



Renshinkan

Shorinji-Ryu Karate-Do

Terminology

Japanese Numbers

<u>Japanese Term</u>	<u>English Definition</u>
Ichi	One
Ni	Two
San	Three
Shi	Four
Go	Five
Rokku	Six.
Shichi	Seven
Hachi	Eight
Ku	Nine
Ju	Ten

Common Words

<u>Japanese Term</u>	<u>English Definition</u>
Renshinkan	Headquarters of our style in Japan; means "school where one works hard with feeling from the heart."
Shorinji-ryu	Name of our style; means "small forest temple Style."
Karate	Empty Hand
Isamu Tamotsu	Originator and Master of Shorinji-ryu
Dojo	Training area for martial arts
Gi	Karate uniform
Obi	Belt

Sensei / Sempai	Instructor (Black Belt / Under Black Belt)
Hajime / Yoshi	Begin / Stop
Kiai	Shout of Spirit
Naote	Formal Recovery
Yoi	Ready
Budo	The way of peace
Makiwara	Punching board for developing power
Dan	Black Belt rank and above
Kyu	Ranks under Black Belt
Kumite	Sparring
Kata	Form
Migi / Hidari	Right / Left
Zenshin / Kotai	Forward / Backward

Formal bowing at the beginning and end of class

<u>Japanese Term</u>	<u>English Definition</u>
Mokuso / Kaigon	Close eyes / Open eyes (cleanse mind)
Shomen-ni rei	Bow to the Master
Sensei-ni rei	Bow to the Instructor
Sempai-ni rei	Bow to the Instructor (below Black Belt)
O to gai-ni rei	Bow to each other
O-negai shi mas	Please teach me
Arigato Gozai mash'ta	Thank you for teaching me

Stances

<u>Japanese Term</u>	<u>English Definition</u>
Shiko dachi	Straddle stance (feet outward)
Kiba dachi	Straddle stance (feet inward)
Zen-kutsu dachi	Front stance
Neko dachi	Cat stance
Hanmi	Half front fancying stance
Heiko dachi	Parallel stance

Strikes

<u>Japanese Term</u>	<u>English Definition</u>
Kukan-zuki	Turning punch
Oi-zuki	Lunge punch
Gyaku-zuki	Reverse punch
Shuto uchi	Knife hand strike
Empi uchi	Elbow strike

Haito uchi	Ridge hand strike
Kentsui uchi	Hammer fist strike
Teisho uchi	Palm heel strike
Nukite	Speak hand strike
Uraken	Back fist strike
Hiraken	Fore knuckle fist

Blocks / Uke

<u>Japanese Term</u>	<u>English Definition</u>
Jodan uke	Upper block
Chudan uke	Middle block
Gedan Barai	Down block
Shuto uke	Knife hand block
Tate empi uke	Upward elbow block
Age uke	Rising block

Kicks / Geri

<u>Japanese Term</u>	<u>English Definition</u>
Mae-geri	Front kick
Mawashi-geri	Roundhouse kick
Sokuto-geri	Side kick
Ushiro-geri	Back kick
Kagi-geri	Hook kick
Mikazuke-geri	Crescent kick
Tobi-geri	Jump kick
Geage	Snap kick
Kekomi	Thrust kick
