

# SHORIN-RYU KARATE CLUB



## Terminology

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### The Karate Creed

I come to you, my hands are empty, and I have no weapons. But if I am forced to defend myself, my friends or my family, then these are my weapons, my hands.

### Self-Defense Methods

1. Block and counter in sequence.
2. Block and counter simultaneously.
3. Counter before your opponent strikes you.

### Commands

- Sensei ni rei..... bow to Sensei  
Shugo..... line up  
Hai..... yes  
Otagai ni rei..... bow to fellow students  
Kakonate..... line up  
Tsugi..... again  
Kiosuke..... to position at attention  
Yoi..... to prepare  
Shomen ni rei..... bow to Masters

### Kamaekata - Ready Stances

- Soto-hachiji Shizentai-Dachi.....Open leg natural stance  
Chokuritsu-fudo-dachi.....Formal attention stance  
Heisoku-dachi.....Closed foot stance

### Tachikata - Stances

Shizentai-dachi.....	Natural stance
Jun shizentai-dachi.....	Quasi natural stance
Nekoashi-dachi.....	Cat stance
Jigotai-dachi.....	Wide open leg stance
Naihanchi-dachi.....	Straddle leg stance
Zenkutsu-dachi.....	Front leg bent stance
Naname zenkutsu-dachi.....	Slanted front leg bent stance
Kokutsu-dachi.....	Backleg bent stance
Kosa-dachi.....	Cross leg stance
Ippon-ashi-dachi.....	One leg stance
Iaigoshi-dachi.....	Kneeling stance

## Semekata - Attacking Techniques

### **Seiken Waza.....Fist techniques**

Gedan zuki.....	Low Punch
Chodan zuki.....	Middle chest punch
Jodan zuki.....	High punch
Kaku-zuki.....	Square punch
Tomoe-zuki.....	Circular block & punch
Sayu-zuki.....	Double side punch
Kakushi-zuki.....	Hidden fist punch
Oi-zuki.....	Chasing punch (sideways)
Wari-uke-zuki.....	Split block punch
Morote-zuki.....	Augmented side punch

### **Yubi-waza.....Finger Techniques**

Nukite-zuki.....	Spear hand thrust
Morote-nuki-zuki.....	Double spear hand thrust
Shi-zuki.....	Beak thrust

### **Uchi-waza.....Striking Techniques**

Uraken-uchi.....	Backfist strike
Kentsui-uchi.....	Hammer fist strike
Shuto-uchi.....	Knife hand strike

## **Punches**

Seiken choko zuki..... forefist knuckle punch  
Oi zuki..... lunge punch  
Gyaku zuki..... reverse punch  
Age zuki..... rising punch  
Mawashi zuki..... roundhouse punch  
Ura zuki..... uppercut punch  
Dan zuki..... consecutive punches  
Ren zuki..... alternating punches  
Nagashi zuki..... flowing punch  
Tate zuki..... vertical punch  
Kaku zuki..... square punch  
Tomo zuki..... circular block & punch  
Motote zuki..... side punch  
Kizami zuki..... jabbing punch  
Kagi zuki..... hook punch  
Heiko zuki..... parallel punch  
Uama zuki..... wide U punch  
Awase zuki..... narrow U punch  
Moroth ura zuki..... double uppercut punch  
Morote tate zuki..... double vertical punch  
Hasami zuki..... scissors punch

Kyobu shuto-uchi.....Chest knife hand strike  
Kyobu morote shuto-uchi.....Chest double knife hand strike  
Kyobu soete shuto-uchi.....Chest augmented knife hand strike  
Haito-uchi.....Reverse knife hand strike

### **Ate-waza.....Smashing Techniques**

Hiji-ate.....Elbow smash  
Hiji-tate-ate.....Upward elbow smash  
Hiji-yoko-ate.....Forward elbow smash  
Hiji-ushiro-ate.....Backward elbow smash  
Hiji-sasae-ate.....Supported elbow smash

Hiza-ate.....Knee smash

Shotei-ate.....Palm-heel smash

Jodan-shotei-ate.....Upward palm-heel smash

Chudan-shotei-ate.....Middle palm-heel smash

Gedan-shotei-ate.....Lower palm-heel smash  
 Tomoe-shotei-ate.....Circular palm-heel smash

**Ukekata.....Blocking Techniques**

Seiken-ude-uke.....Forearm block  
 Jodan-uke.....Upper block  
 Chudan-uke.....Middle outward block  
 Chudan-yoko-uke.....Middle sideways block  
 Chudan-uchi-uke.....Middle inner block  
 Gedan-uke.....Lower block  
 Gedan-yoko-uke.....Lower sideways block  
 Sasae-uke.....Supported forearm block  
 Sayu-barai-uke.....Double lower side block  
 Jodan-wari-uke.....Upper split block  
 Chudan-wari-uke.....Middle split block  
 Jodan-kosa-uke.....Upper cross block  
 Gedan-kosa-uke.....Lower cross block  
 Morote-soe-uke.....Augmented forearm block  
 Chudan-soto-mawashi-uke.....Middle sideward round block  
 Morote-barai-uke.....Augmented lower block  
 Hazushi-uke.....Removing block  
 Otoshi-uke.....Dropping downward block

Shuto & Haito-uke.....Knife hand and reverse knife hand block

Chudan soto-shuto-uke.....Middle outward knife hand block  
 Jodan uchi-shuto-uke.....Upper inward knife hand block  
 Chudan yoko-shuto-uke.....Middle sideward knife hand block  
 Gedan shuto-uke.....Lower knife hand block  
 Gedan shuto-yoko-barai-uke.....Lower sideward knife hand slashing block  
 Chudan-hasami-uke.....Middle scissors block  
 Makite-uke.....Winding knife hand block  
 Magetori-barai-uke.....Rising upward both hand knife hand block

Torite-uke.....Grasping hand block  
 Sagurite-uke.....Searching hand block  
 Gedan-haito-yoko-uke.....Lower sideward reverse knife hand block

Shotei-uke.....Palm heel block

Chudan-shotei-uke.....Middle palm heel block

Gedan-shotei-uke.....Lower palm heel block

Hiji-uke.....Elbow block

Hangetsu-barai-uke.....Half moon foot block

**Keri Kata - Kicking Techniques**

Kyobu-geri.....Chest kick

Fukubu-geri.....Abdomen kick

Kinteki-geri.....Groin Kick

Sokoto-geri.....Foot edge kick

Nidan-geri.....Flying front kick

**Kicks**

Mae geri.....front kick

Yoko geri.....side kick

Mawashi geri.....roundhouse kick

Ushiro geri.....back kick

Gyaku mawashi geri.....reverse roundhouse kick

Ushiro mawashi geri.....back roundhouse kick

Mikazuki geri.....crescent kick

Hittsui geri.....knee kick

Fumikomi geri.....stomp kick

Kagi geri.....hook kick

Mae tobi geri.....front flying kick

Yoko tobi geri.....Side flying kick

Mawashi tobi geri.....roundhouse flying kick

Ushiro tobi geri.....back flying kick

Nidan geri.....double jump kick

**Intermediate Movements**

Suirakan-no-kamee.....Drunkard fighting posture

Ryu-no-hiji-no-kamee.....Dragon tongue fighting posture

Sagurite-no-kamee.....Searching hand fighting posture

Hotoke-kamee.....Buddha-hand fighting posture

Tenshin-no-kamee.....Body shifting fighting posture

Ura-gamae.....Cheating fighting posture