoh Ee</i>	
Kanji Character(s)	用意	(Used as a Command) “Get Ready!” “(Be Prepared!)”
Original Meaning(s) of the Kanji Characters	<i>Business, Work, Function, Errand, Use, Service</i> <i>Will, Intention, Thought, Idea, Desire</i>	

Japanese Term	Hajime (or Haijimeru)	ENGLISH TRANSLATION(S)
Pronunciation	<i>Hah Jee Meh (Haji Meh Roo)</i>	
Kanji Character(s)	始め (始める)	(Used as a Command) “Begin!” “Start!” “Begin at Your Own Pace”
Original Meaning(s) of the Kanji Characters	<i>To Start, Begin, Commence</i>	

Japanese Term	Yame (or Yameru)	ENGLISH TRANSLATION(S)
Pronunciation	<i>Yah Meh (Yah Meh Roo)</i>	
Kanji Character(s)	止め (止める)	(Used as a Command) “Stop!” “Cease!”
Original Meaning(s) of the Kanji Characters	<i>To Stop, Cease, Quit, End, Terminate</i>	

Japanese Term	Narande	ENGLISH TRANSLATION(S)
Pronunciation	<i>Nahrah n Deh</i>	
Kanji Character(s)		(Used as a Command) “Line up!”

Original
Meaning(s) of the
Kanji Characters

並んで

To line up, to form a line, to arrange side-by-side

General Terms & Phrases (Continued)

Japanese Term	Sei	Retsu	ENGLISH TRANSLATION(S)
Pronunciation	Say	Reh Tsoo	
Kanji Character(s)	整	列	“(to) Line Up (by Rank)”
Original Meaning(s) of the Kanji Characters	Arrange, Assemble	Line, Row	

Japanese Term	Mawatte	ENGLISH TRANSLATION(S)
Pronunciation	Mah Wah 'Teh	
Kanji Character(s)	回って	(Used as a Command) “Turn Around!”
Original Meaning(s) of the Kanji Characters	To Turn Around, Spin, Rotate, Go Around	

Japanese Term	Ki	Ai	ENGLISH TRANSLATION(S)
Pronunciation	Kee	Eye	
Kanji Character(s)	気	合	“(a) Fighting Yell” “(a) Striking Shout” “(a) Forceful Puff of Breath” “(a) Focused Shout from one’s Spiritual Energy”
Original Meaning(s) of the Kanji Characters	Spirit, Force, Energy, Mind, Heart, Feeling, Temper, Mood, Disposition, Intention	Meet, Join Together, Match (with), Unite, Add Up, Mix, Combine	

Japanese Term	Kara	Te	Ka	ENGLISH TRANSLATION(S)
Pronunciation	KahRah	Teh	Kah	
Kanji Character(s)	空	手	家	“(a) Practitioner of Karate”
Original Meaning(s) of the Kanji Characters	Empty, Sky, Open, Vacant, Hollow	Hand(s)	Person, Profession	

Japanese Term	Shi	Han	ENGLISH TRANSLATION(S)
Pronunciation	Shee	Hahn	
Kanji Character(s)			“Master Instructor”

Original Meaning(s) of the Kanji Characters	<div>師</div> <div>Teacher, Master, Example, Model, Pattern, Exemplary Person</div>	<div>範</div> <div>Example, Model, Pattern</div>	“Model Instructor of Technical Skills”
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General Terms & Phrases (Continued)

Japanese Term	Gi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Ghee</i>	
Kanji Character(s)	着	“(one’s) Karate Uniform”
Original Meaning(s) of the Kanji Characters	<i>Clothing; What One Wears</i>	

Japanese Term	Obi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Oh Bee</i>	
Kanji Character(s)	帯	“(one’s) Karate Belt” (Signifying your Rank)
Original Meaning(s) of the Kanji Characters	<i>Belt, Sash, Band</i>	

Japanese Term	Hai	ENGLISH TRANSLATION(S)
Pronunciation	<i>High</i>	
Kanji Character(s)	はい	“Yes” “Yes Sir” “I Agree” “I Understand (and I’ll Do it)”
Original Meaning(s) of the Kanji Characters	<i>Yes, Acknowledgement, Affirmative</i>	

Japanese Term	lie	ENGLISH TRANSLATION(S)
Pronunciation	<i>Ee Ee Eh</i>	
Kanji Character(s)	いいえ	“No” “No Way” “No Sir” “I Don’t Agree”
Original Meaning(s) of the Kanji Characters	<i>No, Not, Negative</i>	

Japanese Term	Kumi	Te	ENGLISH TRANSLATION(S)
Pronunciation	<i>Koo Mee</i>	<i>Teh</i>	

Kanji Character(s)	組	手	“Sparring” (Jiyu Kumite = Freestyle Sparring)
Original Meaning(s) of the Kanji Characters	<i>To Cross, Unite with, Grapple with, Braid Together</i>	<i>Hand or Hands</i>	

General Terms & Phrases (*Continued*)

Japanese Term	Ki	Hon	ENGLISH TRANSLATION(S)
Pronunciation	<i>Kee</i>	<i>Hohn</i>	
Kanji Character(s)	基	本	“Basic” “Basis” “Standard” “Fundamental”
Original Meaning(s) of the Kanji Characters	<i>Origin, Basis, Foundation</i>	<i>Main, True, Real, Regular, Normal, Source, The Root of</i>	

Japanese Term	I	Dō	ENGLISH TRANSLATION(S)
Pronunciation	<i>Ee</i>	<i>Doh</i>	
Kanji Character(s)	移	動	“Movement”
Original Meaning(s) of the Kanji Characters	<i>Move, Change, Shift, Drift, Transfer, Divert, Pour into</i>	<i>Stir, Move, Shift, Shake, Set in Motion, Mobilize, Activity, Fluctuate</i>	

Japanese Term	Mae	ENGLISH TRANSLATION(S)
Pronunciation	<i>Mah Eh</i>	
Kanji Character(s)	前	“Front” “In Front”
Original Meaning(s) of the Kanji Characters	<i>Front, Before, Ahead, Forepart</i>	

Japanese Term	Ushiro	ENGLISH TRANSLATION(S)
Pronunciation	<i>Uu Shee Roh</i>	
Kanji Character(s)	後ろ	“Back” “Behind”
Original Meaning(s) of the Kanji Characters	<i>Back, Rear, Behind</i>	

Japanese Term	Yoko	ENGLISH TRANSLATION(S)
Pronunciation	<i>Yoh Koh</i>	
Kanji Character(s)		“(to the) Side” “Sideways”

General Terms & Phrases (Continued)

Original Meaning(s) of the Kanji Characters	横 <i>Side, Flank, Horizontal Direction</i>	
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General Terms & Phrases (Continued)

Japanese Term	Migi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Mee Ghee</i>	
Kanji Character(s)	右	“(to one’s) Right” “(the) Right”
Original Meaning(s) of the Kanji Characters	<i>Right, Right-hand, Rightward</i>	“(the) Right Side”

Japanese Term	Hidari	ENGLISH TRANSLATION(S)
Pronunciation	<i>Hee Dah Ree</i>	
Kanji Character(s)	左	“(to one’s) Left” “(the) Left”
Original Meaning(s) of the Kanji Characters	<i>Left, Left-hand, Leftward</i>	“(the) Left Side”

Japanese Term	Mawashi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Mah Wah Shee</i>	
Kanji Character(s)	回し	“Around”
Original Meaning(s) of the Kanji Characters	<i>To Rotate, Go Around</i>	“Roundhouse (kick, etc.)”

Japanese Term	Dai	Ichī	ENGLISH TRANSLATION(S)
Pronunciation	<i>Die</i>	<i>Ee Chee</i>	
Kanji Character(s)	第	一	“The First (of a series)”
Original Meaning(s) of the Kanji Characters	<i>Numeral, Number, The (First, Second, etc.), Primary, Foremost, The Greatest</i>	<i>One, First</i>	

Japanese Term	Dai	Ni	ENGLISH TRANSLATION(S)
Pronunciation	<i>Die</i>	<i>Nee</i>	
Kanji Character(s)			“The Second (of a Series)”

General Terms & Phrases (Continued)

Original Meaning(s) of the Kanji Characters	第	二	
	<i>Numeral, Number, The (First, Second, etc.), Primary, Foremost, The Greatest</i>	<i>Two, Second</i>	

General Terms & Phrases (*Continued*)

Japanese Term	Jō	Dan	ENGLISH TRANSLATION(S)
Pronunciation	<i>Jyoh</i>	<i>Dahn</i>	“Upper (Face) Level”
Kanji Character(s)	上	段	
Original Meaning(s) of the Kanji Characters	<i>Up, Upper, Upward, Top</i>	<i>Level, Stage, Degree, Extent, Class, Rank</i>	

Japanese Term	Chū	Dan	ENGLISH TRANSLATION(S)
Pronunciation	<i>Chew</i>	<i>Dahn</i>	“Middle (Chest & Stomach) Level”
Kanji Character(s)	中	段	
Original Meaning(s) of the Kanji Characters	<i>Middle, Center, Core</i>	<i>Level, Stage, Degree, Extent, Class, Rank</i>	

Japanese Term	Ge	Dan	ENGLISH TRANSLATION(S)
Pronunciation	<i>Geh</i>	<i>Dahn</i>	“Lower (Groin & Leg) Level”
Kanji Character(s)	下	段	
Original Meaning(s) of the Kanji Characters	<i>Lower, Bottom, Downward</i>	<i>Level, Stage, Degree, Extent, Class, Rank</i>	

Names of Stances Used in Gōjūryū Karate

Japanese Term	Dachi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Dah Chee</i>	
Kanji Character(s)	立ち	“Stance”
Original Meaning(s) of the Kanji Characters	<i>Way of Standing, Stance</i>	

Japanese Term	Kamae	ENGLISH TRANSLATION(S)
Pronunciation	<i>Kah Mah Eh</i>	
Kanji Character(s)	構え	“(Take a) Posture” “Pose”
Original Meaning(s) of the Kanji Characters	<i>Posture, Pose, Assume a Stance, Be Ready For</i>	

Japanese Term	Heisoku Dachi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Hay Soh Koo Dah Chee</i>	
Kanji Character(s)	閉足 立ち	“(The) Closed Foot Stance” (Placing feet together parallel with no distance between them, with heels and toes and knees close together)
Original Meaning(s) of the Kanji Characters	<i>Closed Feet Stance</i>	

Japanese Term	Musubi Dachi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Moo Soo Bee Dah Chee</i>	
Kanji Character(s)	結び 立ち	“(The) V Stance” “(The) Bound Stance” (Placing the balls of both feet out at 45°. Heels remain together. Your feet are in a “V” position. Your knees are straight and instead of being locked are in a natural relaxed position. Used when standing at attention.)
Original Meaning(s) of the Kanji Characters	<i>Joined Together, Bound Together Stance</i>	

Japanese Term	Heikō Dachi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Hay Koh Dah Chee</i>	
Kanji Character(s)		“(The) Parallel Stance” (Your feet are one foot length apart or even better, feet should be placed at about shoulder distance. Knees are straight and instead of

Original
Meaning(s) of the
Kanji Characters

平行 立ち

Parallel

Rows

Stance

*being locked are in a naturally relaxed
position.)*

Names of Stances Used in Gōjūryū Karate (Continued)

Japanese Term	Soto	Dachi	ENGLISH TRANSLATION(S)
Pronunciation	Soh Toh	Dah Chee	“(The) Outward Stance”
Kanji Character(s)	外	立ち	(Starting from the Heikō Dachi [Parallel Stance] Lift the ball of the feet and place your toes 45° outward (this stance is traditionally called Soto Hachi Monji Dachi). Your knees again are straight and instead of being locked are in a natural relaxed position.)
Original Meaning(s) of the Kanji Characters	Outside of, Outward, Away (from)	Stance	

Japanese Term	Uchi	Dachi	ENGLISH TRANSLATION(S)
Pronunciation	Uu Chee	Dah Chee	“(The) Inside Stance”
Kanji Character(s)	内	立ち	(Traditionally called Uchi Hachi Monji Dachi , this stance is further moved out with the heels but deeper past a parallel stance [heels spread out 45°]. The front of the feet are turned 45° inward.)
Original Meaning(s) of the Kanji Characters	Inside of, Within, Inward, In Toward	Stance	

Japanese Term	Shiko	Dachi	ENGLISH TRANSLATION(S)
Pronunciation	Shee Koh	Dah Chee	“(The) Horse Stance” or “Straddle Leg Stance”
Kanji Character(s)	四股	立ち	(In the standard Shiko Dachi in this posture, the upper legs (thigh area) are bent far past 45° and showing a strong and deep stance. The knees should be directly above the feet and the back should be slightly arched but straight and the hips should be pushed back into a sitting position. In Shiko Dachi the feet are pointed slightly outward to 45°.)
Original Meaning(s) of the Kanji Characters	Literally “Four Thighs” (In Reference to the Quadriceps Muscles of the Thighs)	Stance	

Japanese Term	Sanchin	Dachi	ENGLISH TRANSLATION(S)
Pronunciation	Sahn Cheen	Dah Chee	“(The) Immovable Stance”
Kanji Character(s)	三戦	立ち	(The root and substance to Gōjūryū, the stance absorbs energy from the ground up and into your body and using its energy to your advantage, not just gripping and holding onto the floor. Starting from Heiko Dachi, place the right foot one-foot length ahead of the spot it was at (right heel just on the imaginary line that its toe ended at). Turn the right heel out 45°, next bring the right foot back a bit until the heel rests on the same horizontal line as the toes of the left foot. While grabbing the ground with the feet in a twisting out motion, the knees should be slightly bent inward as to protect the groin area from attack; the buttocks pushed forward, the inside and outside of the thighs tightened. Your center of gravity is located at the point midway between both feet.)
Original Meaning(s) of the Kanji Characters	Three Battles (The Battle of Mastery between the Mind, Body and Spirit)	Stance	

Names of Stances Used in Gōjūryū Karate (Continued)

Japanese Term	Zenkutsu	Dachi	ENGLISH TRANSLATION(S)
Pronunciation	Zen Koo Tsoo	Dah Chee	“(The) Forward Leaning Stance” or “Front Stance”
Kanji Character(s)	前屈 立ち		<p>(One of the strongest stances, with the center of gravity being midway between both feet. One way to achieve this position is to start from Shiko Dachi. Turn the right leg straight, without raising the head level, square the hips and shoulders into a linear posture with the left leg that will be considered the front. Bend the left knee so as the front foot cannot be seen if looking down, all the while keeping the right leg (back leg) straight. Keep the back sustained in a straight position perpendicular to the floor. The front foot should be turned slightly inward. Be careful not to place too much weight on the front foot, and the front foot and back foot are not on the same imaginary line they are about four foot lengths in distance apart, and about shoulder width.)</p>
Original Meaning(s) of the Kanji Characters	Front Bend, Lean	Stance	

Japanese Term	Kōkutsu	Dachi	ENGLISH TRANSLATION(S)
Pronunciation	Koh Koo Tsoo	Dah Chee	“(The) Rear Leaning Stance” or “Back Stance”
Kanji Character(s)	後屈 立ち		<p>(This stance begins directly from Zenkutsu Dachi. From this position, turn to the right 90° [as in Sanseiru] on the balls of both feet. Both feet should now be facing to the right of the original direction however the head stays turned in the direction it was originally. Kōkutsu Dachi is also the name of a back stance more often found in the Shotokan style however is performed completely different..)</p>
Original Meaning(s) of the Kanji Characters	Rear Bend, Lean	Stance	

Japanese Term	Han Zenkutsu	Dachi	ENGLISH TRANSLATION(S)
Pronunciation	Hahn Zen Koo Tsoo	Dah Chee	“(The) Half-Forward Leaning Stance” or “Half-Front Stance”
Kanji Character(s)	半前屈 立ち		<p>(Begins from Heiko Dachi. Step out with the right side, Te Obi between one half the distance and one footstep less than Zenkutsu Dachi. This position is close to the same posture of Zenkutsu Dachi. Leg tension shall remain the same as shall back and hip position.)</p>
Original Meaning(s) of the Kanji Characters	Half Front Bend, Lean	Stance	

Names of Stances Used in Gōjūryū Karate (Continued)

Japanese Term	Neko Ashi Dachi	ENGLISH TRANSLATION(S)
Pronunciation	<i>NehKoh Ah Shee Dah Chee</i>	“(The) Cat Foot Stance”
Kanji Character(s)	猫足 立ち	(<i>Neko Ashi Dachi</i> is the essential fighting stance of Gōjūryū, being one of the two major stances [the other being <i>Sanchin Dachi</i>] . Place the right exactly one-foot length forward. Then lift the heel of the front foot off of the ground, and bending the knee of the front leg. Bending the back leg, push the hips back as if to sit down in a chair. 70% to 80% of your weight should be distributed on the back leg while 20% to 30% remains on the front. From the side and front view, this posture resembles that of a cat in combat or of a person sitting in a chair that's not there.)
Original Meaning(s) of the Kanji Characters	<i>Cat Foot Stance</i>	

Japanese Term	Moto Dachi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Moh Toh Dah Chee</i>	“(The) Base Stance” or “Rooted Stance”
Kanji Character(s)	元 立ち	(<i>This stance has the foot placement similar to Neko Ashi Dachi, but with both feet flat on the ground.</i>)
Original Meaning(s) of the Kanji Characters	<i>Basis, Foundation, Source, Root, Origin Stance</i>	

Japanese Term	Ti Ji Dachi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Tee Jee Dah Chee</i>	“(The) Inverted ‘T’ Stance”
Kanji Character(s)	T 字 立ち	(<i>This stance is in the posture of an inverted “T”. From Heisoku Dachi place the left foot horizontally behind the right foot so as the heel of the right foot is in the center of the left foot [a 90° angle].</i>)
Original Meaning(s) of the Kanji Characters	<i>T Letter, Character (The Letter T) Stance</i>	

Japanese Term	Kōsa Dachi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Koh Sah Dah Chee</i>	“(The) Cross-Leg Stance” or “Twist Stance”
Kanji Character(s)	交差 立ち	(<i>Used for turning in many items from Kihon Ido to Advanced Kata. The front of your left knee will be fitted into the back of your right knee.</i>)

<i>Gōjūryū Karate Terms & Translations</i>			剛柔流空手道の専門用語
Original Meaning(s) of the Kanji Characters	<i>Intersection, Crossing</i>	<i>Stance</i>	

Names of Blocks Used in Gōjūryū Karate

Japanese Term	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Uu Keh</i> <i>Uu Keh</i>	
Kanji Character(s)	受 or 受け	“(a) Block” (of a strike, kick, etc.)
Original Meaning(s) of the Kanji Characters	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	Uke	Waza	ENGLISH TRANSLATION(S)
Pronunciation	<i>Uu Keh</i>	<i>Wah Zah</i>	
Kanji Character(s)	受け	技	“Blocking Techniques” “Blocking Skills”
Original Meaning(s) of the Kanji Characters	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	<i>Technique, Craft, Skill, Feat, Performance</i>	

Japanese Term	Age	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Ah Geh</i>	<i>Uu Keh</i>	
Kanji Character(s)	上げ	受け	“Upward Block” “Rising Block”
Original Meaning(s) of the Kanji Characters	<i>Raising, Upward, Rising</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	Jōdan	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Joh Dahn</i>	<i>Uu Keh</i>	
Kanji Character(s)	上段	受け	“Upper Level Block”
Original Meaning(s) of the Kanji Characters	<i>Upper Level</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Names of Blocks Used in Gōjūryū Karate (Continued)

Japanese Term	Yoko	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Yoh Koh</i>	<i>Uu Keh</i>	
Kanji Character(s)	横	受け	“Middle Block” “Side Block”
Original Meaning(s) of the Kanji Characters	<i>Side, Flank, Horizontal Direction</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	“Sideways Block”

Japanese Term	Chūdan	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Chew Dahn</i>	<i>Uu Keh</i>	
Kanji Character(s)	中段	受け	“Middle Block” “Mid-Level Block”
Original Meaning(s) of the Kanji Characters	<i>Middle Level</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	Chūdan Soto	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Chew Dahn Soto</i>	<i>Uu Keh</i>	
Kanji Character(s)	中段外	受け	“Middle Outside-In Block”
Original Meaning(s) of the Kanji Characters	<i>Middle Level Outer</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	Chūdan Uchi	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Chew Dahn Uu Chee</i>	<i>Uu Keh</i>	
Kanji Character(s)	中段内	受け	“Middle Inside-Out Block”
Original Meaning(s) of the Kanji Characters	<i>Middle Level Inside</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Names of Blocks Used in Gōjūryū Karate (Continued)

Japanese Term	Gedan Barai	ENGLISH TRANSLATION(S)
Pronunciation	Geh Dahn Bah Rah Ee	
Kanji Character(s)	下段 払い	“Lower Sweeping Block”
Original Meaning(s) of the Kanji Characters	Bottom, Lower Level Sweep Out of the Way, Clear Out, Wipe Off, Brush Off, Drive Away, Wield Sideways	

Japanese Term	Harai Otoshi Uke	ENGLISH TRANSLATION(S)
Pronunciation	Hah Rai Oh Toh Shee Uu Keh	
Kanji Character(s)	払 落とし 受け	“Dropping Circular Block”
Original Meaning(s) of the Kanji Characters	Sweep Out of the Way, Clear Out, Wipe Off, Brush Off, Drive Away, Wield Sideways Dropping, Going Downward Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)	“Descending Sweeping Block”

Japanese Term	Soto Uke	ENGLISH TRANSLATION(S)
Pronunciation	Soh Toh Uuo Keh	
Kanji Character(s)	外 受け	“Outside Block”
Original Meaning(s) of the Kanji Characters	Outside of, Outward, Away (from) Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)	“Outside Forearm Block”

Japanese Term	Uchi Uke	ENGLISH TRANSLATION(S)
Pronunciation	Uu Chee Uu Keh	
Kanji Character(s)	内 受け	“Inside Block”
Original Meaning(s) of the Kanji Characters	Inside of, Within, Inward, In Toward Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)	“Inside Forearm Block”

Names of Blocks Used in Gōjūryū Karate (Continued)

Japanese Term	Shutō		Uke	ENGLISH TRANSLATION(S)
Pronunciation	Shoo Toh		Oo Keh	
Kanji Character(s)	手刀 受け			
Original Meaning(s) of the Kanji Characters	Hand Knife		Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)	

Japanese Term	Shutō	Jōdan	Uke	ENGLISH TRANSLATION(S)
Pronunciation	Shoo Toh	Jyoh Dahn	Uu Keh	“Upper Knife Hand Block”
Kanji Character(s)	手刀	上段	受け	
Original Meaning(s) of the Kanji Characters	Hand Knife	Up, Upper, Upward, Top	Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)	

Japanese Term	Shutō	Gedan	Uke	ENGLISH TRANSLATION(S)
Pronunciation	Shoo Toh	Geh Dahn	Uu Keh	
Kanji Character(s)	手刀	下段	受け	
Original Meaning(s) of the Kanji Characters	Hand Knife	Down, Lower Level	Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)	
				“Lower Knife Hand Block”

Japanese Term	Omote	Kote	Uke	ENGLISH TRANSLATION(S)
Pronunciation	Oh Moh Teh	Koh Teh	Uu Keh	“Outer Forearm Block”
Kanji Character(s)	表	小手	受け	
Original Meaning(s) of the Kanji Characters	Surface, Exterior	Forearm	Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)	

Names of Blocks Used in Gōjūryū Karate (Continued)

Japanese Term	Shō	Tei	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Shoh</i>	<i>Tei</i>	<i>Uu Keh</i>	
Kanji Character(s)	掌	底	受け	“Palm Heel Block”
Original Meaning(s) of the Kanji Characters	<i>Rule, Administer, Conduct</i>	<i>Bottom, Base, Sole</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	“Heel of the Palm Block”

Japanese Term	Shō Tei	Jōdan	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Shoh Teh Ee</i>	<i>Jyoh Dahn</i>	<i>Uu Keh</i>	
Kanji Character(s)	掌底	上段	受け	“Upper Palm Block”
Original Meaning(s) of the Kanji Characters	<i>Rule, Administer, Conduct</i>	<i>Bottom Base Sole</i>	<i>Up, Upper, Upward, Top</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>

Japanese Term	Shō Tei	Chūdan	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Shoh Teh Ee</i>	<i>Chew Dahn</i>	<i>Uu Keh</i>	
Kanji Character(s)	掌底	中段	受け	“Middle Palm Block”
Original Meaning(s) of the Kanji Characters	<i>Rule, Administer, Conduct</i>	<i>Bottom Base Sole</i>	<i>Middle, Mid-Level</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>

Japanese Term	Shō Tei	Otoshi	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Shoh Teh Ee</i>	<i>Oh Toh Shee</i>	<i>Uu Keh</i>	
Kanji Character(s)	掌底	落とし	受け	“Open Hand Dropping Block”
Original Meaning(s) of the Kanji Characters	<i>Rule, Administer, Conduct</i>	<i>Bottom Base Sole</i>	<i>Dropping, Going Downward</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>

Names of Blocks Used in Gōjūryū Karate (Continued)

Japanese Term	Ko	Ken	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Koh</i>	<i>Ken</i>	<i>Uu Keh</i>	“Arch Fist Block” Or “Chicken Wrist Block” <i>(Note: Sometimes this is just called “Ko-Uke” [Wrist Block], without using the “Fist” [Ken] character)</i>
Kanji Character(s)	弧	拳	受け	
Original Meaning(s) of the Kanji Characters	<i>Arc, Arch</i>	<i>Fist</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	Hai	Tō	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>High</i>	<i>Toh</i>	<i>Uu Keh</i>	“Ridgehand Block” <i>(Using the portion of the hand between the knuckles of the index finger to the web of the thumb; not to be confused with “Shuto,” the outer edge of the hand along the little finger and outer palm)</i>
Kanji Character(s)	背	刀	受け	
Original Meaning(s) of the Kanji Characters	<i>Back, Back</i>	<i>Sword,</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	Jōdan	Jūji	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Jyoh Dahn</i>	<i>Jyuu Jee</i>	<i>Uu Keh</i>	“Upper Cross Block”
Kanji Character(s)	上段	十字	受け	
Original Meaning(s) of the Kanji Characters	<i>Up, Upper, Upward, Top</i>	<i>Cross, X-Shape</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	Gedan	Jūji	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Geh Dahn</i>	<i>Jyuu Jee</i>	<i>Uu Keh</i>	“Lower Cross Block”
Kanji Character(s)	下段	十字	受け	
Original Meaning(s) of the Kanji Characters	<i>Down, Lower Level</i>	<i>Cross, X-Shape</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Names of Blocks Used in Gōjūryū Karate (Continued)

Japanese Term	Hiki	Uke	ENGLISH TRANSLATION(S)
Pronunciation	Hee Kee	Uu Keh	“Pulling/Grasping Block”
Kanji Character(s)	引き	受け	
Original Meaning(s) of the Kanji Characters	<i>Pulling; Influence, Draw, Jerk, Drag, Lead, Haul, Tug</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	Hiji	Uke	ENGLISH TRANSLATION(S)
Pronunciation	Hee Jee	Uu Keh	“Elbow Block”
Kanji Character(s)	肘	受け	
Original Meaning(s) of the Kanji Characters	<i>The Elbow</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	Hiji	Uchi	Uke	ENGLISH TRANSLATION(S)
Pronunciation	Hee Jee	Uu Chee	Uu Keh	“Elbow Strike Block”
Kanji Character(s)	肘	打ち	受け	
Original Meaning(s) of the Kanji Characters	<i>The Elbow</i>	<i>Hit, Strike, Blow</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	Hiza	Uke	ENGLISH TRANSLATION(S)
Pronunciation	Hee Zah	Uu Keh	“Knee Block”
Kanji Character(s)	膝	受け	
Original Meaning(s) of the Kanji Characters	<i>The Knee or Lap</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Names of Blocks Used in Gōjūryū Karate (Continued)

Japanese Term	Sune	Uke	ENGLISH TRANSLATION(S)
Pronunciation	Suu Neh	Uu Keh	“Shin Block”
Kanji Character(s)	脛	受け	
Original Meaning(s) of the Kanji Characters	The Shin, The Lower Front of the Leg	Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)	

Japanese Term	Yumi	Uke	ENGLISH TRANSLATION(S)
Pronunciation	Yoo Mee	Uu Keh	“Bow Block”
Kanji Character(s)	弓	受け	
Original Meaning(s) of the Kanji Characters	Bow (for shooting Arrows), Bow-Shape	Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)	

Japanese Term	Soku	Tei	Uke	ENGLISH TRANSLATION(S)
Pronunciation	Soh Koo	Teh Ee	Uu Keh	“Sole of the Foot Block” (Note: In some Karate Glossaries, the first two characters “Soku” and “Tei” are sometimes reversed in order to read as “Tei Soku Uke”)
Kanji Character(s)	足	底	受け	
Original Meaning(s) of the Kanji Characters	The Foot, Feet	Bottom, Base, Sole	Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)	

Japanese Term	Chūdan	Uchi	Uke	Gedan	Barai	ENGLISH TRANSLATION(S)
Pronunciation	Chew Dahn	Uu Chee	Uu Keh	Geh Dahn	Bah Rah Ee	“Middle Inside-out Block & Lower Sweeping Block”
Kanji Character(s)	中段	内	受け	下段	払い	
Original Meaning(s) of the Kanji Characters	Middle, Mid-Level	Inside, Inward	Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)	Bottom, Lower Level	Sweep Out of the Way, Clear Out, Wipe Off, Brush Off, Drive Away, Wield Sideways	

Names of Blocks Used in Gōjūryū Karate (Continued)

Japanese Term	Gedan	Uchi	Barai	ENGLISH TRANSLATION(S)
Pronunciation	<i>Geh Dahn</i>	<i>Uu Chee</i>	<i>Bah Rah Ee</i>	
Kanji Character(s)	下段	内	払い	
Original Meaning(s) of the Kanji Characters	<i>Bottom, Lower Level</i>	<i>Inside, Inward</i>	<i>Sweep Out of the Way, Clear Out, Wipe Off, Brush Off, Drive Away, Wield Sideways</i>	“Outside downward block (open hand)”

Japanese Term	Sune	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Suu Neh</i>	<i>Uu Keh</i>	
Kanji Character(s)	脛	受け	
Original Meaning(s) of the Kanji Characters	<i>The Shin, The Lower Front of the Leg</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	“Shin Block”

Japanese Term	Ura	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Uu Rah</i>	<i>Uu Keh</i>	
Kanji Character(s)	裏	受け	
Original Meaning(s) of the Kanji Characters	<i>The Back, The Reverse Side</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	“Backhand Block”

Japanese Term	Mawashi	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Mah Wah Shee</i>	<i>Uu Keh</i>	
Kanji Character(s)	回し	受け	
Original Meaning(s) of the Kanji Characters	<i>To Rotate, Go Around</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	“Roundhouse Block”

Names of Blocks Used in Gōjūryū Karate (Continued)

Japanese Term	Moro	Te	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Moh Roh</i>	<i>Teh</i>	<i>Uu Keh</i>	“Augmented (Two-Hand) Block” <i>(Note: the two characters for “Morote” are also pronounced “Sōshu”, meaning “Both Hands”)</i>
Kanji Character(s)	双	手	受け	
Original Meaning(s) of the Kanji Characters	<i>A Set, A Pair</i>	<i>Hands</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	Sukui	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Soo Koo Ee</i>	<i>Uu Keh</i>	“Scoop Block” “Scooping Block”
Kanji Character(s)	すくい	受け	
Original Meaning(s) of the Kanji Characters	<i>Scoop; Scooping</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	Nagashi	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Nah Gah Shee</i>	<i>Uu Keh</i>	“Sweeping Block”
Kanji Character(s)	流し	受け	
Original Meaning(s) of the Kanji Characters	<i>Dashing, Shedding, Washing Away, Flowing, Swaying</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	Kōsa	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Koh Sah</i>	<i>Uu Keh</i>	“Cross Block” (Arms crossed at the wrist)
Kanji Character(s)	交差	受け	
Original Meaning(s) of the Kanji Characters	<i>Intersection, Crossing</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Names of Blocks Used in Gōjūryū Karate (Continued)

Japanese Term	Soku	Tei	Osae	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Soh Koo</i>	<i>Teh Ee</i>	<i>Oh Sah Eh</i>	<i>Uu Keh</i>	
Kanji Character(s)	足	底	押え	受け	“Pressing Block with the Sole of the Foot” (Using the sole of the foot to press down hard against the attacker's ankle, as in a yoko geri.)
Original Meaning(s) of the Kanji Characters	<i>The Foot, Feet</i>	<i>Bottom, Base, Sole</i>	<i>Hold Down, Press Down, Suppress</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	Soku	Tei	Harai	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Soh Koo</i>	<i>Teh Ee</i>	<i>Hah Rah Ee</i>	<i>Uu Keh</i>	
Kanji Character(s)	足	底	払い	受け	“Sole of the Foot Block” (Foot swung from outside to inside)
Original Meaning(s) of the Kanji Characters	<i>The Foot, Feet</i>	<i>Bottom, Base, Sole</i>	<i>Sweep Out of the Way, Clear Out, Wipe Off, Brush Off, Drive Away, Wield Sideways</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	Hai	Soku	Barai	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>High</i>	<i>Soh Koo</i>	<i>Bah Rah Ee</i>	<i>Uu Keh</i>	
Kanji Character(s)	背	足	払い	受け	“Instep Block” (Foot swung from inside to outside)
Original Meaning(s) of the Kanji Characters	<i>Back, Back Side, Ridge</i>	<i>The Foot, Feet</i>	<i>Sweep Out of the Way, Clear Out, Wipe Off, Brush Off, Drive Away, Wield Sideways</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	Otoshi	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Oh Toh Shee</i>	<i>Uu Keh</i>	
Kanji Character(s)			“Dropping Block”

Original Meaning(s) of the Kanji Characters	<div data-bbox="507 230 930 309">落とし 受け</div> <div data-bbox="520 376 715 432">Dropping, Descending, Going Downward</div> <div data-bbox="770 324 946 492">Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</div>	Or “Descending Block”
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Names of Blocks Used in Gōjūryū Karate (Continued)

Japanese Term	Kake	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Kah Keh</i>	<i>Uu Keh</i>	“Hook Block” or “Hooking Block”
Kanji Character(s)	掛け	受け	
Original Meaning(s) of the Kanji Characters	<i>To Hang On, Trap, Hang up, Play Against, Put On, Hook onto, Catch onto, Snag</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	Uchi	Yoko	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Uu Chee</i>	<i>Yoh Koh</i>	<i>Uu Keh</i>	“Inside Forearm Block”
Kanji Character(s)	内	横	受け	
Original Meaning(s) of the Kanji Characters	<i>Inside, Inward</i>	<i>Side, Sideways</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	Tettsui	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Teh 'Tsoo Ee</i>	<i>Uu Keh</i>	“Hammerfist Block”
Kanji Character(s)	鉄槌	受け	
Original Meaning(s) of the Kanji Characters	<i>Iron, Hammer Steel Mallet</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	Osae	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Oh Sah Eh</i>	<i>Uu Keh</i>	“Pressing Block”
Kanji Character(s)	押え	受け	
Original Meaning(s) of the Kanji Characters	<i>Hold Down, Press Down, Suppress</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Names of Blocks Used in Gōjūryū Karate (Continued)

Japanese Term	Kuri	Uke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Koo Ree</i>	<i>Uu Keh</i>	
Kanji Character(s)	繰り	受け	“Inside-Out Circular Elbow Block”
Original Meaning(s) of the Kanji Characters	<i>Reel, Wind, Spin, Turn</i>	<i>Receive, Catch, Undergo, Be Exposed (to), Preparedness, Stop or Parry a Blow, Block, Sustain (a hit)</i>	

Japanese Term	Tora	Guchi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Toh Rah</i>	<i>Goo Chee</i>	
Kanji Character(s)	虎	口	“Two-Hand Roundhouse Block” “Double open hand circular block with palm heel strike”
Original Meaning(s) of the Kanji Characters	<i>Tiger</i>	<i>Mouth, Maw</i>	<i>(Tora guchi is very common technique in Okinawan-style karate, with roots from Chinese style fighting arts. It is always performed in neko-ashi dachi (cat stance). Point here is to use your hands in close distance confrontation to block and then strike or grab the opponent's throat and testicles. This is very effective response in close distance.)</i>

Names of Strikes Used in Gōjūryū Karate (Continued)

Japanese Term	Kō	Geki	Waza	ENGLISH TRANSLATION(S)
Pronunciation	<i>Koh</i>	<i>Geh Kee</i>	<i>Wah Zah</i>	
Kanji Character(s)	攻	撃	技	“Striking Techniques” (NOTE: The nuance of the word “kogeiki” is not simply to “attack” but rather to crush, “cut down,” or “destroy in a devastating way.”)
Original Meaning(s) of the Kanji Characters	<i>Attack, Assault, Offensive</i>	<i>Destroy, Conquer, to Defeat</i>	<i>Technique, Craft, Ability, Feat, Skill, Performance</i>	

Japanese Term	Tsuki	Waza	ENGLISH TRANSLATION(S)
Pronunciation	<i>Tsoo Kee</i>	<i>Wah Zah</i>	
Kanji Character(s)	突き	技	“Punching Techniques”
Original Meaning(s) of the Kanji Characters	<i>Thrust, Punch, Strike Against, Poke, Stab, Knock</i>	<i>Technique, Craft, Ability, Feat, Skill, Performance</i>	

Japanese Term	Sei	Ken	Tsuki	ENGLISH TRANSLATION(S)
Pronunciation	<i>Say</i>	<i>Ken</i>	<i>Tsoo Kee</i>	
Kanji Character(s)	正	拳	突き	“Squared Fist Strike” “Full, Regular Fist Strike”
Original Meaning(s) of the Kanji Characters	<i>Straight On, Straightforward, Exactness, Correct, Proper,</i>	<i>Fist</i>	<i>Thrust, Punch, Strike Against, Poke, Stab, Knock</i>	

Japanese Term	Shita	Tsuki	ENGLISH TRANSLATION(S)
Pronunciation	<i>Sh ' Ta</i>	<i>Tsoo Kee</i>	
Kanji Character(s)	下	突き	“Upside-Down Punch” Or “Reverse Strike” (Striking fist remains palm up. When contact is made your knuckles should, in a whip like motion, push up and into the opponent's diaphragm then pull back down and out.)
Original Meaning(s) of the Kanji Characters	<i>Down</i>	<i>Thrust, Punch, Strike Against, Poke, Stab, Knock</i>	

Japanese Term	Hai	Tō	Tsuki	ENGLISH TRANSLATION(S)
Pronunciation	<i>High</i>	<i>Toh</i>	<i>Tsoo Kee</i>	
Kanji Character(s)				“Open Ridge Hand Strike, with palm facing down” (Using the portion of the hand between the knuckles of the index finger to the web of the

Names of Strikes Used in Gōjūryū Karate (Continued)

Original Meaning(s) of the Kanji Characters	背	刀	突き	
	<i>Back, Back Side, Ridge</i>	<i>Sword, Saber, Knife</i>	<i>Thrust, Punch, Strike Against, Poke, Stab, Knock</i>	<i>thumb; not to be confused with “Shuto,” the outer edge of the hand along the little finger and outer palm)</i>

Names of Strikes Used in Gōjūryū Karate (*Continued*)

Japanese Term	Ura	Ken	ENGLISH TRANSLATION(S)
Pronunciation	<i>Uu Rah</i>	<i>Ken</i>	
Kanji Character(s)	裏	拳	“Back Fist (Strike)” (NOTE: Also referred to as “ <i>Ura Uchi</i> ”[裏打ち] or “Back Strike”)
Original Meaning(s) of the Kanji Characters	<i>The Back, The Reverse Side</i>	<i>Fist</i>	

Japanese Term	Shu	Tō	Tsuki	ENGLISH TRANSLATION(S)
Pronunciation	<i>Shoo</i>	<i>Toh</i>	<i>Tsoo Kee</i>	
Kanji Character(s)	手	刀	突き	“Sword Hand Strike” or “Knifehand Strike” (Palm facing up, with the striking surface being the outside edge of the hand)
Original Meaning(s) of the Kanji Characters	<i>The Hand</i>	<i>Sword, Saber, Knife</i>	<i>Thrust, Punch, Strike Against, Poke, Stab, Knock</i>	

Japanese Term	Furi	Uchi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Foo Rhee</i>	<i>Uu Chee</i>	
Kanji Character(s)	振り	打ち	“Swinging Strike” or “Whiplike Strike” (Using the back of the knuckle as the striking point.)
Original Meaning(s) of the Kanji Characters	<i>Wave, Shake, Wag, Swing</i>	<i>Hit, Strike, Beat, Knock, Smite, Pound in, Punch</i>	

Japanese Term	Tettsui	Uchi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Teh 'Tsoo Ee</i>	<i>Uu Chee</i>	
Kanji Character(s)	鉄槌	打ち	“Hammer Strike” (Resembling swinging a hammer, this closed fist technique is executed using the fleshy side of the fist as the striking point.)
Original Meaning(s) of the Kanji Characters	<i>Iron, Steel</i>	<i>Hammer Mallet</i>	<i>Hit, Strike, Beat, Knock, Smite, Pound in, Punch</i>

Japanese Term	Ippon	Ken	ENGLISH TRANSLATION(S)
Pronunciation	<i>Eep'pohn</i>	<i>Ken</i>	

Names of Strikes Used in Gōjūryū Karate (Continued)

Kanji Character(s)	<div>一本拳</div>			“One Knuckle Fist”
Original Meaning(s) of the Kanji Characters	<i>One</i>	<i>Cylindrical Object (Finger)</i>	<i>Fist</i>	<i>(A fist with one knuckle[the first knuckle] extended beyond the others of the fist.)</i>

Names of Strikes Used in Gōjūryū Karate (*Continued*)

Japanese Term	Ippon	Ken	Naka Daka	ENGLISH TRANSLATION(S)
Pronunciation	<i>Eep 'pohn</i>	<i>Ken</i>	<i>Nah Kah Dah Kah</i>	
Kanji Character(s)	一本	拳	中高	“Middle Knuckle Fist”
Original Meaning(s) of the Kanji Characters	<i>One Cylindrical Object (Finger)</i>	<i>Fist</i>	<i>Middle High (i.e., Extended Higher in the Middle)</i>	<i>(A fist with one middle knuckle extended beyond the others of the fist.)</i>

Japanese Term	Nuki	Te	ENGLISH TRANSLATION(S)
Pronunciation	<i>Noo Kee</i>	<i>Teh</i>	
Kanji Character(s)	貫	手	“Spearhand Strike”
Original Meaning(s) of the Kanji Characters	<i>Penetrate, Perforate, Shoot Through, Pierce, Braced</i>	<i>Hand(s)</i>	<i>(The sharp strike of the fingers extended into the soft body parts of your opponent)</i>

Japanese Term	Ippon	Nuki	Te	ENGLISH TRANSLATION(S)
Pronunciation	<i>Eep 'pohn</i>	<i>Noo Kee</i>	<i>Teh</i>	
Kanji Character(s)	一本	貫	手	“Single Finger Spearhand Strike”
Original Meaning(s) of the Kanji Characters	<i>One Cylindrical Object (Finger)</i>	<i>Penetrate, Perforate, Shoot Through, Pierce, Braced</i>	<i>Hand(s)</i>	<i>(The sharp strike using only one finger extended into the soft body parts of your opponent)</i>

Japanese Term	Nihon	Nuki	Te	ENGLISH TRANSLATION(S)
Pronunciation	<i>Ni Hohn</i>	<i>Noo Kee</i>	<i>Teh</i>	
Kanji Character(s)	二本	貫	手	“Two-Finger Strike”
Original Meaning(s) of the Kanji Characters	<i>Two Cylindrical Object(s) (Fingers)</i>	<i>Penetrate, Perforate, Shoot Through, Pierce, Braced</i>	<i>Hand(s)</i>	<i>(The sharp strike using only two fingers extended into the eyes of your opponent)</i>

Names of Strikes Used in Gōjūryū Karate (*Continued*)

Japanese Term	Ura	Ken	Mawashi	Uchi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Uu Rah</i>	<i>Ken</i>	<i>Mah Wah Shee</i>	<i>Oo Chee</i>	“Flailing Reverse Punch”
Kanji Character(s)	裏	拳	回し	打ち	
Original Meaning(s) of the Kanji Characters	<i>The Back, The Reverse Side</i>	<i>Fist</i>	<i>To Rotate, Go Around</i>	<i>Hit, Strike, Beat, Knock, Smite, Pound in, Punch</i>	

Japanese Term	Ura	Tei	Ago	Uchi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Uu Rah</i>	<i>Teh Ee</i>	<i>Ah Goh</i>	<i>Oo Chee</i>	“Palm Strike to the Jaw”
Kanji Character(s)	裏	底	顎	打ち	
Original Meaning(s) of the Kanji Characters	<i>The Back, The Reverse Side</i>	<i>Bottom, Base, Sole</i>	<i>Chin, Jaw</i>	<i>Hit, Strike, Beat, Knock, Smite, Pound in, Punch</i>	

Japanese Term	Hiji	Yoko	Uchi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Hee Jee</i>	<i>Yoh Koh</i>	<i>Oo Chee</i>	“Side Elbow Strike”
Kanji Character(s)	肘	横	打ち	
Original Meaning(s) of the Kanji Characters	<i>The Elbow</i>	<i>Side, Sideways</i>	<i>Hit, Strike, Beat, Knock, Smite, Pound in, Punch</i>	

Names of Kicks Used in Gōjūryū Karate (*Continued*)

Japanese Term	Geri		ENGLISH TRANSLATION(S)
Pronunciation	<i>Geh Ree</i>	<i>Geh Ree</i>	
Kanji Character(s)	蹴 or 蹴り		“Kick(s)” “Kicking”
Original Meaning(s) of the Kanji Characters	<i>To Kick</i>		

Japanese Term	Mae	Geri	ENGLISH TRANSLATION(S)
Pronunciation	<i>Mah Eh</i>	<i>Geh Ree</i>	
Kanji Character(s)	前	蹴り	“Front Kick” <i>(Toes are pointed up and the ball of the foot is used as the contact point)</i>
Original Meaning(s) of the Kanji Characters	<i>Front, Forward</i>	<i>To Kick</i>	

Japanese Term	Gedan	Geri	ENGLISH TRANSLATION(S)
Pronunciation	<i>Geh Dahn</i>	<i>Geh Ree</i>	
Kanji Character(s)	下段	蹴り	“Groin Kick” <i>(NOTE: Also referred as “Kin Geri” or “Kogen Geri”. The foot and the toes are pointed straight to the ground as the knee and leg are brought up for the kick.)</i>
Original Meaning(s) of the Kanji Characters	<i>Lower, Groin-Level</i>	<i>To Kick</i>	

Japanese Term	Soto	Geri	ENGLISH TRANSLATION(S)
Pronunciation	<i>Soh Toh</i>	<i>Geh Ree</i>	
Kanji Character(s)	外	蹴り	“Outside Kick” “Outer Reap Kick”
Original Meaning(s) of the Kanji Characters	<i>Outer, Outside</i>	<i>To Kick</i>	

Japanese Term	Yoko	Geri	ENGLISH TRANSLATION(S)
Pronunciation	<i>Yoh Koh</i>	<i>Geh Ree</i>	
Kanji Character(s)			“Side Snap Kick”

Names of Kicks Used in Gōjūryū Karate (Continued)

Original Meaning(s) of the Kanji Characters	横蹴り	
	<i>Side, Sideways</i>	<i>To Kick</i>

Names of Kicks Used in Gōjūryū Karate (*Continued*)

Japanese Term	Mawashi	Geri	ENGLISH TRANSLATION(S)
Pronunciation	<i>Mah Wah Shee</i>	<i>Geh Ree</i>	
Kanji Character(s)	回し	蹴り	“Roundhouse Kick” or “Crescent Kick”
Original Meaning(s) of the Kanji Characters	<i>To Rotate, Go Around</i>	<i>To Kick</i>	

Japanese Term	Kansetsu	Geri	ENGLISH TRANSLATION(S)
Pronunciation	<i>Kahn Seh Tsoo</i>	<i>Geh Ree</i>	
Kanji Character(s)	関節	蹴り	“Stomping (Knee) Joint Kick”
Original Meaning(s) of the Kanji Characters	<i>Joint (like the knee, elbow, etc.)</i>	<i>To Kick</i>	

Japanese Term	Sokutō	Geri	ENGLISH TRANSLATION(S)
Pronunciation	<i>Soh Koo Toh</i>	<i>Geh Ree</i>	
Kanji Character(s)	足刀	蹴り	“Blade Edge Kick” <i>(The snap kick that strikes with the outer edge of the foot)</i>
Original Meaning(s) of the Kanji Characters	<i>Foot Blade The Outer Edge of the Foot</i>	<i>To Kick</i>	

Japanese Term	Ushiro	Geri	ENGLISH TRANSLATION(S)
Pronunciation	<i>Oo Shee Roh</i>	<i>Geh Ree</i>	
Kanji Character(s)	後ろ	蹴り	“Back Kick” “Backward Kick”
Original Meaning(s) of the Kanji Characters	<i>Back, Backward, Behind</i>	<i>To Kick</i>	

Names of Kata Used in Gōjūryū Karate

Japanese Term	Kata	ENGLISH TRANSLATION(S)
Pronunciation	<i>KahTah</i>	
Kanji Character(s)	型	
Original Meaning(s) of the Kanji Characters	<p><i>Set Form or Format, Set Pattern, Particular Style, Model, Type</i></p> <p>NOTE: It is interesting to know that the upper portion of the character (刑 or Kei) means "punishment". As it is placed over the other character for "ground", "earth" or "Soil" (土 or Doh), this combined meaning connotes an image of strictly imposed standards, physically demanding practice, or physically punishing routines performed outside on the ground.</p>	<p>"A set pattern or sequence of defensive and offensive movements and techniques, performed alone against imaginary opponents"</p>

Japanese Term	Tai	Kyoku	ENGLISH TRANSLATION(S)
Pronunciation	<i>Tie</i>	<i>Kyoh Kuu</i>	
Kanji Character(s)	太	極	
Original Meaning(s) of the Kanji Characters	<p><i>(From the "Tai" character in "Tai Chi Chuan")</i></p> <p><i>Large, Big, Fat, Noble, Burly, Deep, Thick, Great, Grand, Primary, Upper (First)</i></p>	<p><i>The Poles, Polar, Polarity, Highest Rank, Extremity, Reach an Extreme, The Acme or Height (of Something), Exceedingly, Very</i></p>	<p>"First Course"</p> <p>"Beginner Series"</p> <p>"Main Grounding"</p> <p>"Maximum"</p> <p>"The Absolute"</p> <p>"The Great Supporting Pillar"</p>

Japanese Term	Geki	Sai	ENGLISH TRANSLATION(S)
Pronunciation	<i>Geh Kee</i>	<i>Sigh</i>	
Kanji Character(s)	撃	碎	
Original Meaning(s) of the Kanji Characters	<p><i>Attack, Defeat, Conquer, Destroy</i></p>	<p><i>Break, Smash, Crush, Pulverize, Crumble</i></p>	<p>"To Attack & Destroy"</p> <p>"Smash and Crash"</p> <p><i>(The Gekisai katas are geared to destroying the attacker's body.)</i></p>

Names of Kata Used in Gōjūryū Karate (Continued)

Japanese Term	Sai	Fa	ENGLISH TRANSLATION(S)
Pronunciation	<i>Sigh</i>	<i>Fah</i>	
Kanji Character(s)	碎	破	“To Smash and Tear to Pieces” (The first of the classical combative Kata. Kanryo Higaonna Sensei was taught this Kata, along with the other Kata of Goju-Ryu, while he studied in China)
Original Meaning(s) of the Kanji Characters	Break, Smash, Crush, Pulverize, Crumble	Tear, Rip, Rend, Frustrate, Defeat, Crush, Destroy, Burst, Rupture, Breakdown, Wear Out.	

Japanese Term	San	Chin	ENGLISH TRANSLATION(S)
Pronunciation	<i>Sahn</i>	<i>Cheen</i>	
Kanji Character(s)	三	戦	“(The) Three Battles” (Sanchin is seen as the corner stone of Gōjūryū Karate, representing a quest of mastery over Mind, Body and Spirit [thus the “three battles”]. Sanchin requires control of both internal and external mechanisms, breath control, muscle control, etc.)
Original Meaning(s) of the Kanji Characters	Three	Battle or Conflict	

Japanese Term	Sei	Yun	Chin	ENGLISH TRANSLATION(S)
Pronunciation	<i>Say</i>	<i>Yoon</i>	<i>Cheen</i>	
Kanji Character(s)	制	引	戦	“Control, Suppress and Pull” “Grasping, Pulling and Unbalancing” (The name Seiyunchin implies the use of techniques to off balance, throw and grapple. Seiyunchin contains close-quartered striking, sweeps, take-downs and throws, but no kicking techniques.)
Original Meaning(s) of the Kanji Characters	Control, Regulation, Suppress, Restrain, Hold Back, Limit	Pull, Draw, Tug, Haul, Jerk, Drag, Bend, Catch	Battle or Conflict	

Names of Kata Used in Gōjūryū Karate (Continued)

Japanese Term	Shi	So	Chin	ENGLISH TRANSLATION(S)
Pronunciation	Shee	Soh	Cheen	
Kanji Character(s)	四	向	戦	<p>“Four Directions of Conflict”</p> <p>“To Destroy in Four Directions”</p>
Original Meaning(s) of the Kanji Characters	Four	Direction	Battle or Conflict	<p>(Shisochin means "battle in four directions". It is of Chinese origin, taught to Kanryo Higaonna by RyuRyuko in China. It employs joint locking and close-quarter fighting. Favored by Miyagi Sensei in his later years, Shisochin also translates as "Four Gates of Conflict". The idea of four directions can come from the performance of the four shotei in four directions. It can also represent the four elements represented in Chinese medicine (Acupuncture is one) of Wood, Fire, Metal and Water with man representing Earth. .)</p>

Japanese Term	San Se Ru	ENGLISH TRANSLATION(S)
Pronunciation	Sahn Sheh Roo	
Kanji Character(s)	三十六	<p>(Literally) “Thirty Six”</p> <p>“(The) 36 Hands or Movements”</p>
Original Meaning(s) of the Kanji Characters	<p>Three Ten Six = Thirty Six (36)</p> <p>(Note: The pronunciation “Sanseru” is actually closer to the original Chinese language pronunciation than Japanese. In Japanese, this would normally be pronounced as “Sanjyuroku”)</p>	<p>(This kata employs many entry, joint attacks and defenses against kicking. An explanation of this and the other numerically named Kata is that they refer to a systematic method and understanding of certain groupings of vital acupressure points.</p> <p>It is this science that the martial arts was based upon and developed. Feng Yiquan, who lived during the Ming Dynasty (1522-1567) developed this particular method of using variations of "36" forbidden points to defeat his opponents.)</p>

Japanese Term	Se Pai	ENGLISH TRANSLATION(S)
Pronunciation	Seh Pie	
Kanji Character(s)	十八	<p>(Literally) “Eighteen”</p> <p>“(The) 18 Hands or Movements”</p>
Original Meaning(s) of the Kanji Characters	<p>Ten Eight = Eighteen (18)</p> <p>(Note: The pronunciation “Sepai” is actually closer to the original Chinese language pronunciation than Japanese. In Japanese, this would normally be pronounced as “Jyuhachi”)</p>	<p>(This kata uses many movements that require coordination between the hips and hands, with many varied techniques.)</p>

Names of Kata Used in Gōjūryū Karate (Continued)

Japanese Term	Ku	Ru	Run	Fa	ENGLISH TRANSLATION(S)
Pronunciation	Koo	Roo	Roon	Fah	
Kanji Character(s)	久	留	頃	破	<p>“Holding on Long and Striking Suddenly”</p> <p>“Holding Your Ground”</p>
Original Meaning(s) of the Kanji Characters	Long	Hold, remain, stay behind, detain	Sudden, Abrupt	Tear, Rip, Rend, Frustrate, Defeat, Crush, Destroy, Burst, Rupture, Breakdown, Wear Out.	<p>(This kata employs a great deal of <i>neko-ashi</i> movements and close-quarter evasive fighting techniques. <i>Kururunfa</i> epitomizes the ideals of Go-"hard" and Ju-"soft". Stance transitions are quick and explosive while the hands techniques are employed using "muchimi" or a heavy, sticky movement. The 4 kanji for "Kururunfa" suggest a strategy of a reception to an attack, a sense of "sucking" the attack in, perhaps to invite an over-extension of the attack, and then suddenly and abruptly, with devastating effect, destroy the opponent with your own counter strike.)</p>

Japanese Term	Sei San	ENGLISH TRANSLATION(S)
Pronunciation	Say Sahn	
Kanji Character(s)	十三	<p>(Literally) “Thirteen”</p> <p>“(The) 13 Hands or Movements”</p>
Original Meaning(s) of the Kanji Characters	<p>Ten Three = Thirteen (13)</p> <p>(Note: The pronunciation “Seisan” is actually closer to the original Chinese language pronunciation than Japanese. In Japanese, this would normally be pronounced as “Jyusan”)</p>	<p>(Seisan is believed to be the oldest of all Okinawan Goju-Ryu Kata, and demonstrates the difference between Go (Hard) and Ju (Soft).)</p>

Japanese Term	Su	Pa	Rin	Pei	ENGLISH TRANSLATION(S)
Pronunciation	Suu	Pah	Reen	Pay	
Kanji Character(s)	壹	百	霧	八	<p>“108 Hands or Movements”</p>
Original Meaning(s) of the Kanji Characters	One	Hundred	Fog	Eight (8)	<p>(The most advanced kata in Gōjūryū Karate, it contains the greatest number of intricate techniques and variations. It is also known by the older name of “Pitchurrin”.)</p>

Again, Chinese-style pronunciation of the characters is used here, rather than the Japanese pronunciation

Names of Kata Used in Gōjūryū Karate (Continued)

Japanese Term	Ten	Sho	ENGLISH TRANSLATION(S)
Pronunciation	<i>Tehn</i>	<i>Sho</i>	
Kanji Character(s)	転	掌	<p>“Turning Palms” “Rotating Palms”</p>
Original Meaning(s) of the Kanji Characters	<p>Rotate, Turn, Remove, Change, Roll Over, Shift, Transfer</p>	<p>Palm of the Hand, Hollow of the Hand, to Rule, to Administer, to Conduct</p>	<p>(The second "heishu" kata in Goju-Ryu, Tensho is derived from the Chinese form "Rokkishu". Unlike Sanchin, which is almost identical to its Chinese counterpart, Tensho is uniquely Okinawan. From his understanding of the Kata of Goju-Ryu and the "nature of man", Miyagi Sensei developed Tensho to further complete his Goju-Ryu system where Sanchin left off. Tensho has many of the same principles of Sanchin but goes further to include more intricate concepts of the techniques of Goju-Ryu.)</p>

Miscellaneous Terms

Japanese Term	Ji Yū	Kumi	Te	ENGLISH TRANSLATION(S)
Pronunciation	<i>Jee Yuu</i>	<i>Koo Mee</i>	<i>Teh</i>	
Kanji Character(s)	自由	組	手	<p>“Freestyle Sparring” “Freestyle Fighting”</p>
Original Meaning(s) of the Kanji Characters	<p>Oneself; Means; Itself Way; Intent Freedom, Liberty</p>	<p>To Cross, Unite with, Grapple with, Braid Together</p>	<p>Hand or Hands</p>	

Japanese Term	Yakusoku	Kumi	Te	ENGLISH TRANSLATION(S)
Pronunciation	<i>YahKoo SohKoo</i>	<i>Koo Mee</i>	<i>Teh</i>	
Kanji Character(s)	約束	組	手	<p>“Pre-Arranged Sparring”</p>
Original Meaning(s) of the Kanji Characters	<p>Promise; Agreement</p>	<p>To Cross, Unite with, Grapple with, Braid Together</p>	<p>Hand or Hands</p>	

Miscellaneous Terms (Continued)

Japanese Term	Taoshi	Waza	ENGLISH TRANSLATION(S)
Pronunciation	<i>Tah Oh Shee</i>	<i>Wah Zah</i>	
Kanji Character (s)	倒し	技	“Take-Down Techniques”
Original Meaning(s) of the Kanji Characters	<i>Fall, Collapse, Drop, Succumb, Bring down, Throw down, Knock down, Trip up, Defeat, Overthrow</i>	<i>Technique, Craft, Ability, Feat, Skill, Performance</i>	

Japanese Term	Nage	Waza	ENGLISH TRANSLATION(S)
Pronunciation	<i>Nah Geh</i>	<i>Wah Zah</i>	
Kanji Character (s)	投げ	技	“Throwing Techniques”
Original Meaning(s) of the Kanji Characters	<i>Throw, Pitch, Heave, Toss, Hurl, Throw Away,</i>	<i>Technique, Craft, Ability, Feat, Skill, Performance</i>	

Japanese Term	Ne	Waza	ENGLISH TRANSLATION(S)
Pronunciation	<i>Neh</i>	<i>Wah Zah</i>	
Kanji Character (s)	寝	技	“Ground Techniques”
Original Meaning(s) of the Kanji Characters	<i>Lying Down, Prostrated, Sprawl, Sleeping</i>	<i>Technique, Craft, Ability, Feat, Skill, Performance</i>	

Japanese Term	Gyaku	Waza	ENGLISH TRANSLATION(S)
Pronunciation	<i>GeeYahKoo</i>	<i>Wah Zah</i>	
Kanji Character (s)	逆	技	“Reversal Techniques” “Reversing Techniques”
Original Meaning(s) of the Kanji Characters	<i>Reverse, Inverse, Opposite, Traitorous, Act Contrary to Contrariwise, Visa-Versa</i>	<i>Technique, Craft, Ability, Feat, Skill, Performance</i>	

Miscellaneous Terms (Continued)

Japanese Term	Kokyū	Hō	ENGLISH TRANSLATION(S)
Pronunciation	<i>Koh</i> <i>KeeYuu</i>	<i>Hoh</i>	“Methods of Breathing”
Kanji Character(s)	呼吸	法	
Original Meaning(s) of the Kanji Characters	<i>Breathe/Breathing, Respiration</i>	<i>Method, Law, Rule, Principle, Technique</i>	

Japanese Term	Heikō (or) Kinkō	ENGLISH TRANSLATION(S)
Pronunciation	<i>Hay Koh</i> <i>Keen Koh</i>	“Balance”
Kanji Character(s)	平衡 (or) 均衡	
Original Meaning(s) of the Kanji Characters	<i>Level, Peaceful</i> <i>Scale, Measuring Rod</i> <i>To Level, To Average</i> <i>Scale, Measuring Rod</i> <i>Either Term Means: Balance or Equilibrium</i>	

Japanese Term	Bu	Shi	Dō	ENGLISH TRANSLATION(S)
Pronunciation	<i>Boo</i>	<i>Shee</i>	<i>Doh</i>	“The Way of the Warrior” “The Warrior’s Way” “The Samurai Code of Chivalry”
Kanji Character(s)	武	士	道	
Original Meaning(s) of the Kanji Characters	<i>Military Arts, Chivalry, Military Power, Military Glory</i>	<i>Samurai, Man, Gentleman, Scholar</i>	<i>Way, Path, Road, Journey, Teachings, Course, Duty, Morality</i>	

Japanese Term	Hisshō	ENGLISH TRANSLATION(S)
Pronunciation	<i>Hees</i> <i>Shoh</i>	“Certain Victory”
Kanji Character(s)	必 勝	

Original Meaning(s) of the Kanji Characters	Gōjūryū Karate Terms & Translations		剛柔流空手道の専門用語 “Certain Success”
	Certainly, Positively, Invariably	Win, Victory Prevail, Surpass	

Miscellaneous Terms (Continued)

Japanese Term	Yoke	ENGLISH TRANSLATION(S)
Pronunciation	<i>Yoh Keh</i>	
Kanji Character(s)	避け	“(a) Dodge”
Original Meaning(s) of the Kanji Characters	<i>Avoid, Avert, Keep Aloof From, Stay Away From, Evade, Shirk, Shun</i>	“Evade”

Japanese Term	Aite	ENGLISH TRANSLATION(S)
Pronunciation	<i>Eye Teh</i>	
Kanji Character(s)	相手	“(Your) Opponent/Adversary” “The Other Party”
Original Meaning(s) of the Kanji Characters	<i>Each Other, Fellow, Together Hand(s)</i>	“(One’s) Partner/Companion”

Japanese Term	Shime	ENGLISH TRANSLATION(S)
Pronunciation	<i>Shee Meh</i>	
Kanji Character(s)	絞め	“(a) Choke (hold)”
Original Meaning(s) of the Kanji Characters	<i>Strangle, Constrict, Wring, Squeeze, Close Tight</i>	“Shimeru = (to) Choke (Someone)”

Japanese Term	Mamori	ENGLISH TRANSLATION(S)
Pronunciation	<i>Mah Moh Ree</i>	
Kanji Character(s)	守り	“(a) Defense”

Original Meaning(s) of the Kanji Characters	<i>Gōjūryū Karate Terms & Translations</i>	剛柔流空手道の専門用語
	<i>Protect, Guard, Defense</i>	“(one’s) Guard” “Mamoru = (to) Defend (Yourself)”

Miscellaneous Terms (Continued)

Japanese Term	Teki	ENGLISH TRANSLATION(S)
Pronunciation	<i>Teh Kee</i>	
Kanji Character(s)	敵	“(one’s) Enemy”
Original Meaning(s) of the Kanji Characters	<i>Enem,; Rival, Opponent</i>	

Japanese Term	Tataikai	ENGLISH TRANSLATION(S)
Pronunciation	<i>Tah Tah Kah Ee</i>	
Kanji Character(s)	戦 い	“(a) Fight”
Original Meaning(s) of the Kanji Characters	<i>Battle, Struggle, Fight, Skirmish</i>	

Japanese Term	Kumiuchi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Koo Mee Uu Chee</i>	
Kanji Character(s)	組み討ち	“Grappling”
Original Meaning(s) of the Kanji Characters	<i>Grapple or Struggle (with)</i>	

Japanese Term	Osaekomi	ENGLISH TRANSLATION(S)
Pronunciation	<i>Oh Sah Eh Koh Mee</i>	
Kanji Character(s)	押さえ込み	“(a) Hold (as in wrestling, etc.)”

Original Meaning(s) of the Kanji Characters	<i>Gōjūryū Karate Terms & Translations</i> <i>Press Down, Hold Down</i> <i>Suppress</i> <i>Into, Towards, Load</i>	<i>剛柔流空手道の専門用語</i> “Osaekomu = (to) Hold”
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Miscellaneous Terms (Continued)

Japanese Term	Makiwara	ENGLISH TRANSLATION(S)
Pronunciation	<i>Mah Kee Wah Rah</i>	
Kanji Character(s)	巻藁	“(a) Punching Board”
Original Meaning(s) of the Kanji Characters	<i>Roll up , Wind up, Bind Up, A Roll, A Bundle</i> <i>Straw</i>	(Literally, “a Bundle of tightly Packed Straw” used as a target for striking practice)

Japanese Term	Mushin	ENGLISH TRANSLATION(S)
Pronunciation	<i>Muu Sheen</i>	
Kanji Character(s)	無心	“(having) No Thought” “(having) No Emotion”
Original Meaning(s) of the Kanji Characters	<i>None Absence (of)</i> <i>Heart, Mind</i>	

Japanese Term	Kamiza	ENGLISH TRANSLATION(S)
Pronunciation	<i>Kah Mee Zah</i>	
Kanji Character(s)	上座	“The Seat of Honor”
Original Meaning(s) of the Kanji Characters	<i>Upper Superior Top Highest</i> <i>Seat</i>	<i>The Kamiza is found at the head of the mat or workout area. The Kamiza can be as simple as a picture the founders (Such as Higaonna Sensei, Miyagi Sensei, Yamaguchi Sensei, etc.), or it can be an elaborate shrine. The Kamiza is not merely a decoration. It is a gentle reminder of the source of our art. When a Karateka is at the dojo there are several times when he or she will face the Kamiza and bow. The bow is a sign of respect to the Founders, and to thank them for what they have passed down to us. The Karateka will bow to the Kamiza when entering the dojo, when stepping onto the mat, at the beginning of class, at the end of class, when stepping off the mat, and when leaving the dojo.</i>

Japanese Term	Shiai	ENGLISH TRANSLATION(S)
Pronunciation	<i>Shee Eye</i>	
Kanji Character(s)	試合	“Sparring Match”

Original Meaning(s) of the Kanji Characters	<i>Gōjūryū Karate Terms & Translations</i>		剛柔流空手道の専門用語
	<i>Testing, Trial, Ordeal</i>	<i>Meet, Join Together, Match With, Mix, Combine</i>	“Sparring Tournament”
			“Contest” “Game”

Primary Schools of Japanese Martial Arts

合気道	Aikidō
合気会	Aikikai
昭道館	Shōdōkan
富木流	Tomiki-ryu
養神館	Yōshinkan
合気柔術、合気武術	Aikijūjutsu, Aikibujutsu
大東流	Daitō-ryu
居合道	Iaidō
柔道	Jūdō
講道館	Kōdōkan
柔術	Jūjutsu
双水執流	Sōsuishitsu-ryu
発光流	Hakkō-ryu
古武術	Kobujutsu
空手道	Karatedō
剛柔流	Gōjū-ryu
一心流	Isshin-ryu
極真会	Kyokushinkai
誠道会	Seidōkai
糸東流	Shitō-ryu
尚礼館	Shōreikan
少林寺流	Shōrinji-ryu
松濤館	Shotokan
上地流	Uechi-ryu
和道流	Wadō-ryu
剣道	Kendō
真剣道	Shingendō
拳法	Kenpō
少林寺	Shōrinji
弓道	Kyūdō
薙刀道	Naginatadō
忍術、忍法、体術	Ninjutsu, Ninpō, Taijutsu
武神館	Bujinkan
玄武館	Genbukan
自然館	Jinenkan
忍柔会	Ninjuukai
伊賀流	Iga-ryu
流鏑馬	Yabusame