

GOJU RYU

打揚會

UCHIAGE KAI

Syllabus

Terms:	3
A	3
B	3
C	3
D	3
E	4
F	4
G	4
H	4
I	5
J	5
K	5
M	6
N	6
O	6
R	6
S	7
T	8
U	8
W	8
Y	9
Z	9
Waza	10
Uke:	10
Tsuki:	11
Geri:	12
Dachi:	13
Counting	14
Goju-Ryu Uchiage-Kai Kata's	14
Meditation	14

Terms:

A

Age: Up, rising

Aite: Partner

Aiuchi: Both techniques at the same time (kumite)

Ami: Net (fishing)

Ashi: 1. Foot 2. Stepping towards a certain position, moving of feet

Atame: Head

Ate: Punch

B

Barai: Sweeping

Bensoku: Kind of swimming-bird

Budo: Way of the Warrior

Bujutsu: Fighting Art of the Warrior Class in Japan

Bunkai: 1. Application of the form 2. Analyzing the kata

Bushi: 1. Warrior Class in Japan 2. Warrior

Bushido: Way of the Warrior

C

Chudan: Middle of the body/torso

Chu-tanden: Important energy-point in the center of the body, between the nipples, ± 2,5 cm inwards

D

Dachi: Stance, position

Dai Senpai: 'Big One' or 'Big Brother'. The 'Master-at-arms' in the Dojo. Usually the highest rated belt in the dojo and the disciple of the Sensei. The Dai Senpai serves as an assistant-teacher, enforces the rules of the Dojo and acts as a liaison between the Sensei and the students

Dan: Level or degree of black belt. Belts lower than black belt are called Kyu-grades. 1^o Dan is the lowest black belt, 10^o Dan being the highest

Do: 'Way' (Chinese: Tao). Within Karate-do: the individual seeks a way to reach enlightenment and to improve his character through traditional practice

Dohai: A partner to practice with, someone of the same level or grade

Dojo: The place where one practices Karate-do

Dojo-kun: The house-rules of the Dojo

Domo Arigato Gozaimasu: Thank you (very formal, with a lot of respect)

E

Empi: 1. Elbow. 2. Name of a kata (Shotokan)

Embusen: The line and path to follow of a kata

F

Fumikomi: Stomping

G

Ganmen: Temple (head)

Gashuku: Training-camp, seminar

Gasho Nigiri: 1. Hands folded as in a prayer 2. To grab your own hands (see Seipai)

Gedan: Lowest part of the body (everything below the belt)

Geri: Kick

Geri-waza: Kicking-techniques

Ge-tanden: Important energy-point in the body, ± 5 cm below the bellybutton, ± 2,5 cm inwards. Here we also find the Hara

Gi: Uniform to practice Martial Arts in. Karate-uniform

Go: 1. Hard 2. Five

Goju-kai: The Japanese association concerning Goju-ryu Karate-do

剛柔会

Goju-ryu: Karate-style, 'Hard-Soft' style, perfected by Miyagi Chojun, student of Kanryo Higaonna. One of the most important styles on Okinawa as well as in Japan. Goju-ryu emphasizes swift, circular blocks, followed by a series of powerful attacks. Its roots can be traced back to the ancient form of Naha-te.

剛柔流

Goju: 1. Hard Soft. 2. Fifty

剛柔

Gyaku: Opposite leg and arm (e.g. left leg and right arm perform the action)

H

Hai: Yes

Haito: Back of the hand

Hajime: Start

Han: Half

Hanshi: Grandmaster

Hara: 1. Literally: 'belly' 2. Sea of spiritual energy (Ki). Contains the true soul of a person

Harai: Downward, sweeping motion

Hidari: Left

Hiji: Elbow

Hikite: To pull back the hand

Hiza: Knee

Honbu: Headquarters (Honbu Dojo: Head-Dojo)

I

Ibuki: The correct way of breathing, as used in Yoga and Goju-ryu

Iie: No

Ippon: One point in competition

Ippon Kumite: One-step fighting

Izakaya: A place to eat and drink

J

Jiyu Kumite: Free-fight

J.K.F.: Japan Karate-do Federation

Jodan: Upper part of the body (from the neck up)

Jo-tanden: Important energy-point in the body, between the eyes, ± 2,5 cm inwards

Ju: 1. Soft 2. Ten

Juji: Crossed

K

Kagi: Hook, bent

Kai: Organization, association

Kaiko: Shield of a crab

Kakato: Heel

Kake: Hook

Kamae: Physically and mentally a strong stand/position

Kamae-te: Same as Kamae, with the hands in a fighting-pose

Kan: School, building where one can learn and practice Karate-do

Kansetsu: Joint

Kansetsu-waza: Techniques aimed at the joints

Karate-do: Literally: 'The Way of the empty Hand'

Karate-ka: One who practices Karate-do

Kata: Stylized form, well-defined techniques performed according to a pre-arranged pattern

Keiko-ken: One-nuckle-fist (chicken-mouth)

Kempo: Chinese boxing

Ken: Fist

Ki: Energy, vitality

Kiai: 1. Literally: 'Shout' 2. A yell in which all of the vital energy is summoned

Kihon: Basics

Kihon Ido: Basics with moving steps

Kihon Kumite: Basic fighting

Kime: Focus, concentration

Kintekki: Male genitals

Ko: Fox

Kohai: Lower ranked belts

Kumite: Fighting

Kuri: Rotating motion

Kyu: Belts ranked lower than black belts

Kyusho: Vital points of the body

M

Ma-ai: Distance

Mae: Forward

Makiwara: 1. Punching-pole 2. Literally: 'A bundle of tightly packed straw'

Mawashi: Circular motion

Mawate: To turn

Migi: Right

Mokuso Yame: Command to open the eyes at the end of meditation

Mokuso: 1. 'Time to meditate' 2. A command to close the eyes at the beginning of meditation

Morote: Double, with two arms or two hands

Moto Dachi: Short, rooted fighting-pose

Mudansha: Higher ranked Kyu-levels

N

Nage: To throw

Nage-waza: Throwing-techniques

Naha: Sea-harbor and important commercial-district in ancient Okinawa

Naha-te: Collection of fighting-arts (mostly from Kanryo Higashionna) which were practiced in the Naha-district

Naote: A command to stop, to take it easy

Neko: Cat

Nippon: 1. Japan 2. Two points in competition 3. Twice

Nukite: Spear-hand

O

Obi: Belt

Oi: Same leg and hand (e.g. left leg and left arm perform the action)

Onegai Shimasu: 1. Literally 'May I learn from you', 'Please be kind to me' 2. Greeting when entering the Dojo

Osae: Downward press

Otagai: Everybody together, toward each other

Otoshi: Downward, declining

R

Randori: Free exercise

Rei: 1. 'Respect' 2. Bow 3. Tradition that says that the youngest person, the lowest in rank or the guest has to bow deeper

Ryu: Martial Arts style of the school

S

Sabaki: Tactical offensive/defensive moving toward a position

Sagi: Kind of Crane-bird

Sakotsu: Collarbone

Sanbon: Three times

Sasai: To support

Seiken: Fist

Seiretsu: Line-up, according to rank

Seiza: Sitting, kneeling pose

Senpai: 'Big brother', or assistant of the Sensei

Sensei: Teacher

Shi: 1. 'Death'. 2. Four

Shihan: 'Teacher of teachers'. Awarded from 5^o Dan up. This is an honorary grade awarded after exceptional achievement in Karate-do

Shiken: Test, exam

Shitei: Imposed kata during competition or Shiken

Shizen-tai: Natural pose

Shomen: Front of the Dojo, usually a shrine with pictures of the founders/headmasters

Shorei-ryu: Okinawan dialect for 'inspiring, enlightened style', the 'style of the Buddha's'. Is known as the 'Hard Style' of Okinawa. With powerful techniques, body-enhancing exercises and many (sometimes deep) stances. This style is more fit for people with a heavy, powerful body. Also uses all of the traditional Okinawan weapons. Its most famous protagonist is Kanryo Higaonna from Naha.

Shorin-ryu: Okinawan dialect for 'Shaolin-style'. Collection of Martial Arts from Shuri and Tomari, made famous by Sokon Matsumura, with Ankoh Itosu as one of his best students. Characterized by its swift techniques, natural, high stances, a natural way of breathing and direct (few circular movements) techniques. This was called the 'Soft Style' of Okinawa and was very suited for people with a slender body.

Shotei: Palm of the hand

Shotokan: Karate-style, 'House of the waving palms', founded by Gichin Funakoshi, one of the first masters to introduce Karate-do in Japan. Characterized by its many dynamic, powerful and linear movements. It does not emphasize the gracious moves of Shito-ryu, nor has it incorporated the body-enhancing exercises of Goju-ryu. Shotokan has 26 powerful kata's and a series of very effective kumite-techniques.

Shito-ryu: Karate-style, name is a combination of Kanji from grandmasters of Shuri-te and Naha-te, combination of Shorin-ryu and Goju-ryu, founded by Kenwa Mabuni. This style uses shorter, more hooked movements from both Shotokan and Goju-ryu. Shito-ryu has nearly over 50 kata's.

Shuri: Capital and political centre of ancient Okinawa

Shuri-te: Collection of Martial Arts (mainly from Sokon Matsumura) that were practiced in the Shuri-district

Shuto: Knife-side of the hand

Sokuto: Knife-side of the foot

Sukui: Scooping

Sumimasen: 1. Literally 'Excuse me' 2. Used to draw attention

Sune: Shinbone

T

Taikyoku: Basic form

Tai Sabaki: 1. Turning of the body 2. Tactical chance of position

Tanden: Important energy-points in the body

Tate: Vertical

Te: Hand

Tenshin: Open palms of the hand, horizontally placed above each other (see Seipai)

Tettsui: Hammer-hand

Te-waza: Hand-techniques

Tobi: Jumping, flying

Tokui: Kata's that are not in the mandatory list

Tomari: District near Naha in ancient Okinawa

Tomari-te: Collection of Martial Arts (with Motobu Choki as one of the best known protagonists) that were practiced in the Tomari-district

Tori: Defender, he who shows the technique

To-te: 1. Literally 'Chinese hand' 2. Collection of all Martial Arts practiced in Okinawa, before the distinction was made between Naha-te en Shuri-te

Toudi: See To-te

Tsuki: Punch

Tsuki-waza: Punching-techniques

Tsuzukute: Prepare, continue (mostly used during Kumite)

U

Uchi: 1. Whiplike strike. 2. Inside, inwards

Uchideshi: Student who lives in the Dojo

Uchi-waza: Whiplike striking techniques

Ude: Lower part of the arm

Uke: 1. Block. 2. Attacker, the person to whom the techniques are shown to

Ura: Reversed side, backside

Ura-nage: Backwards throwing

Ura-ken: Back of the fist

Ushiro: Backwards

W

Wado-ryu: Karate-style, 'Way of Peace', founded by Hironori Otsuka. He was an expert in Jitsu who became a student of Gichin Funakoshi (Shotokan) to learn more about Karate-do. Wado-ryu and its 17 kata's are very similar to Shorin-ryu.

Waza: Technique

Y

Yakusoku Kumite: Prearranged kumite-drill

Yama: Mountain

Yame: Stop!

Yoi: 1. Literally 'Prepare' 2. On guard

Yoko: Sideways

Yudansha: Black belts

Z

Zanshin: 1. Literally 'Perfect ending' 2. To stop at the point where one has begun (mentally and physically) 3. Complete devotion of body and mind during the execution of techniques

Zazen: Sitting meditation

Zen: 1. Religious meditation 2. Buddhist state of mind of being empty

Waza

Uke:

Age Uke: Upper, rising block

Cho Uke: Double block, one bent arm to protect body, other hand to protect the head (e.g. against Mawashi Geri)

Gedan Juji Uke: Lower X-block

Gedan Shuto Uke: Lower knife-hand block

Haito Uke: Sideways block with outer spear-hand (side of thumb)

Harai Uke: Downward, turning block

Hiji Kuri Uke: Rotating, downward block with elbow (see Kururunfa)

Jodan Juji Uke: Upper X-block

Juji Uke: X-block (can be executed with open or closed hands)

Kake Uke: Hooking-block

Ko Uke: Block with wrist

Mawashi Uke: Rotating, double block

Morote Uke: Double block

Nagashi Uke: Sweeping block

Osae Uke: Downward, pressing block

Samurai Uke: Double block, one arm Age Uke, other arm Harai Uke

Sasai Age Uke: Supported Age Uke (see Seipai)

Sasai Yoko Uke: Supported Yoko Uke (see Seiyunchin)

Shuto Uke: Knife-hand block

Sokutei Uke: Block with sole of foot

Sukui Uke: Circular scooping block

Sune Uke: Block with raised shin (e.g. against low-kick)

Tora Guchi: 1. Shorter Mawashi Uke, hands do not drop below belt (more used in Okinawa-karate) 2. Tiger-mouth

Uchi Uke: Sideways block (inside arm)

Ude Uke: Block with lower part of arm

Ura Uke: Block with back of hand

Ura Kake Uke: Reversed hooking-block (see Tensho)

Yama Uke: Mountain-block (see Seiyunchin)

Yoge Uke: Double block, one arm Yoko Uke, other arm Harai Uke

Yoko Uke: Sideways block (outside arm)

Tsuki:

Age Tsuki: Upward punch
Atame Ate: Punch with head
Empi Uchi: Punch with elbow
Furi Uchi: Circular whipping technique, closed hand, make contact with two first knuckles
Gyaku Tsuki: Opposite punch when compared to front leg
Haito Uchi: Strike with knife-hand, side of thumb
Handaken: Punch with second row knuckles of closed fist (see Seipai)
Hiji Ate: Punch with elbow
Ippon Ken (Tsuki): One-knuckle-fist
Ippon Nukite: One-finger-punch
Kagi Tsuki: Hooking-punch
Kaiko Ken: Crab-shield-fist
Keiko Ken Tsuki: One-knuckle-punch, emphasize second knuckle of index-finger (chicken-mouth, see Superinpei)
Kentsui Uchi: Hammer-hand strike
Kizami Tsuki: Punch with fist of arm that is in front, similar to a 'jab' in boxing
Mae Hiji Ate: Forward punch with elbow
Mawashi Hiji Ate: Sideways, rotating punch with elbow, from the outside to the inside
Mawashi Tsuki: Rotating, double punch
Morote Tsuki: Frontal, double punch
Nakadaka Ippon Ken: Punch with second knuckle of middle-finger
Nippon Tsuki: Two times Tsuki, performed as fast as possible
Nukite: Spear-hand-strike, with the tops of the fingers
Oi Tsuki: Forward punch with same fist as front leg
Otoishi Hiji Ate: Downward punch with elbow
Sanbon Tsuki: Three times Tsuki, performed as fast as possible
Sanren Tsuki: Three times Tsuki, 1 x Jodan, 2 x Chudan
Seiken Tsuki: Punch with fist
Shidan Uchi: Whiplike strike with finger-tops (see Seipai)
Shotei Ate: Strike with palm of hand
Shuto Ganmen Uchi: Strike with knife-side of hand towards temple
Shuto Hizo Uchi: Strike with knife-side of hand towards side of body (kidneys)
Shuto Sakotsu Uchi: Strike with knife-side of hand towards collarbone
Shuto Uchi: Strike with knife-side of hand
Tate Tsuki: Punch with vertical fist
Tettsui Uchi: Hammer-hand-strike
Ura Tsuki: Punch with reversed fist
Uraken Uchi: Whiplike strike with back of fist
Uraken Sayu Uchi: Whiplike strike with back of fist towards temple
Uraken Shomen Uchi: Forward whiplike strike with back of fist
Ushiro Hiji Ate: Backward punch with elbow
Yama Tsuki: Mountain-punch (both hands above each other), 1 hand Tsuki Jodan, other hand Ura Tsuki Chudan
Yoko Hiji Ate: Sideways punch with elbow

Geri:

Ashi Barai: Sweeping with foot

Fumikomo Geri: Stomping, downward kick

Fumikomo Sokuto Geri: Stomping, downward kick with knife-side of foot

Hiza Geri: Knee-kick

Kakuto Geri: Kick with heel

Kansetsu Geri: Kick with knife-side of foot to knee (joint)

Kin Geri: Kick with top of foot to groin

Kogan Geri: See Kin Geri

Mae Geri: Forward kick with ball of foot

Mae Tobi Geri: Forward jumping kick

Mawashi Geri: Roundhouse kick from the outside to the inside, with the ball of foot

Mawashi Hiza Geri: Roundhouse knee-kick

Mawashi Tobi Geri: Jumping Mawashi Geri

Mika Tsuki Geri: Upward kick with sole of foot

Sokuto Geri: Kick with knife-side of foot, sideways or forward

Sokuto Tobi Geri: Jumping Sokuto Geri

Ura Mawashi Geri: Reversed Mawashi Geri, from the inside to the outside, with heel of foot

Ushiro Geri: Backward kick

Ushiro Tobi Geri: Jumping Ushiro Geri

Yoko Geri: Sideways kick, can be made Gedan, Chudan or Jodan, variant on low-kick

Yoko Tobi Geri: Jumping Yoko Geri

Dachi:

Ayumi Ashi: Advance by stepping over

Bensoku Dachi: 1. Stance used to turn, knee of one leg fits in back of knee of other leg, ball of back-foot placed on ground 2. Crossed stance used to turn

Han Zenkutsu Dachi: Half Zenkutsu Dachi

Heiko Dachi: Feet parallel, shoulder-width, one foot can be placed left or right in front of the other or both feet can be placed next to each other

Heiko Sanchin Dachi: Same as Heiko Dachi + Ge-tanden tight

Heisoku Dachi: 1. Feet together, parallel 2. Stance of attention

Hiki Ashi: Advance backwards

Hiki Ayumi Ashi: Bring front-foot to back-foot, then step forward with back-foot

Kata Ashi Dachi: Crane-bird-stance (one knee up, foot down, toes up, see Saifa)

Kiba Dachi: Horse-riding-stance (Shotokan)

Kokutsu Dachi: Reversed, backward Zenkutsu Dachi (do not confuse with Kokutsu Dachi as used in Shotokan)

Kosa Dachi: 1. Stance used to turn, knee of one leg fits in back of knee of other leg, both feet placed flat on ground 2. Hooked stance

Moto Dachi: Short fighting-stance, comparable with Han Zenkutsu Dachi, but more relax and slightly shorter

Musubi Dachi: 1. Heels together, feet make a 60° angle 2. Military stance

Neko Ashi Dachi: 1. Back-foot turned 60° outwards, front-foot straight, ball of front-foot supports 10% of weight, 90% of weight on back-foot 2. Cat-stance

Renoji Dachi: Same as Neko Ashi Dachi, both feet flat on ground

Sagi Ashi Dachi: Crane-bird-stance (one knee up, foot up, toes up, see Seiyunchin)

Sanchin Dachi: 1. Back-foot straight, front-foot turned 60° inwards, weight of body evenly distributed

Shiko Dachi: 1. Feet make an angle of 90° - 100° outwards, weight of body evenly distributed, knees stay above feet 2. Sumo-stance

Sonkio Dachi: Crouching stance (see Kururunfa)

Soto Haji Monji Dachi: 1. Starting from Heiko Dachi, bring toes 60° outwards

Tsugi Ashi: Advance by bringing the back-foot to the front-foot and step forward with front-foot

Uchi Haji Monji Dachi: 1. Starting from Soto Dachi, bring heels 60° outwards

Yori Ashi: 1. Literally: 'Shuffling feet' 2. Bring front-foot forward, back-foot will follow automatically

Zenkutsu Dachi: Forward leaning stance, front-foot straight, back-foot turned 60° inward, 70% of weight of body is placed on front-foot, 30% of weight is on back-foot

Counting

1	Ichi/Sho
2	Ni
3	San
4	Shi/Yon
5	Go
6	Roku
7	Shichi/Nana
8	Hachi
9	Ku
10	Ju
11	Ju-Ichi
12	Ju-Ni
13	Ju-San
...	
20	Ni-Ju
21	Ni-Ju-Ichi
22	Ni-Ju-Ni
23	Ni-Ju-San
...	
30	San-Ju
40	Yon-Ju
50	Go-Ju
60	Roku-Ju
70	Nana-Ju
80	Hachi-Ju
90	Ku-Ju
100	Hyaku

Goju-Ryu Uchiage-Kai Kata's

Sanchin	3-battles
Gekisai dai Ichi	Attack and smash n° 1
Gekisai dai Ni	Attack and smash n° 2
Saifa	Smash and tear
Seiyunchin	To control, grab and pull in battle
Sanseiru	36 (36-hands)
Shisochin	4 directions battle
Seisan	13 (13-hands)
Seipai	18 (18-hands)
Kururunfa	Holding on long and striking suddenly
Superinpei	108 (108-hands)
Tensho	Rotating palms

Meditation

Mokuso	Time to meditate (close eyes)
Mokuso Yame	Stop meditating (open eyes)
Shomen Ni - Rei	Bow to front of Dojo
Sensei/Senpai Ni - Rei	Bow to teachers
Otagai Ni - Rei	Bow to everyone